

# HUNTERS HAVEN

## 2019



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# Three hunters, three elk, one trip of a lifetime

BY DANIEL ARENS

Normally, the phrase “trip of a lifetime” implies a once-in-a-lifetime trip. But the Beyer family is already thinking about how to make their recent journey happen again.

The journey was a road trip out west, to a camp in eastern Idaho, south of Yellowstone National Park and near the small town of Firth. The site, Broadmouth Canyon Ranch, was founded and owned by Rulon Jones, a former Denver Broncos player who now organizes elk hunts at the site.

The Beyers were already familiar with the site. Lynn Beyer said the first time they became familiar with the camp was in 2017.

“Two years previously, we gave our granddaughter Ryley a graduate present there,” Lynn said. “She got a trophy elk.”

Ryley’s great experience soon opened the door for the entire Beyer family to look further into exploring what the camp has to offer. Lynn decided she wanted to look into celebrating her 50th wedding anniversary with her husband AJ by going herself to the Idaho elk hunt, along with the rest of her family (even though the actual 50th anniversary isn’t until 2020).

From Aug. 18 to Aug. 24 of this year, several members of the family were able to take an extended trip together to the beautiful mountain park, and three (Lynn Beyer, Courtney Beyer and Craig Parpart) were able to hunt for their prize elk.

“It’s just a treat,” Beyer said of Spike Camp, the specific location they stayed as a family. “It’s very much roughing it, sleeping in sleeping bags, and we each had our own tent.”

Once the Beyers arrived at the ranch, they took the first day to settle in and scout a little, and then got up to hunt the second day. Scouts working with the family would call in if they located an animal, and the hunter would respond accordingly.

“What we did on the hunt is we walked up the hills and valleys, and then we sat on rocks at different places,” Lynn said, adding they were usually out and about by about 5:30 a.m. “There was a lot of walking.”

The tactic proved successful on the second day, following the intro day of scouting. Before they returned to camp, Courtney Beyer had her trophy elk bagged.

“She had never hunted before,” Lynn said. “She never, that I knew of, shot a gun before [this trip]. And she got her elk in one shot.”

The only time Courtney had fired was preparing and sighting in her gun for the trip.

“We found a pretty decent spot [the first night],” Courtney said. “I thought the one elk was pretty cool cause its front antlers went down rather than up. So that’s the one I picked.”

Courtney’s was sitting on one of the rocks the next morning, waiting, when the opportunity came. Her husband AJ told her there were a couple elk behind her.

“We were looking one way,



Three hunters in one family all came away with their elk after a week-long hunt in Idaho. Pictured, left to right: Craig Parpart, Lynn Beyer and Courtney Beyer.

and [AJ] just happened to notice the elk behind me,” Courtney said. “And it happened to be the one I saw and picked out the night before.”

Lynn said Courtney’s first thought was she had missed, since the elk didn’t flinch and ran over a nearby ridge. However, when she and AJ went looking, they found the trophy animal dead.

“It was kind of neat to sit out there and shoot a gun, which is something I didn’t think I would ever be able to handle doing before,” Courtney said.

The next day, a similar story came about, as Craig Parpart was able to get his elk. His elk was the biggest of the three the family got over their trip.

Lynn also successfully bagged her first elk, having never gone elk hunting before. Her hunt took a little longer, and not until the final day of the hunt did she get hers. Unlike those shot by Courtney and Craig, Lynn’s was not trophy but management, although she said it was the largest management elk shot from

the ranch.

The Beyer family divided their hunts between morning and evening stints, returning to their cabin between about noon and 5 p.m. During that time, in the heat of the day, the elk often rested, while the hunters went out when the animals were more active.

When not out on the hunt, the family enjoyed spending time by the campfire and enjoying their presence at the lodge.

“It’s a beautiful place,” Lynn said. “And now I can’t wait to go back.”

While the hunt was incredible, the trip was filled with many memories above and beyond the elk themselves, and was really a great chance for the entire family to bond.

Some of the other activities at the camp included taking walks and visiting with both their scouts and some of the leaders of the camp. They also enjoyed a variety of meals from the cook AJ, from prime rib to blueberry cobbler to stuffed French toast.

“We met [Rulon Jones’] wife,

and he took our shirts and signed them for us,” Lynn said. “When we were at the camp, we sat around the campfire and talked with the guides, and learned about the camp just a little bit.”

One of the things that made the trip enjoyable for Lynn was there is no cell service there, so phones were only used for taking pictures. Otherwise, the family relied on one another for conversation and company.

“I wasn’t really that excited at first,” Courtney said. “Everyone else was, but I’d never done this before. Then when I made the shot, I thought ‘Oh, this is actually really fun!’”

“Awesome is the only word for it,” Lynn said. “And it was wonderful cause it was family time.”

The Beyers plan to make a return trip to Broadmouth Canyon Ranch in 2021, when the other members of the family who weren’t actively hunting this year will get their own chance at the thrill of elk hunting in the Rocky Mountains.



Courtney Beyer came away from her first hunting experience with this trophy elk. She is pictured with her husband AJ and their children Reed and Courtal.

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# Good conditions and duck production on tap for start of waterfowl season

BY NICK SIMONSON  
Dakota Edge Outdoors

Conditions have set waterfowl hunters up for a successful season as a summer with plentiful rains and lush resulting vegetation have helped raise a good population of resident waterfowl throughout much of the state and sustain an increased number of huntable areas as the season gets going. With the resident waterfowl opener complete and the general season starting this weekend, there is much to look forward to, according to Mike Szymanski, Migratory Game Bird Management Supervisor with the North Dakota Game & Fish Department (NDG&F), along with some conditions and items hunters should be aware of as they enter the field.

## A Strong Start

"It was kind of an unusual year just in how wet it was," Szymanski states "we came into spring breeding - when we were starting to attract breeding pairs to North Dakota - in pretty good shape; it's one of those interesting years where our wetland index got classified as average, it was actually dead on to the 72-year average," adding that while the north-central area of the state was drier, the rest of the state had very strong production of young ducks as a result of the ample water in prairie potholes.

Requiring not only the wetland areas to settle into and reside for the summer season, ducks also need surrounding cover in the form of grasslands where they will nest and conceal their young. With this upland cover fairing well and recovered from the drought of 2017, ducks found good conditions



to not only nest but also raise their young.

"Ducks had a lot of opportunities this year to make nesting attempts with the continued rainfall and very lush upland cover for nesting, birds really stayed on it for a long time and we had a very protracted nesting effort and as a result produced a lot of ducks in a lot of the areas of the state," Szymanski shares, stating that the prevalence of good grass around potholes is key to reproduction and protection of the nest from predators such as skunks, rac-

coons and foxes.

