

Fall 2017



Alberta Hunter Education
Instructors' Association

Conservation Education

The Voice of Conservation Education in Alberta Magazine



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President's Message

“ Your efforts can and will shape lives and connect people to wildlife and wild places. ”

Recruiting the Next Generation

By Robert A. Gruszecki



Robert A. Gruszecki
President - AHEIA

Being a hunter has made me appreciate life that much more.

I believe that “man” is a hunter/gatherer, and at the very core of our existence is the tradition, the heritage and the culture of the hunt.

One of the reasons we hunt is to fulfill this basic need.

To fulfill a need to be a part of the natural world that observation alone cannot satisfy. Aldo Leopold, environmentalist and hunter, put it this way: “The instinct that finds delight in the sight and pursuit of game is bred into the very fibre of the race.”

Hunting has taught me many things, such as tenacity, patience, determination, concentration, self-respect, respect for our natural world, respect for life, a love of nature and an understanding of the basic struggle between life and death in nature. All this and more are part of

the journey of education through the hunt that I have learned. The journey is a lifelong one and gladly, for me, it continues. Of all the many lessons hunting has taught me, I am most attached to the healthy understanding and commitment to the preservation of all species in nature, not just those that I pursue.

All of this I have learned in 50 years of hunting. I am proud that my background includes the pursuit of wildlife in order to provide clothing and food for my family with the fruits of that labour. I am proud that I have preserved the memory of the harvest, the day, the animal, my hunting pals, my mentors, the pursuit, the preparations, the follow up and more, each and every time I return home with my harvest.

At AHEIA, it is our hope that the mentorship program forms part of the process that gives

hunters — old and new — the tools they need to make them the best mentors they can be.

We need to ensure that we “Pay it Forward”. This process and the program AHEIA has developed are steps toward that end. We invite you to consider being a mentor and helping us leave an important legacy. Your efforts can and will shape lives and connect people to wildlife and wild places. Please join us in this pursuit!

Why Mentor?

Leaving legacies; creating future responsible hunters.

There are many reasons to mentor a new hunter, including:

- Providing a safe and legal experience for the new hunter and developing positive landowner relationships on which the hunter will be able to build.

Continued ➤





- Building confidence in first time hunters with a hands-on approach to learning (e.g. field dressing) and assuring a smooth transition from knowledge learned in a classroom, to experience gained in the field.
- Being a positive role model ensures good ethics will continue to be an important part of our hunting heritage.
- "Pay it Forward." Mentoring helps to give back through the sharing of skills, knowledge, experience, and expertise in order to promote our outdoor heritage.
- Enhancing your own skills. In setting a good example for the new hunter, you will be motivated to perform to the highest standard. Demonstrating specific skills and techniques will also allow you to enhance your own skill development through the performance and repetition of those skills.
- Mentoring allows you to develop and enhance your coaching and leadership skills by working with individuals from different backgrounds and with different personality types.
- Promoting Critical Reflection, a key element in professional growth and performance. By having to explain to a new hunter the reasons for why you may hunt in a certain way, mentoring can provide you with the opportunity to critically reflect on your own practice and identify potential areas for improvement.
- Personal satisfaction. By sharing knowledge you have learned through years of experience, you leave a lasting impression on a new hunter and contribute to the development of the sport as a whole. Watching the mentee's growth over time can be highly rewarding. As well, it is inspiring to recognize how your contributions as a mentor are affecting future generations of outdoors people.



What is a Mentored First Time Hunt, and Why is it Important?

Mentored first time hunts provide a quality experience, ensuring a safe and controlled training setting for youth and first time hunters. Having their hunt mentored means that first time hunters will not have to hunt alone, greatly increasing their safety and overall enjoyment.

These hunts increase awareness of hunting as a tool for conservation while actively managing wildlife. They teach individuals to be safe, confident, ethical, and to take responsibility for wildlife and wild places.

All participants must be 12 years of age or older, have passed the Alberta Conservation and Hunter Education Course, and are eligible to purchase their WiN card and applicable licence.

A First Time Hunt is an opportunity for a non-hunter to try something new. As with all first time activities, the outcome and the experience will go a long way to determining whether or not the beginner will continue with that activity. The best way to guarantee a positive experience is to send the novice out with an experienced hunter. Most often this is a family member or close friend, however this is not always possible.

An AHEIA Mentored Hunt is an occasion for a person, regardless of age, gender, race or social background, to try hunting for the first time with an experienced person to guide them. This increases the new hunter's chances of success and improves the experience all around.