## Opening Up

While last weekend's rain may have dampened hunter participation in the early opener for North Dakota residents, pockets of hunters who were able to get out for the special start reported good results, particularly in the northeast. While the rain certainly has some drawbacks including muddy fields and the rendering of some country roads impassible, it does provide unique opportunities that may not have been available in past

seasons. Among the challenges that visiting hunters and residents continuing to pursue waterfowl will find this weekend and going forward are standing crops and field hunting areas which may have been harvested earlier last year.

"[It's] a little bit of a delayed harvest compared to other years for crop fields, we've got some soybeans coming off but there are some small grains and even canola standing; the big thing folks are going to watch out for are the wet conditions and really making sure

they're staying out of low spots in fields and probably just planning on walking their stuff out in many cases," Szymanski advises, "but by and large we should have a pretty good opener here, we've got good conditions yet and lots of ducks around, and lots of Canada geese," he predicts.

While resident birds are what will provide the primary hunting action as the calendar turns to October, Szymanski is eyeing the upcoming shift in the weather predicted next week, where cooler temperatures may trigger some movement from ducks up north down into the area.

"It's a little bit early to expect those fronts to push birds down, but we should start seeing some stuff move, maybe later this next week - there's going to be quite a few days strung together that are going to be pretty cold at night," he advises, "we're losing our local bluewings on a daily basis, but that's normal, they start migrating in August, so we lose those birds throughout the late summer leading up to our hunting season," advising that resident waterfowl also move from wetland-to-wetland on a daily basis and hunters should do their scouting to find ducks and pattern their movements.

## Eye to the Future

While this spring's duck production was good, and in the top 25 results obtained since the agency began its production survey program, concerns over decreasing habitat and the removal of wetlands from the landscape remain

WATERFOWL  
continued on pg 4



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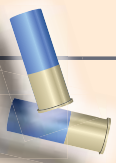
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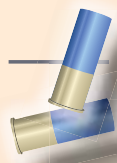






## Wild Game

### Pheasant



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### Parmesan Pheasant Breasts with Crispy Ham

**Ingredients:**

- 4 pheasant breasts
- Black pepper
- 4-6 fresh sage leaves, finely chopped
- 100g (3 1/2 oz) grated parmesan
- 8 slices prosciutto crudo or air-dried ham
- Good olive oil

**Cooking Instructions:**

Carefully score the underside of each pheasant breast in a criss-cross fashion with a small, sharp knife. Lay the breasts side by side on a large chopping board (or do this in two lots of two). Season each with pepper.

Combine the chopped sage and parmesan and sprinkle evenly over the pheasant. Lay two slices of prosciutto on each breast, overlapping them slightly, and drizzle with good olive oil. Now, cover the breasts and board with a layer of cling film, take a frying pan and whack them until they're about 1cm thick.

Heat a non-stick frying pan on a medium heat, then carefully transfer the breasts to it, putting them in ham-side down. Drizzle a little more olive oil over the top. Cook for 2-3 minutes on each side, giving an extra 30 seconds to ensure the ham is crispy.

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### Pheasant

## Zesty lemon pheasant

*Courtesy of Carissa Schumaier*

**Ingredients:**

- 6 pheasant breasts
- 1 cup mayo
- 1 can cream of chicken soup
- 1/4 cup lemon juice
- 2 cups shredded cheddar cheese

**Cooking Instructions:**

Mix together in a casserole dish and sprinkle with lemon pepper. Bake at 350 degrees for 35 minutes.

## WATERFOWL

continued from pg 3

the primary threat to waterfowl production in the state, particularly for ducks. As the habitat goes, so do the birds and hunters should be aware that while the spring conditions boosted populations for this autumn, protecting existing habitat and restoring what once was will be the path to consistently higher duck numbers.

"Our resident population of ducks primarily is probably on the downturn, long-term; it's going to be tough sledding in the future as we lose CRP habitats," Szymanski advises, adding that Canada geese populations are strong and may be doing too well, "that's why we have our ultra-liberal hunting opportunities with the management take in August and the early September season and then daily limit of 8 birds a day during the regular season, we really want to see folks letting hunters out to pursue those birds to use the hunting activity to knock back local populations," he concludes.

With over 791,000 acres of PLOTS in the agency's program

which allows hunters access to private lands for hunting activities and thousands of acres of federally regulated Waterfowl Production Areas available, maintaining those opportunities are important to keep hunters on birds and participating each fall.

"It's a really integral part of the hunting access portfolio in North Dakota, we've got to have areas that have this wide array of state-run lands, federal-run lands, and private lands and walk-in programs to stitch it all together," Szymanski stresses, "you've got to have that stuff spread throughout the landscape so that there's opportunities to pursue game in North Dakota and it's really important to have those around to attract [hunters] to those communities," he concludes.

The general waterfowl opener, which starts the season for non-resident hunters, is Sat., Sept. 28. The waterfowl season has been open to North Dakota residents since Sept. 21.



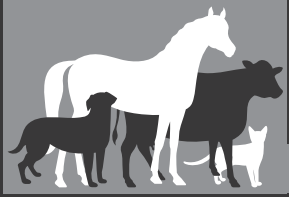
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# Fall Trout Factors

BY NICK SIMONSON  
Dakota Edge Outdoors

With the cooling waters of autumn, trout are on the rise in those stocked lakes which were deep enough to sustain them throughout summer. With significant warm stretches lacking in the past season, it is likely these cold-water fish survived well and opportunities for sizeable stockers are better than average this time of year. Feeding on the last of the season's insects, the crop of small baitfish, and other aquatic edibles in preparation for winter makes trout, like most other fall fish, an easy target with aggressive tactics. By focusing on key locations and hitting them hard and fast with the forceful flinging of classic offerings, connecting with big 'bows, browns and other stocked species of trout helps add even more color to fall.

### Think Up in Fall

Where warmer water temperatures limited their access to the bounty of prey items that

resided in the summer shallows of many lakes stocked with trout in the region, the cooling air of September has alleviated some of the heat and allowed for continuous forays into that feeding zone. Therefore, expect to find stocked trout making their moves into these skinnier stretches and offer up a variety of lures that either imitate the prey they're feeding on or will produce a reaction strike.

Additionally, as waters cool, focus on the top of the water column, even out over deeper areas of the main lake. Traditionally, those stocked trout lakes with maximum depths of 35 to 40 feet or more are deep enough to sustain stocked trout through the summer. As the upper strata of the water cools and turnover approaches, it is likely that even if fish aren't up along the shallow rim of the basin, they will be in the top portion of the main lake. Keep this in mind if there is no immediate connection near shore and back out in a boat or cast further from the edge to find fish staging over the depths.

Heavier lures will help cover more water.

### Get Heavy

Casting spoons and larger spinners is a great way to cover the water of stocked trout lakes and provide the wobble and vibration to draw aggressive fall trout in for a look and a strike. With their weight, these lures can typically be accurately counted down and retrieved throughout the water column to pinpoint where trout are holding this time of year, with a one-second count equaling about a foot of drop in the water. Vary the retrieve speed to find the rate that sets fish off and allows them a solid strike. Add in twitches and pauses to set off trailing fish and further agitate them into biting. Small Daredevles and other casting spoons in lengths of two or three inches will work best for catching this year's stockers, and Mepps Aglia, Blue Fox Vibrax or Worden's Roostertail spinners with bigger blades will pound out a pulse that draws in fish. In those lakes where there are known survivors from multiple years, bigger offerings may be the ticket to connecting with a 20-inch or better fish.

More erratic options can prove effective for fall trout as well, with jigging spoons providing added flash and castable weight which can be worked through the depths with an attractive rise-and-fall pattern. Retrieve lures like Kastmasters or Swedish Pimples a bit slower than a standard casting spoon, and rip and pause them as they come in to set trout off. Experiment with various hues, but keep a handful of gold, copper and silver options with



favorite accent colors at hand for late-season fishing.

### Preserve the Resource

Stocked fish that have made it to fall have survived the throngs of anglers that pursue them just after they are placed in spring and have made it through the warmer temperatures of fall. Those rainbows and browns that are caught now will most likely make it through winter and become the beasts encountered in the same waters next spring or the year after. To keep the great fishing going, consider utilizing lures with barbless hooks or single hooks instead of trebles to help make the release process move faster and limit the twisting and tweaking required with a pliers to get them out of

the trout's mouth. Additionally, utilize a rubber net or a soft mesh model to help limit the loss of their sensitive slime coat and prevent damage to fins, eyes and gills. With a rubber net, spoons and other lures are more easily removed from the webbing, allowing for a quicker return to the fast fishing action this time of year.

On those sunny days where a reprieve from the shifting autumn wind occurs, get out to a nearby trout water for some exciting action with relatively simple tackle. In addition to those fat stockers from this spring, it could be that big trout from seasons before are on the bite, adding size to the numbers which can be caught.



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Photos by Craig Bihrl, NDGF

# Hunting has emotional, physical benefits

BY SUZANNE WERRE

So what's the big deal about hunting? What's so great about it?

Ask any trophy deer hunter, and he or she would tell you it's about the hunt – the search for the big one – and the eventual bagging of a trophy buck during deer season. Whether it's posting up and waiting for a deer to come your way, bidding your time in a blind, or if you're walking to get up the big buck you're certain beds down near where you're walking, the adrenaline is pumping and when you see your target, everything goes silent except the pounding of your heart as you put your target squarely in your site . . . and pull the trigger – dropping it with a single shot.

True, the end-result of a trophy rack mount on the wall and a freezer full of venison may be the ultimate goal, but hunters glean a lot more benefits from hunting

other than just what comes when the animal is harvested.

There are physical benefits that come with hunting as well. Whether it's walking the woods, scouting the woods, tending food plots, preparing blinds, or even training dogs, hunting is a physically active sport. Add in trapping as another form of hunting, trappers are definitely getting a work-out when they're setting and checking their traps – particularly if they've managed to trap something and they've got more weight to carry back to their vehicle.

Toting a nearly 13-pound rifle adds a little bit of a workout as well. Bow hunters can get a serious biceps and forearm muscles workout as they hold an eighty-

pound draw steady until they can get a decent shot.

Hunting also provides emotional benefits. Many hunters have stories that have been passed down from generation to generation, regaling each other

tumbleweeds.

The stories continue, expand, and maybe get embellished upon when they get together to cut up the quarters and get ready to process the meat.

Even the weeks preparing for the hunt can be cathartic for the hunters as they bring out their trusted rifle to clean and make sure it's ready for the hunt, or bring out their good hunting knife – sharpening and honing it to a razor's edge, and finally setting out their hunting clothes, complete with a good amount of blaze orange.

Getting together with family and fellow hunting buddies is therapeutic and relaxing – a hunter's version of "quality time."

While hunting with family

and friends is therapeutic, a lot can be said about the therapeutic benefits of hunting alone – sitting in a tree stand waiting for the Boone and Crocket to show up, or walking through the brush trying to flush some pheasants. It's a great way to "unplug."

"For a lot of people, it's time to get away from technology," said North Dakota Game and Fish's Marty Egeland. "You can use as much or as little technology as you want, but for myself, I enjoy just getting away from the desk and the phone ringing . . ."

"I just enjoy hunting, whether it's sitting in a tree watching the squirrels run around, or upland game hunting with the dogs, hunting is a form of relaxation for myself, and getting away

**“Sometimes we're walking with a dog and a shotgun and try to forget about everything else going on in our lives.**

*- Marty Egeland, ND Game and Fish*

with stories about the one that got away, or the one that took them all night to track, or the one they thought had a huge rack and was "the big one," but turned out to be a bunch of

**BENEFITS**  
continued on pg 6

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# 50 pheasant flies: PT foam beetle

BY NICK SIMONSON  
Dakota Edge Outdoors

From the basic to the bombastic, there are so many ways to tie up foam beetles. An easy fold of foam over an underbody of dubbing, yarn or herl can produce a dozen quick flies to keep the summer fun rolling on a favorite bluegill pond or lake. Add in a bright parachute for visibility, a set of silicone strand appendages or as in today's example, pheasant tail fiber legs, and one can take the simple and turn it into the sublime, with all the accoutrements desired by the fish or the angler. Feel free to customize the pattern as dictated by the fish or your imagination. Don't wait until winter to tie them up though, as these flies shine right now in the warmest waters of the year and come together quickly on the vise.

In order to sneak this pattern in to our 50 Pheasant Flies series - and complete our summer symposium on easy and fun foam recipes - we're dolling up

the most basic beetle with a set of six legs designed to look something like those sticking out from one of the season's most prevalent terrestrials, while keeping the high-floating foam and the allure of peacock herl that most fish just can't resist.

### MATERIALS

- Hook: Dry Fly, Size 10-16
- Thread: 6/0 Black
- Underbody: 2 Strands Peacock Herl
- Legs: Three PT Fibers
- Body: Black Closed Cell Foam

Start the fly by securing the hook in the vise and setting down a thread bed, leaving the bobbin hanging just a bit behind the hook eye (1). Next select a strip of closed cell foam, a little more than two times the length of the hook shank, and trim one end to a point. Tie the pointed end in just behind the hook eye and secure it all the way along the hook shank to the bend, wrapping over it a couple times and adding a drop of head cement for posterity, leaving the

thread hanging near the bend (2).

Tie in two strands of peacock herl at the bend and advance the thread to the mid-point of the hook shank (3). At the mid-point, tie in three pheasant tail fibers, perpendicular to the hook shank, and use the thread wraps to separate each and secure them, so they angle out from the shank; advancing the thread to just behind the hook eye (4). Carefully wrap the peacock herl forward through the PT fiber legs and up to the thread where the herl can be tied off and the excess trimmed (5).

Fold the foam over the underbody and secure it with a few thread wraps placed over one another to hold the foam (6). Whip finish and trim the foam so it hangs just a bit over the hook eye, forming a small head; add a tiny drop of head cement to the bottom of the thread wraps to lock everything in place and the fly is finished (7). Feel free to trim and bend the PT fiber legs to give them a buggier look, if desired.