Mentors create opportunities for those who do not have a chance to explore the outdoors to learn a new skill, promote health, fitness and lifelong learning.

We teach new people the right way to hunt. An AHEIA first time hunter will learn all applicable rules and regulations to ensure a safe, ethical and legal hunt.

We give new people a positive experience for their first hunt. A person is far more likely to remain in a sport if they are successful early on. A mentored hunt provides the greatest opportunity for a successful first time hunt, and builds lasting relationships.

After putting in hours of time and hundreds of dollars preparing for an undertaking of a hunt, only to find the new hunter is not comfortable with actually harvesting an animal, is a realistic situation. Mentored hunting allows the new hunter to see if they can harvest an animal and complete the necessary work in cleaning and dressing that animal, without the great output of time and money normally required.

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Front Cover Photo:

2017 Youth Hunter Education Camp.
Courtesy Len Gransch.

It is important that we pass on the knowledge that healthy wildlife and fish populations exist in abundance thanks largely to hunters. It is no accident that North America can boast such a diversity of wildlife. The majority of funds and energy to support this tremendous success story have come mainly from generations of hunters. As hunter conservationists, we have a greater responsibility to help preserve and protect wildlife beyond just those that we pursue. Game laws and regulations exist so that we have wildlife and wild places for us and for future generations.

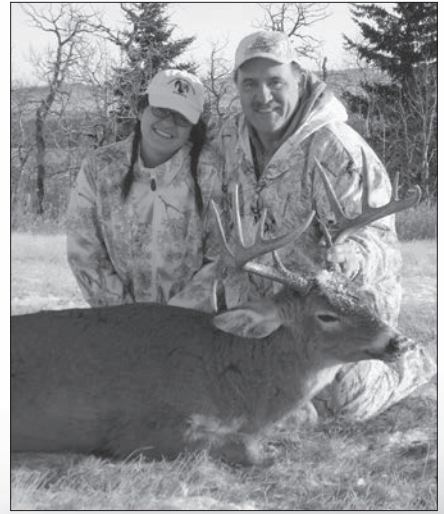
As a mentor, your responsibilities do not end with the safe conclusion of a successful day. The impressions of our wilderness pursuit in the minds of the students and their parents are your responsibility, and should be considered at each interaction. Our goal is to expose these people to a positive experience which will encourage them to spend more time in the outdoors. Should birding turn out to be a better fit for the student than hunting, we have still succeeded if they are getting outside, enjoying and championing our cause. Show your love of the outdoors and encourage each person to share it with others.

The Hunt is Over; What Comes Next?

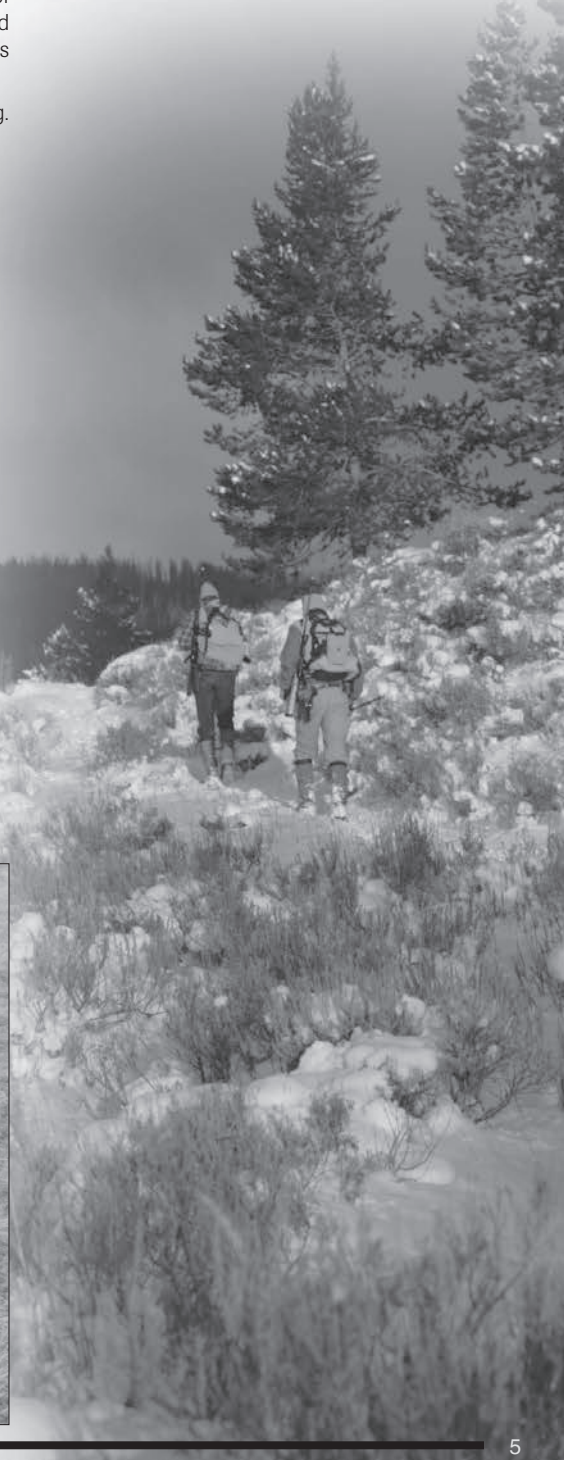
Meet with the student and parents after a week or two. Have a discussion about their impressions of the process and event, and answer any questions that may have come up in that time. Maintaining a relationship with your student and remaining a resource for them to draw upon as they become a self-sufficient hunter, is critical to long-term success. Encourage them to become involved and active in an organization to promote the sport, and to have an influence in the future of hunting.