Go nuts with these flies right now. Bluegills and sunnies are actively feeding up top as the warm homestretch of summer approaches. Make it a point to see how many can be caught on just one beetle and watch as the more gnarly and chewed-on they get, the better they perform. The buoyancy of the foam will remain as long as it stays on the hook, so keep casting! With these and all the other fun foam patterns that have been put together, it'll be a strong finish to summer on the long rod.



### BENEFITS

continued from pg 7

from everything," he added. "Sometimes we're walking with a dog and a shotgun and try to forget about everything else going on in our lives."

Undoubtedly, there are plenty of health and emotional benefits that come with hunting.

If you're totally into the health benefits, in these days of low-

carb, lean protein diets, game meat in general is lean protein that's also low in fat.

Studies have shown that outdoor exercise is associated with a variety of benefits including reduced tension, anger and depression, and getting that exercise with family and friends - even better.



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Jacey and her first buck she successfully shot with her bow.



Jacey with her second buck, shot with a bow.



Jacey shot this buck with her bow only two days after season opened.

## Bow hunting: the solitude of nature & a lifetime of memories

BY KATE JOHNSON

Jacey Schank, Beulah, said her best memories are made up of the times she has had a bow or rifle in her hand,

not because of the action itself but the time spent with loved ones.

Jacey has been hunting since she was able to tag along with her father. She remembers when she came of the hunting age her father asked her if she wanted to go hunting with him. Jacey said at the time she had no idea what that would entail, but she loved her father and enjoyed spending time with him so she eagerly agreed.

Little did she know, it would be the beginning of a longtime love affair with the solitude of nature meanwhile collecting a lifetime of precious memories.

Every year Jacey, her brother

and dad would all head out to bring home wild game to feed their family. "One thing my dad really taught us was to always be ethical," said Jacey.

Jacey's dad, Jim Pulver, was their mentor and coach. Whenever a deer would come into their sights, he would make sure Jacey was ready to take the shot – walking her through every step.

More times than not, Jacey said her dad would joke with her about seeing a deer. She would fall for it and fly into the ready position the first few times, but as the day would progress she became less susceptible to his games.

Jacey recalls her first outing with her father when she shot her first deer.

"We were playing tic-tac-toe with deer poop and wheat," said

Jacey with a laugh. In the middle of their game, Jim spotted a deer and alerted Jacey.

Adrenaline kicked in and the shakes started. However,

**“Some of my best memories are hunting with my dad, brother and grandpa, when he was alive.”**

- Jacey Schank

Jacey said her father, always the sound voice, reminded her to breath – walking her through every movement and step. With the pull of the trigger Jacey had her first kill.

"It's incredible because you get this animal that feeds your family," said Jacey.

From there on out it was a fam-

ily endeavor. Hunting became the long awaited season that she looked forward to every year.

When Jacey went off to college, her father decided he wanted to start bow hunting. If her dad was doing it, Jacey wanted to do it too.

Knowing nothing about bow hunting, Jacey told her parents she wanted a bow for Christmas. Jacey recalled her father telling her no, she could stick to her rifle, since he was only learning himself.

Not taking the answer seriously, she saved up and purchased her own bow. "My dad likes to joke but he loves taking us and teaching us," said Jacey of her and her brother.

Jacey said she learned quickly why her father told her to wear long sleeves to the archery range

during their lessons.

Being double jointed, she began to know the feeling of stringing herself all too well.

She said they shot forever, learning the stance, where your arms would be and the perfection of the target. It all came back to the lessons of being ethical and shooting to kill the animal in the most humane way.

For three years Jacey struggled to find her buck. The first year she went out and missed completely. The second year she hit the buck, but it was in an area referred to as "the void."

The arrow hit no major organs, arteries or the spine. While they watched on their cameras, they saw the buck she had hit was alive and well.

**ELK HUNT**  
continued on pg 9

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# Gearing up for hunting season

Big game and migratory bird hunting is a billion-dollar industry that attracts millions of enthusiasts across North America. According to Statistics Brain, 12.5 million people over the age of 16 hunt annually, and 220 million days are spent hunting each year.

Nature-based tourism and resident and nonresident hunting is also big business in Canada. According to the Guide Outfitters Association of British Columbia, these industries generate \$120 million and employ roughly 2,000 guide outfitters in this province alone.

Hunters provide a necessary service besides keeping game

animal numbers within reason. They are the eyes and ears on the ground, and help inform wildlife management decisions. Hunting also generates benefits from hunter-supported organizations like conservation groups, habitat enhancement services and restoration outfits.

Hunters require certain gear to ensure safe and productive trips. Here are some must-have items for any hunter's packing list.

## Hunting knife

No hunting expedition is complete without a quality knife, which is an invaluable tool. Knives come in different sizes. Many hunters carry a fixed blade

knife to field dress a kill and for self-defense against larger animals. Every day carry knives, or EDCs, also are another sound investment. EDCs may be paired with other gadgets to form a handy multitool, which is vital in many different applications.

## Trail markers/light strips

Hunters and outdoor enthusiasts can mark their way to a hunting spot or tree stand and see the path in the dark thanks to illuminated light strips. This helps avoid getting lost at dusk and dawn.

## Hunting apparel

Hunting apparel includes coats, pants, waders, boots,

hats, gloves, and much more. Depending on the game to be hunted, attire will be patterned in camouflage to blend into surroundings or blaze orange to set hunters apart and make them more visible to fellow outdoorsmen. Deer cannot distinguish color, so bright orange is commonly worn during deer season. Sales associates from popular outdoor equipment retailers can advise about appropriate attire. Considerations to habitat and weather should be made.

## Storage pack

Hunters require a lightweight, accessible pack that provides easy-to-reach storage. A variety of options are available, and

there are even models that have a tree stand work shelf, rifle and bow mount, as well as a removable small items organizer.

## Swiveling bi- or tripod

A small tripod can help hunters stay on moving game and remain steady for the shot. Pivoting or swiveling action keeps a hunter's movement smooth and on target.

## Binoculars

Every hunter can benefit from a good set of binoculars. High-quality binoculars will feature glare- and fog-resistant lenses.

## Tree stand

A tree stand platform gives hunters the advantage of an elevated position, which offers better vantage points and keeps them out of the scent line of prey. Tree stands should be coupled with safety harnesses.

Investing in quality hunting equipment can make for a higher success rate and greater comfort while engaging in this popular hobby.

## ELK HUNT

continued from pg 8

The third year, Jacey felt like she made the most perfect shot and that this was her first successful kill with the bow. However, her kill disappeared. She said she and her father tried to find blood and there was none. They tried to find the arrow and couldn't. They even called in back up to walk every inch of where it could have gone and came up empty.

The following year, Jacey finally found success with the bow. When she made her shot, she couldn't help but wonder if the buck would even be there when she went to look for it (remembering back to the previous year).

However, she and her dad

heard the crash of the corn as the buck went down.

Typically, Jacey said she doesn't fill her tag until closer to the end of the season. Never had she been successful while the weather is still warm.

When bow season opened up in 2019, Jacey went out right away. When Sunday rolled around, her dad said he would go out and sit with her.

Jacey said there is something different about bow hunting compared to rifle hunting. There is more solitude and peace with a bow in her hands. Being away from the technology and chaos of society, being completely submerged into nature and witnessing animals in their natural

habitat is a unique and tranquil experience.

Once again she and her father sat in a blind and waited. Suddenly a buck was running full speed towards them and Jim alerted Jacey. Thinking he was toying with her once again, it took some convincing.

Finally she popped up and adrenaline kicked in waiting to see what came in front of her window. The buck came to a complete stop in front of her.

"I pulled back and [dad] goes 'deep breaths, calm down' and I shot," said Jacey. Her shot went through the buck's lungs but didn't hit his heart. The animal moved away from them but not too far and was easily found.

Since it was still August and 80 degrees, Jacey and Jim got right to work field dressing the animal and packing it home. Approximately 30 lbs of meat was taken off the buck and Jacey said she will be doing a European mount of his rack and skull.

Even though she filled her tag so soon this year, Jacey said she will continue to go out and hunt with her father and brother while they fulfill their tags.

"Some of my best memories are hunting with my dad, brother and grandpa, when he was alive," said Jacey. "Out there, it is the most peaceful, you leave so relaxed, enjoy your own thoughts and Mother Nature ... it's incredible and pretty neat to witness."



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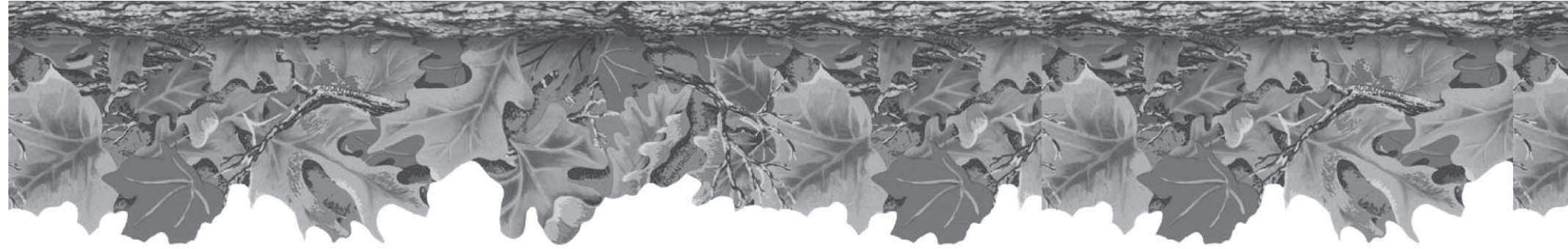


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# Prepare for the season at the shooting range

Courtesy of the North Dakota Game and Fish Department

The North Dakota Game and Fish Department manages five public shooting ranges on its wildlife management areas. These are generally open to the public year around. However, the Department may periodically close these shooting ranges for routine maintenance, improvements and special events. The current status of each range is listed below. Exercise extreme caution, especially when conditions warrant a change in the fire danger index.

The closest shooting ranges operated by N.D. Game and Fish are at the Riverdale Wildlife Management Area two miles southwest of Riverdale, and Wilton Wildlife Management Area two miles east of Wilton.

### Shooting Range Rules

1. Range open from sunrise to sunset
2. Tracer rounds or exploding targets prohibited
3. Only paper or cardboard targets allowed
4. All shooters must shoot from same firing line to designated target stands
5. Ground level targets are prohibited to reduce ricochets and projectiles escaping the property
6. Destroying targets posts or other property is prohibited
7. Only handheld or shoulder fired guns allowed
8. Fully automatic weapons

including slide fire stocks prohibited

9. .50 caliber or larger center fire rifles prohibited
10. Alcohol prohibited on range
11. Report all violations by calling 701-328-6604 or 800-472-2121

### Gun Safety Guidelines

1. Always keep muzzle pointed in safe direction
2. Always keep finger off trigger until ready to shoot
3. Always keep the action open and firearm unloaded until ready to use
4. Do not handle firearms at the firing line while others are down range
5. Know your target and what is beyond
6. Know where others are at all times
7. Be sure the gun is safe to operate
8. Know how to use your gun safely
9. Use only the correct ammunition for your gun
10. Wear ear and eye protection
11. Never use alcohol or drugs before or while shooting

### Group Reservation Policy

Certain groups are eligible to request the exclusive use of Department shooting ranges for special events including conservation clubs holding youth shooting events and local law enforcement entities conduct-



Photos by Craig Bihrlle, NDGF

ing qualifications. The typical reservation time does not exceed one half day. The following guidelines for issuing a special use permit will be followed to maximize public access.

- Special events/reservations will not be allowed from September 15- November 30.
- Groups are allowed a maximum of 2 reservations per calendar year

- Requests must be made at a minimum of two weeks prior to the scheduled event
- Requesting entity is responsible for picking up reservation signs from NDGF Main Office and posting at appropriate shooting range a minimum of 3 days prior to event
- Requesting entities must

clean shooting range at the end of the event.

- The Department will allow only one closure period per shooting range each week

Note: Failure to follow guidelines and shooting range rules may affect the granting of future permits.

For Range Reservations call 701-328-6615.

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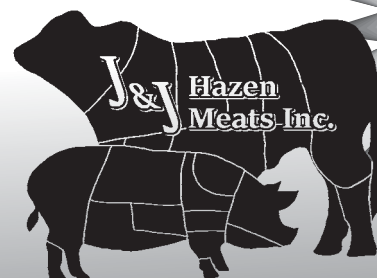
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Orion's Den, registered firearms and supplies are a new business in McClusky, offering hunters a place to shop for ammunition or a new firearm. From left: Rhonda Martwick, owner and licensed firearms dealer Jeff Martwick, and helper Joe Barland in the business located at 421 B Avenue East.

## Orion's Den and Bentz Supply offer hunting supplies

By ALLAN TINKER

Jeff Martwick, who is skilled in the use and care of firearms, started a new business for hunters and other users of firearms. His shop, located at 421 B Avenue East in McClusky, offers a wide range of supplies and firearms.

Bentz Supply, at 202 A Avenue East, also in McClusky, has long stocked a limited supply of ammunition and hunting signs, caps and vests but does not deal in firearms.

In the Prairie Pothole region of the state, McClusky draws large numbers of hunters and fishers during the year, with many businesses supporting the interests of these sportsmen and

women. Local restaurants serve early meals, fall fundraisers plan for the added influx of eaters, and many farmers welcome those interested in these sports onto their land.