Hunters are the most important cog in the wheel of conservation and education. As a mentor, you will learn equally as much as your hunter, and be reminded of why wildlife has become such an important part of your value system. To be part of a first time hunting experience as a mentor and role model only helps to ensure that good ethics will be a strong part of our hunting tradition.

"Pay it Forward", and take someone hunting. Change a life for the better.



Robert Gruszecki
President, AHEIA





Safety First!

No experience in the field is more important than the safety of the person you are mentoring, your safety and that of those around you.

You are creating life long memories and setting a standard for future performance.

Be Safe and accept nothing less!





Edmonton Report

“ Because of increased volume in our courses, special events, camps, etc. we continue to look for volunteer assistance. ”

By Len Gransch



Len Gransch
Program Coordinator
AHEIA
Red Deer - North

Time just flies by these days and things continue to be busy around the Edmonton office. This is the time of year when one's thoughts turn to hunting. We tend to get a big push with individuals looking to get their Hunter Education course as well as their firearms (PAL) course. There is always a new adventure around the corner.

If you missed our 2017 Youth Hunter Education camp, you can get ready for the 2018 camps.

Simply call our Edmonton office at 780-466-6682 or email us at edmontoninfo@aheia.com and we will place you on our advance notification list for 2018. Don't miss out.

Because of increased volume in our courses, special events, camps, etc. we continue to look for volunteer assistance. If assisting at these sessions is not your thing, we are also always looking for help at the office with our regular daily work. If you or any of your friends wish to become part of something bigger, please let me know. Giving back has great personal rewards. Give me a shout if you are able to lend a hand and I will help make it happen.

It is still a long ways off, but I want you to keep our 2018 Spring Fling Banquet in mind. The date

and venue have already been confirmed. The event will be held on Thursday, June 7, 2018 at The Palace Banquet, formerly Taliani Palace, in Edmonton (same spot as last year). Keep your eyes peeled for more information coming soon.

Until next time.

*Take Care and
Enjoy the Great Outdoors!*



Want to get involved with AHEIA? Want to teach potentially lifesaving skills? Want to talk about boats and boating?

AHEIA is currently canvassing for instructors for our **Pleasure Craft Operator Training (PCOT) Course**

We have recently been approved by Transport Canada to provide training which would allow people to obtain their Pleasure Craft Operator Card. At this time we are taking names of anyone interested in teaching this course when we roll it out in the near future.

For teachers, this course will satisfy the requirement for WLD1090 in the NAT cluster in CTS.

Instructor training will be provided at no charge to those interested.

Pleasure Craft Operator Training

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Please contact Allan Orr at allan@aheia.com or 403-319-2281 for more information, or to express your interest.

“Interest in the outdoors and hunting-related activities continues to be high with our youth.”

2017 Youth Hunter Education Camps

By Len Gransch



Len Gransch
Program Coordinator
AHEIA
Red Deer - North

Once again this year, our Youth Hunter Education camps proved to be a very popular commodity. Interest in the outdoors and hunting-related activities continues to be high with our youth.

I am very pleased and happy to say that we have 191 new youth who will be joining the hunting fraternity.