Martwick has been licensed to sell firearms since February 15 of 2019. At his business, he handles all the background checks; Rhonda helps sell ammunition and supplies; and friend Joe Barland, can sell the firearms as well. But, all registrations for purchasing a firearm are strictly in Jeff's hands.

Martwick currently has a large supply of reloading and cleaning supplies, firearms, ammunition, optics and reloading supplies. He also offers gun

cleaning but is not licensed to do gun repair as a gunsmith.

Orion's Den also offers "sight-in" help for new firearms, transfers from brokers and special orders. A small library of videos that teach how to call or hunt game are also available.

Orion's Den hours are weekdays 6 to 8 p.m. and he will return messages the next day if he misses your call. The number to reach him is 701-471-9413.

Bentz Supply's with owners Leroy and Arlene, number is 701-363-2288.

Both businesses will offer information on the hunting and fishing areas available in the Sheridan County area.

### Wild Game Pheasant

#### Tender Pheasants

**Ingredients:**

- 4 small pheasants, cleaned and rinsed
- ½ pound sliced bacon
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup sour cream
- 1 cup water
- 1 small onion, chopped
- 1 (1 ounce) package dry onion soup mix
- 1 (4.5 ounce) can sliced mushrooms
- salt and ground black pepper to taste

**Cooking Instructions:**

Place the pheasants into a large slow cooker. Wrap and drape the bacon over the birds, covering the pheasants as much as you can. Whisk the condensed soup, sour cream, water, chopped onion, onion soup mix, and mushrooms together in a mixing bowl. Season to taste with salt and pepper. Pour over the pheasants.

Cook on Low for 8-10 hours, or on High for 5-7 hours.

#### Smoked Salmon Candy

**Ingredients:**

- 1/2 gallon water
- 1 cup pickling salt
- 2 cups dark brown sugar
- 1 cup real maple syrup
- salmon, cleaned and cut into 1/2 inch strips
- 3/4 cup honey
- 1/4 cup water

**Cooking Instructions:**

Mix together the water, salt, sugar and syrup. Stir until all ingredients are dissolved. Add fish and brine for 24 hours. Remove fish and smoke anywhere from 8 hours to 1 1/2 days depending on your smoker. Use the 3/4 cup honey with the 1/4 cup water for basting. Don't over smoke or you're going to have jerky! Apple or cherry woods are great for smoking this recipe. Works well with venison too.

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## Waterfowl Hunters

Waterfowl hunters are reminded to do their part in preventing the spread of aquatic nuisance species into or within North Dakota.

Waterfowl hunters must remove plants and plant fragments from decoys, strings and anchors; remove plants seeds and plant fragments from waders and other equipment before leaving hunting areas; remove all water from decoys, boats, motors, trailers and other watercraft; and remove all aquatic plants from boats and trailers before leaving a marsh or lake. In addition, hunters are encouraged to brush their hunting dogs free of mud and seeds.

Cattails and bulrushes may be transported as camouflage on boats. All other aquatic vegetation must be cleaned from boats prior to transportation into or within North Dakota.

In addition, drain plugs on boats must remain pulled when a boat is in transit away from a water body.

More ANS information, including regulations, is available by visiting the North Dakota Game and Fish Department website, gf.nd.gov.



Ashlyn Schmitz, Washburn.

# Father, daughter bag elk

## Washburn duo nab once-in-a-lifetime licenses

BY ALYSSA MEIER

A father and daughter from Washburn were on the right side of luck this year, taking two of only 404 elk licenses available in North Dakota in 2018.

Dan Chrest and his daughter Hannah, 17, knew chances were slim when they both applied for an elk tag this year.

"The chances of getting an elk tag or an elk bull tag are less than one percent," Dan said. "The chances are astronomical that you're not going to get it."

Dan said he'd put in for an elk license every year since he was a kid, and this year, he and Hannah got lucky. The pair found out in March that Dan was pulled for a bull tag and Hannah for a cow, and plans started right away.

"From the day that I got my tag, I called and made multiple trips to the Badlands, and I don't know how many doors I knocked on to find anyone with any information on elk," Dan said.

Eventually Dan was connected with a land owner near Grassy Butte that agreed to allow the duo to hunt the property.

What took months to prepare for was over in a flash, as Dan got his elk within 6 hours and Hannah bagged hers in less than one.

"She got a lethal shot on it," Dan said, proudly. Dan said they kept the hide from Hannah's cow, the



Father and daughter Dan and Hannah Chrest beat the odds this year, each drawing an elk license for the 2018 season. (Submitted)

horns from his bull and the ivories from both.

Hannah said she was grateful to be able to get an elk license while still in North Dakota, and to have some quality time with her dad.

"It was really cool as a senior, knowing I won't be around much,

to have the experience and do it together before I left," Hannah said.

Dan agreed.

"It's the greatest thing in the world," Dan said. "To me, this was the biggest blessing you could get, that father-daughter time."

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# HUNTERS HAVEN

## SECOND SECTION

### What the duck?

BY TYSON SMEDSTAD

This is all very new to me.

I hail from a long line of tree hugging, hippie types. Growing up I was never around guns. Guns were bad. I remember my cousins standing on the corner in my small town with sandwich boards around their necks that said "Make Love, Not War" (and this was in the 80's).

My dad bow hunted – sort of. I don't remember him actually bringing home any deer.

I've never wanted to try shooting a gun. I've never even bought my children a Nerf gun. I've marched for common-sense gun laws.

But time rolls on, and life changes.

Since moving to North Dakota five years ago, I've changed a lot. I've decided to immerse myself in rural living.

So hunting – or at least going with on a hunting excursion – was my next mission. I'm not sure I'll ever be able to pull the trigger myself, but I need to know why everyone in and around my little town hunts. I understand the logistics ... food to feed the family ... but with Krause's Market right there on 37, why the need hunt your own food?

I scrambled to get into a hunters' safety course, to no avail. But I still want to see what the hype is all about.

Garrison resident and life long hunter Marcus Matthews offered to take me out to get the real experience, sans me actual shooting.

Matthews says it's cathartic. Just him and the open air.

"The experience of everything," Matthews said. "The sunrise, the sunset, the smells."

He perks up just talking about it.



Hawk retrieves a blue wing teal from the slough north of Garrison.

"Are you ready to go?"

He's like a kid on Christmas morning. This is his first time out for the season and he's itching to get moving.

The evening we decided on for our hunt was not ideal. You could see the rain rolling in and the wind was starting to pick up.

As I fumble around putting on the gear, he goes over what's about to happen.

"You use decoys for ducks and geese," Matthews said. "And calls that sound like the bird you're hunting. You have to trick them into thinking you are the real thing."

I'm trying to take it in; he speaks passionately about his hobby.

**Burning daylight**

We walked in about 700 yards to a slough full of ducks ... from a distance.

The closer we got, the fewer and fewer ducks stayed in that slough.

The dozen or so decoys over his shoulder clanked together with every step.

"We aren't going to sneak up on them," Matthews said. "That's for sure."

Decoys out, we settle in near the water, tucked in a bit under a little tree.

Within minutes, pop pop, the first duck goes down.

Matthews' yellow lab, Hawk, is in the water within seconds after that bird.

He's excited and has been waiting for

this moment for a year also.

Then we wait.

It's peaceful and quiet, except for Hawk's frequent trips to the waters edge to make sure there wasn't anything else to retrieve.

Four ducks are collected pretty quickly.

That last one took awhile, but it eventually happens.

As the sun sets and our adventure comes to a close, I reflect on the evening over a cold Busch Light (I'm told this is part of the duck hunting tradition).

I can see why people enjoy it. After Hunters' Safety, I may want to try duck hunting for myself. I think I'd shoot a gun. But that's it – it will take me a bit more coaxing to clean one. I'm just not there yet, but maybe someday.

I think I need a hunting dog first, just to make sure.



Our take for the night: one redhead, two canvasbacks and two blue wing teals.



Hawk patiently waits on the next duck.



Marcus Matthews has been hunting areas around Garrison his whole life.

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# Our Outdoors: mentoring memories

BY NICK SIMONSON  
Dakota Edge Outdoors

As a hunter who started on his own at the age of 22, I was non-traditional to say the least, and my trip up the learning curve was about ten years behind those young people around me in my hunter's education class that summer. In the process though, I was mentored by a number of people – close friends, members of my local wildlife club, and extended family – who took the time to take me into the field, and for their help I remain thankful. Their encouragement, insight and pointers on not just the shot and the retrieve but on all of the aspects leading up to it like watching the dog, targeting certain habitats and areas for more success, and just enjoying the time outdoors were key in helping me through my early years and developing a passion for upland hunting. That in turn developed in me a drive to pass it on so others need not wait until after their teens to experience the excitement.

## A Special Weekend

Around 2006, my native North Dakota opened its first youth pheasant hunting weekend, held the Saturday and Sunday before the general pheasant opener. It is a new tradition which continues this weekend, where licensed hunters age 12 to 15 can enter the field a week early with an adult (who is not carrying a firearm) and get the first shot at pheasants. Designed to recruit and retain more hunters, the special hunt gives kids a crack at a flushing rooster without having to worry about anyone else blasting away, making each day their own.

Back then, my now retired 15-year old lab was a fresh and hard-charging two-year-old and ready for another season. I recruited the two sons of a receptionist across the hall from where I worked for Saturday's hunt, and then tapped a buddy to grab his younger cousin along with my godson for the Sunday morning outing. Birds were plentiful in that era, even just a few miles south of Valley City, and the expanse of CRP acres at the time seemed to connect every stretch of PLOTS and unposted land with those places we had permission for in what seemed for miles of contiguous hunting. It was an easy ten-minute haul to a few choice areas of grass, and the weather was perfect for both days. All four boys bagged birds, and we ended the weekend with nine roosters, but more importantly, those kids continued hunting well after that adventure.

## The Big Event

Starting in 2012, I helped coordinate my local Pheasants Forever chapter's mentor hunt in Lyon County Minnesota. Based out of the trap club where I also served as Vice President, I coordinated the assembly of 1,000 acres of private land, in parcels immediately

adjacent to a five-mile stretch of various Wildlife Management Areas that reached from U.S. Highway 59 south of town all the way to the back door of the clubhouse. Occurring the weekend after the state's general opener, the event was a production but always worth the work and the sacrifice of a day of hunting from so many adults, as the shared reward was bringing 20 new hunters or so into the fold with our strong staff of volunteers who would turn out to put on the event.

It was a two-month lead to gather up new and regular mentors and volunteers from our chapter's ranks and those from the Twin Cities who would bring a crop of novices from the east. We'd scout out the parcels and do drives along the gravel roads to check for birds ahead of the regular season's start and converse with the generous landowners to find out what they were seeing. We did our very best to keep the ratio of hunters to mentors at two-to-one so that the experience and the advice could be personal. The morning hunts around the trap club culminated in what we called "the big walk" where those who were interested would go up and then come back through the 100 acres of private grass behind the clubhouse.

Needless to say, some young hunters were exhausted, having not experienced a real, wild-bird walking hunt before, and I'd often come back to the club to find some of them sprawled out on the green fabric couches in the meeting area, panting and sweating from their morning hike. I'd announce the next segment of the event, and some would barely move as I invited them along for the big walk, while promising a fantastic chance at birds that



had been pushed into the area by the previous weekend's hunters on the surrounding public land, and through their own morning activities.

With some prodding one year, I was able to get a pair of brothers off the couch and they reluctantly joined the line of ten other hunters as we spaced the mentors and dogs between them. The birds in the stretch of grass were thick, and we flushed more than 20 roosters as we made our way up from and back to the club, with every kid in the line getting a shot, and bagging six birds in the short timeframe, including a rooster for one of the exhausted couch brothers.

"I sure am glad you convinced me to come on that walk," I recall

## MEMORIES

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# Getting beyond buck fever

BY NICK SIMONSON  
Dakota Edge Outdoors

It happens with the flash of approaching large, grey-brown antlers in the adjacent trail or the sudden appearance of ghost buck hanging up on the edge of cover just outside of shooting range triggers a physical rush. Knees weaken, the heart rate increases, and shudders run from a goosebump-covered neck down to the heels of feet planted so firmly on stand that it feels like the ladder will fall out from underneath due to the shaking. Holding a bow or a gun and remembering how it works can feel like running in slow motion from an approaching tornado in a nightmare as the brain is overridden by what many have experienced and know simply this time of year as “buck fever.” This natural occurrence, however, is quite normal and there are ways to prepare for it and overcome it when the moment arrives, resulting in more successful hunts and less questions as to why the deer is still upright after a shot and where exactly that arrow went to.

“The adrenaline rush that you get - the fight or flight response - it’s our body’s natural way of preparing us for an intense situation, so if you were a mountain lion and you saw a big buck, your body needs a heck of a lot of energy, really, really fast to go chase down that animal,” explained Marie Schaaf Gallagher, PhD, a Neuropsychologist with Sanford Bismarck, “but when you’re hunting, you don’t have to go run after it, you have to slow everything down and so you’re trying to work opposite of your natural fight-or-flight

response,” she continued, adding that the same response is what kicks in when deer sense they’re being hunted and suddenly flee.

The effects of adrenaline produced in the moment can linger for a while, and while few situations in everyday life can exactly replicate the sensation, there are ways to get ready for it. Through tactics in the moment and preparation before the hunt and the season, which Scaaf Gallagher recommends professionally to prepare for and deal with stressful life situations, or when the fight-or-flight response is misfiring in relation to anxiety disorders, people can reduce these detrimental physical manifestations.

“Our breathing system is connected to that fight-or-flight system, and it helps to calm things or slow things down a little bit; so you can practice taking a big, deep breath all the way to get to the bottom of the lungs...and slowly releasing that,” she relates, “doing that for a couple minutes can actually help slow things down...so that you can take the shot, steady yourself and feel more in control,” she advises.