Welcome aboard! The latest batch to pass through our Alford Lake facility showed a great deal of interest in the subject matter and were very anxious to do well so that they could pass the courses and make their parents and grandparents proud. They certainly accomplished that. Some of you might not be aware of what our Youth Hunter Education camps entail. Each camp is a five-day event of fun-filled learning activities. Experts share their knowledge and provide instruction in the Alberta Conservation and Hunter Education Program, the Canadian Firearms Safety Course, and much more.

The cost for the 2017 Youth Hunter Education Camp was a great value at \$395.00 per person plus GST. This fee included lodging as well as all meals Monday through Thursday, and breakfast on Friday. Also included were all instruction, course handbooks and testing for the various certifications, as well as an AHEIA t-shirt. Upon successful completion of the appropriate exams, students were certified in the Alberta Conservation and Hunter Education Program and the Canadian Firearms Program. They then qualified to apply for their Wildlife Identification Number (WIN Card) and were able to apply for their Minor's Possession Licence for firearms.

Our 2018 Youth Hunter Education camps will run July 1-6, July 8-13, July 15-20 and July 22-27. If you missed out on our 2017 camps and wish to be placed on our 2018 Advance Notification List, please email us at edmontoninfo@aheia.com and we will make sure you are included.

A special thanks to all the parents, grandparents and guardians who volunteered their time. Without their tireless dedication and effort these camps would not be possible.

I hope to see you next year. Take care.



“ Each camp is a five-day event of fun-filled learning activities. Experts share their knowledge and provide instruction in the Alberta Conservation and Hunter Education Program, the Canadian Firearms Safety Course, and much more. ”

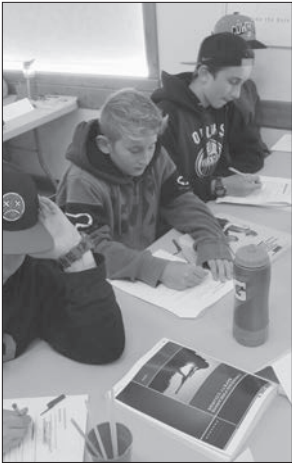
Dates for our 2018 Youth Hunter Education Camps:

**July 1-6
July 8-13
July 15-20
July 22-27**



To be added to the Advance Notification List, please email us at edmontoninfo@aheia.com





“ Upon successful completion of the appropriate exams, students were certified in the Alberta Conservation and Hunter Education Program and the Canadian Firearms Program.

They then qualified to apply for their Wildlife Identification Number (WIN Card) and were able to apply for their Minor's Possession Licence for firearms. ”



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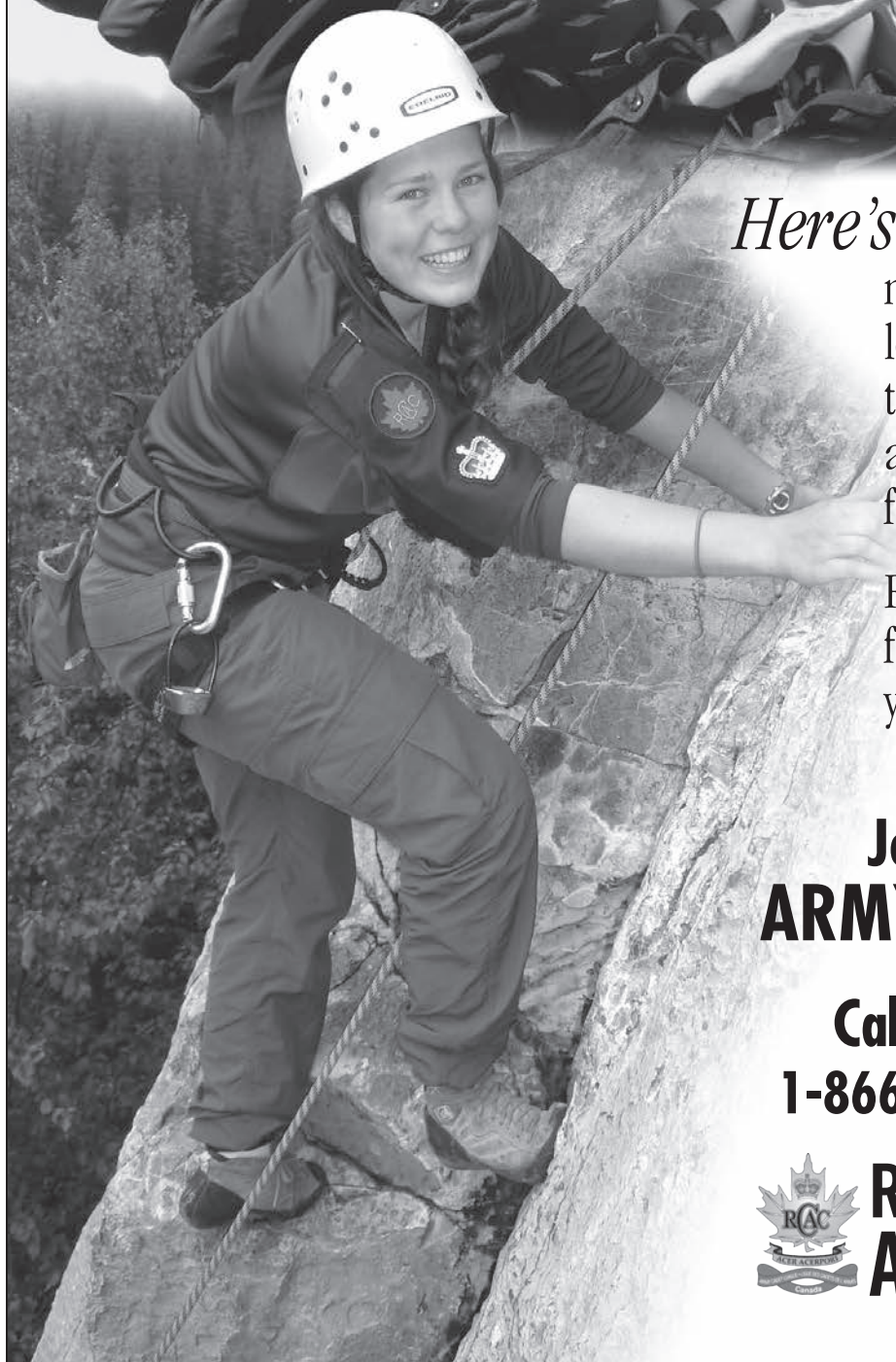
Registration is free for youths 12 to 18 years of age.

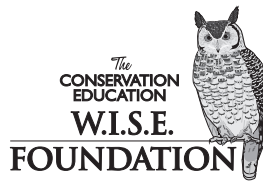
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W.I.S.E. Award Nominations

Recognize Conservation Excellence

Nominations for the 2018 W.I.S.E. Awards are now being accepted.

Initiated 15 years ago, the W.I.S.E. Awards recognize outstanding achievement and commitment in the area of Conservation Education and Resource Management.

The Alberta Hunter Education Instructors' Association and the Conservation Education W.I.S.E. Foundation created the W.I.S.E. Awards. Both of these charitable foundations exist solely for the purpose of helping Albertans learn about Alberta's wildlife and the contribution that wildlife makes to the quality of our lives in Alberta. The goal is to make wildlife and fish part of the value system of all Albertans.

W.I.S.E. Award recipients can be chosen from one of the following four categories:

- W.I.S.E. Public Service Conservation Award
- W.I.S.E. Industry Conservation Award
- W.I.S.E. Volunteer Instructor Conservation Award
- W.I.S.E. Alva Bair Memorial Award

The awards will be presented at the AHEIA banquet and fundraising auction held February 10, 2018, in the BMO Centre, Palomino Room, Stampede Park, Calgary, Alberta.

Please have your W.I.S.E. Award Nominations in as soon as possible for consideration.

For more W.I.S.E. Conservation Awards information and nomination forms visit the AHEIA website at www.aheia.com or call 1-866-852-4342.

Conservation Awards Nomination Form

- | | |
|--|--|
| <input type="checkbox"/> Public Service Conservation Award | <input type="checkbox"/> Industry Conservation Award |
| <input type="checkbox"/> Volunteer Instructor Conservation Award | <input type="checkbox"/> Alva Bair Memorial Award |

Include with your nomination, details as to why your nominee should be selected, based on the general criteria listed for each award description.

Name of Nominee: _____

P.O. or Street Address: _____

Town or City: _____ Province: _____ Postal Code: _____

Phone Number: _____

Nominated By: _____ Signature: _____

Phone Number: _____ Date: _____

Please submit completed nomination form to:
Alberta Hunter Education Instructors' Association (AHEIA)
911 Sylvester Crescent S.W., Calgary, AB T2W 0R8
(403) 252-8474 or 1-866-852-4342
Email: info@aheia.com

Submissions may be forwarded by mail or email, or you may access this form electronically by visiting our website. Be sure to include all supporting materials.