The chemicals released when



experiencing the fight-or-flight response can take a while to run their course, and their effects such as elevated heart rate, shivering, and other involuntary reactions which complicate matters can linger as well. Having an established plan and a good deal of practice with the bow or a firearm before the hunt not only makes for a better shot, but provides a solid anchor point mentally, when a deer suddenly appears and sets off these

biological systems in the body.

“Obviously, you don’t want to sit and wait 10 or 15 minutes if you’ve got an animal right in your sights and you’re ready to shoot,” Schaaf Gallagher relates, noting that when the thinking, problem-solving part of the brain temporarily shuts down during the rush, leaning on a well-practiced routine

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## MEMORIES

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him saying, and I responded that I was happy he came along too, and the memory of that moment has stuck with me ever since and reminded me of the slight convincing my buddy needed to give me in order to get me to take hunter’s education as an older-than-average student and start my adventures in the field.

Whether it’s the upcoming weekend’s special youth pheasant weekend in North Dakota, or any number of mentor hunts throughout the upper Midwest in the coming month or two, be it for ruffed grouse, waterfowl, deer or other game, now is the time to start making mentoring memories of your own. With a small group of close friends and neighborhood kids, or as part of a bigger event, providing a mentored hunt and sharing what you know and have learned is perhaps the best way to thank all of those who invested in us and help carry on the hunting tradition with the next generation...in our outdoors.







# Hunters must be stewards, policemen

BY JOHN BRADLEY  
Dakota Edge Outdoors

Although most hunters respect the land, property and wildlife they are hunting, there are always a few bad actors who do not and in the process give all hunters a bad name. Fall is the ideal time to remind hunters and all outdoor recreationists to be good stewards of the land and respect both public and private property.

Every hunting season, we hear reports of vandalism in Wildlife Management Areas: hunters driving off road, illegal trespassing, hunters being shot over, littering and livestock being shot. With numerous hunting seasons already in progress, it is important that everyone be better stewards of the land. Below are just a few of the things that hunters and all outdoor recreationists should be aware of when enjoying North Dakota's outdoors:

- Know the rules and regulations - Know the hunting regulations for the species you are pursuing. Consult PLOTS, national grasslands and refuge maps and brochures for specific rules including: driving on roads, parking areas, no shooting zones, walk-in only areas, camping, number of hunters allowed, game retrieval, etc. Go to the appropriate agency website or local office for information.

- Ask for permission to hunt - North Dakota law requires permission for all hunting on posted land. Be courteous to the landowner when asking for

permission.

- Know where you are located - Whether you are hunting public land, private land or land enrolled in an access program such as PLOTS, it is every hunter's responsibility to know where they are to avoid trespassing. Maps are readily available, as are GPS chips and cell phone apps to aid in orientation.

- Unharvested crop - avoid hunting, walking or driving in fields that have not been harvested yet. Remember that in North Dakota, hunting standing crop is illegal without the owner's consent.

- Littering - not only is littering lazy and unsightly, it is against the law. Pack it in, pack it out.

- Leave gates as you find them - If a gate is closed, close it behind you. If it is obviously open (pulled all the way back to the fence), leave it open. If you are unsure, contact the landowner or public land agency.

- Know your target and beyond - Hunters must be sure of what they are shooting at (species and sex) and know what lies beyond their target (houses, outbuildings, livestock, vehicles, other hunters).

- Park vehicles considerately - Find a designated parking area or an approach that is clearly not in the way of farmers moving equipment.

- Avoid driving on muddy roads - Unless it is a well-graveled road, walk in.

- Avoid ridge driving and driving to overlooks - Not only is this a poor strategy of finding



Photo By Nick Simonson

As hunters take to the field, they should be mindful of their actions, and observe and report illegal behavior.

game, it is considered as driving off road if it is not already an established trail.

- Driving off road - While hunting on private property, a person may not drive off established roads or trails without landowner permission. Off-road travel on public land, including game retrieval, is prohibited unless designated as open. Consult appropriate land agency or land maps for specifics.

Remember that the fall is a very busy time for landowners. Along with late harvest, cattle and other livestock are

being moved from their summer and fall pastures and are often brought near the home site for winter feeding and care. Please use common sense and respect when around these activities.

Lastly, hunters need to police our own ranks. Don't hesitate to report violations. Hunters can report any hunting and fishing, trespassing, vandalism or other criminal activity observed by calling the Report All Poachers (RAP) line at 1-800-472-2121. It is a toll-free number where one can report all game and fish violations. Callers can remain

anonymous and may be eligible for a reward for providing information that leads to a conviction. If you see hunters behaving badly or something else suspicious, make the call. Don't let a few bad actors sully the name of hunters everywhere.

Stay safe, shoot straight, and enjoy your time in the field this fall!

John Bradley is the Executive Director of the North Dakota Wildlife Federation and a Dakota Edge Outdoors Contributing Writer.

## HAVE A GREAT NORTH DAKOTA FALL

And While You're Out There:

- Be extra careful to prevent fires and adjust activities according to the daily fire danger index.
- Make safety your top priority.
- Treat all public and private land as if it were your own.

For season dates and other information, visit the Game and Fish website at [gf.nd.gov](http://gf.nd.gov).

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**BUCK FEVER**  
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is key to remembering what to do, “the more you practice strategies ahead of time...setting yourself up or pulling the bow back, those physical motion memories will stick with you and having that practice of habit behind you can be helpful; then you don’t have to think as much,” she recommends.

Recreating the situation as best as possible – utilizing life-like targets, shooting from elevation, or matching conditions of the hunt – are also good ways to get as close of a practice experience as possible, to reduce the unfamiliarity when buck fever hits. Utilizing breathing strategies in these moments of shooting practice can also help establish a pattern that will transfer over to the field. Physically, staying well-hydrated and nourished with a good meal ahead of an outdoor adventure, and getting a good night’s sleep before the hunt while avoiding stimulants like caffeine, will also help the body deal with the rush of adrenaline and reduce its effects. Paying attention to these signals not only

on stand, but also in everyday life can help manage the rush and monitoring those conditions can be important in mitigating their effects in high stress moments outside of the hunt.

“If somebody is having these type of issues and they’re popping up even outside of buck fever, you can always come talk with a behavioral health person,” Schaaf Gallagher advises, “there are some medical conditions that can cause your fight-or-flight system to not work properly, so if you think it’s something more, go see your doctor so they can help you with that too,” she concludes.

With the archery opener approaching and the excitement of fall hunting seasons mounting, being ready for the rush and enjoying it in the moment, without having it take away basic bodily functions by utilizing breathing exercises and continued practice, will help ensure a successful season and provide a way to work beyond buck fever.

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- BIG DOE -

- 1st - Remington 783 270 cal
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- 3rd - Sagen Saw

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- 2. Must be fully field-dressed.

- REGISTER -

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