Recognizing Conservation Excellence



The Alberta Hunter Education Instructors' Association

Our Mission:

*To Make Wildlife and Fish Part of the
Value System of Every Albertan.*

Working Principles & Elements of AHEIA's Conservation Education Programs:

- Wildlife is part of the value system of every Albertan.
- Wildlife contributes to the quality of the lives of Albertans.
- Human activity impacts wildlife.
- The behaviour of each person is important to the future of wildlife.
- Conservation Education is people helping other people to understand the needs and value of wildlife.
- Conservation Education is people enjoying wildlife and introducing other people to wildlife related activities.
- Conservation Education is people involved in wildlife education programs in formal and non-formal settings.
- Conservation Education is people advocating wildlife values to their communities.
- Conservation Education is people developing and sharing wildlife related skills.
- Conservation Education is people watching wildlife.



The Alberta Hunter Education Instructors' Association
invites you to our

2017 Christmas Open Houses

Thursday
December 7, 2017
2:00 pm - 4:30 pm

Calgary
Conservation Education
Centre for Excellence

911 Sylvester Crescent SW, Calgary, AB
Phone 403.252.8474
1.866.852.4342
info@aheia.com

Tuesday
December 12, 2017
12:00 noon - 4:00 pm

Edmonton
Conservation Education
Centre for Excellence

#88, 4003 - 98 Street, Edmonton, AB
Phone 780.466.6682
1.866.282.4342
edmontoninfo@aheia.com

We hope to see you there!

Please kindly RSVP



Women's & Youth Leagues

All abilities welcome, including those who have never held a gun before!

Spring 2018 Session

May 2, 9, 16, 23, 30, June 6

Summer 2018 Session

July 4, 11, 18, 25, August 1, 8

Fall 2018 Session

September 5, 12, 19, 26

Cost is \$60.00 per session.

Firearms, eye and ear protection included.
An AHEIA membership is required
and can be purchased onsite.

Sessions held at the Calgary Firearms Centre,
242 Avenue and 32 Street SW, DeWinton, AB
www.AHEIA.com/calgaryfirearmscentre

To register or for more information
contact Allan Orr at 403.252.8474
or email allan@aheia.com





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The Alberta Hunter Education Instructors' Association

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The Outdoor Youth Camps & Seminar
The Outdoor Bound Mentorship Program
The Outdoor Women's Program
projects were undertaken with the financial support of:
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Since 1985, Wildlife Habitat Canada, a national, non-profit, charitable conservation organization, has invested over \$50 million to support hundreds of conservation projects on private and public lands across Canada, through its granting program. Wildlife Habitat Canada works through partnerships with communities, landowners, governments, non-government organizations, and industry to conserve, enhance, and restore wildlife habitat. To learn more about the projects that Wildlife Habitat Canada has funded or to see our annual report, please visit www.whc.org.

Without habitat ... there is no wildlife. It's that simple!

**Making Wildlife and Fish Part of the
Value System of all Albertans.**

Save this date:

FEBRUARY 10, 2018



For the 16th Annual

WISE AWARDS & BANQUET

HELD AT THE BMO CENTRE, STAMPEDE PARK
1410 OLYMPIC WAY S.E., CALGARY, ALBERTA

4:30 PM • COCKTAILS & SILENT AUCTION
6:00-10:30 PM • DINNER, PRESENTATIONS
& LIVE AUCTION

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CONSERVATION EDUCATION**

Photo Credit: Greg Schechter

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SURVIVAL IS IN OUR CROSSHAIRS



CON CAPIT

DID YOU KNOW:

- that it takes an annual operating budget of approximately \$4.3 million to deliver all facets of Conservation Education to approximately 100,000 Albertans annually?
- that every cent of every dollar that is donated goes into Conservation Education program delivery?
- that the annual printing budget of AHEIA for all program areas, including manuals, tests, certificates, etc. represents in excess of \$400,000?
- the annual premiums to secure liability insurance of \$5,000,000 and all other necessary insurance for equipment, facilities and vehicles for AHEIA and every instructor and participant exceeds \$150,000.
- the annual cost of correspondence to members of AHEIA is approximately \$150,000.
- the annual cost for the purchase and repair of training aids and equipment is approximately \$400,000.
- the cost of the one week long Outdoor Women's Program, including three meals and one snack per day, is approximately \$130,000 or \$550 per participant.
- the cost of running one of our Youth Seminars for 150 youths exceeds \$70,000.
- the cost of running one of our Youth Camps for 50 youths for five days, including three meals and one snack per day, is approximately \$1000 per participant or \$50,000.
- the cost of running a one day Outdoor Wildlife Learning (O.W.L. Days) program for 150 youths is approximately \$120 per child or \$18,000.
- the cost of one instructional techniques workshop for 20 instructors for 20 hours is approximately \$1,500 per participant or \$30,000.
- AHEIA does not charge fees on a cost recovery basis for their programs, and survives by donations!

PLEASE CONSIDER

CONSERVATION EDUCATION FUNDRAISING CAMPAIGN

FACT:

Our programs survive by donation.

FACT:

Economic woes affect us all, especially the charities.

FACT:

Incomes are down nearly 50%
and operating costs are increasing.

FACT:

Our goal is to continue excellent program delivery,
not to cut services or courses.

FACT:

WE NEED YOUR HELP!

In 2016 our programs will reach over 100,000 men, women, and children
of all ages and our projections for 2017 are to reach an even larger audience.

Our fundraising efforts are being supplemented with a new
fundraising campaign to appeal to those we serve.

DONATIONS OF \$25-100

will receive an AHEIA gun sleeve.



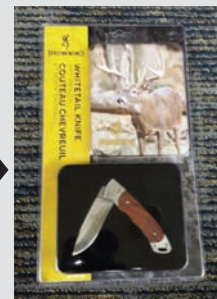
DONATIONS OF \$101-999

will receive an
AHEIA hitch cover
and license plate holder.



DONATIONS OVER \$1000

will receive
an AHEIA logo'd
Browning pocket knife.



A voucher for each of the above award levels will be mailed
along with the tax receipt to the donor who can then make
arrangements to pick up the prize, minimizing costs to our
Association which ultimately allows AHEIA to utilize the ma-
jority of funds for program delivery.

Name: _____

Address: _____

Amount of Donation: _____

☐ Check here if you prefer not to receive a funding incen-
tive, and would prefer we allocated all proceeds of your
donation to necessary program delivery.

Please mail this complete donation form to:
AHEIA, 911 Sylvester Cr. SW, Calgary, AB T2W 0R8
or contact our office in Calgary and we can process
your credit card donation over the phone:
Telephone 403.252.8474 or Toll Free 1.866.852.4342

A FULLY TAX DEDUCTIBLE DONATION TO OUR CAUSE.



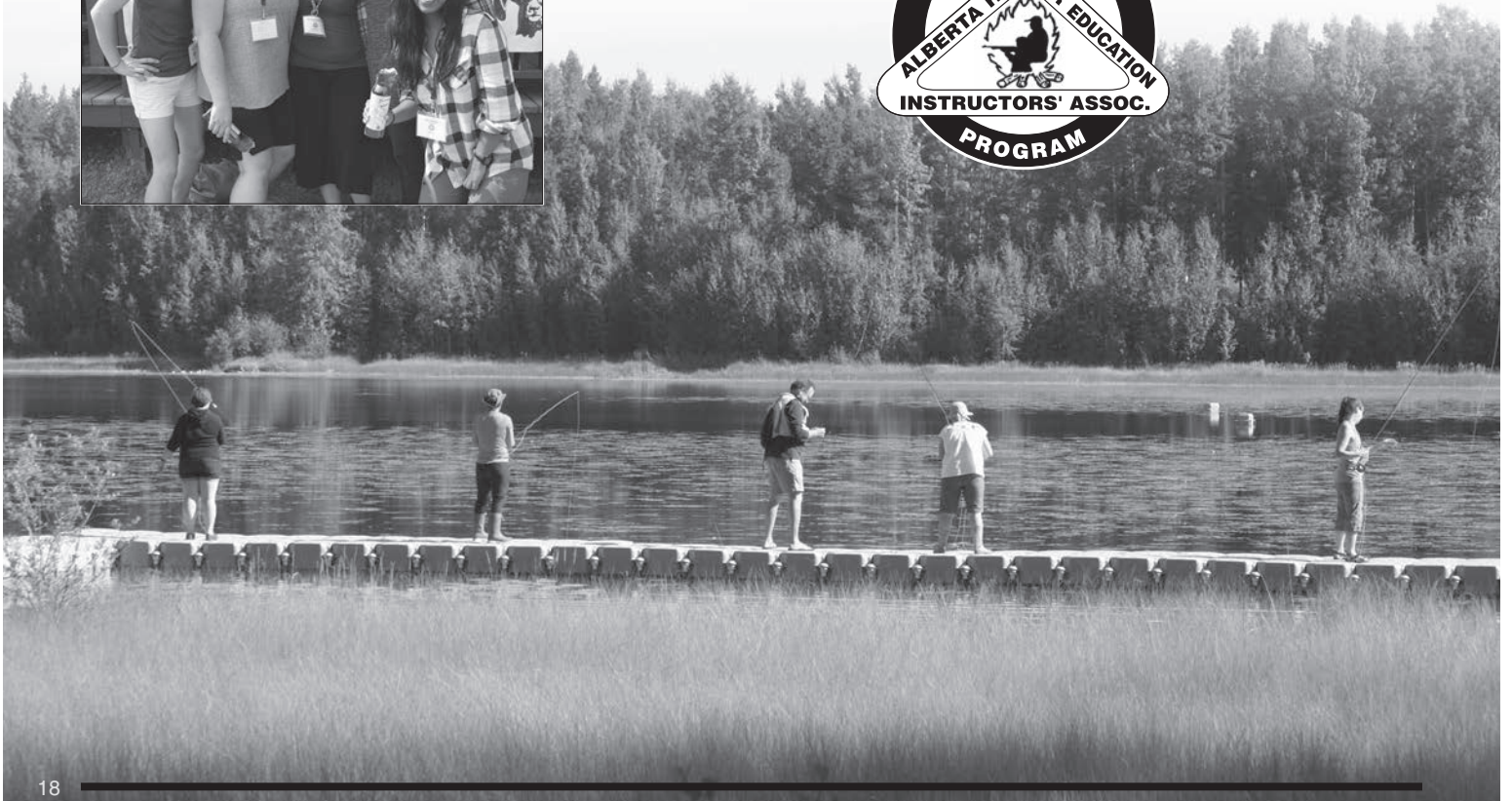
24th ANNUAL

Outdoor Women's Program

By David Dolph

AHEIA hosted the 24th Annual Outdoor Women's Program at our Alford Lake Conservation Education Centre for Excellence from August 9-13, 2017 under beautiful, sunny skies.

Once again we had a sold-out program with 150 participants and 50 volunteers over the five days, offering 37 outdoor seminars and a number of informal evening sessions.





David Dolph
Executive Director
AHEIA

As a new employee with AHEIA, this was my first experience with the Outdoor Women's Program, begun in 1993 at our Alford Lake Conservation Education Centre for Excellence. Over five days, I was fortunate to work with 50 dedicated volunteers and instructors, guiding the 150 program participants through various seminars that included shooting and gun safety, outdoor survival skills, ATVing, archery, fly tying and fishing, canoeing, wilderness cooking, chain-sawing and Pleasure Craft Operator Training, to name but a few on offer. There are so many quality opportunities available for the women to participate in that it is impossible to do everything in the five days, and that's likely the reason 50% of the women this year had attended the Outdoor Women's Program in previous years.

Perhaps the most rewarding aspect of the program, from an instructor's point of view, is witnessing the women trying something they never have attempted before and seeing the dramatic change in their confidence and competence within a few short hours. For many of these women, I believe some of the seminars they participate in are, in fact, life changing. An instructor cannot ask for anything more.

Thanks to the 50 volunteers and instructors whose patience, skill and knowledge not only make this event possible, but make it so successful. There has been much positive feedback from the Outdoor Women's Program participants, so, again, thank you for a job well done.

**Mark your calendar for next year's 25th Annual Outdoor Women's Program
August 8-12, 2018!**

Registration forms will be available in 2018, online at www.aheia.com. Email info@aheia.com to have your name put on the email notification list!

If you are interested in volunteering for the Outdoor Women's Program, or any of the numerous other AHEIA programs, please contact Dave Paplawski at 1-403-252-8474 or email dave@aheia.com.

"The volunteer instructors make every course amazing and the level of instruction continues to impress."



Sessions and Activities:

- Advanced Hunting - Big Game Animals
- Advanced Hunting - Migratory Birds
- Alford Lake Olympics
- Archery
- Building Your Own Survival Bracelet
- Canadian Firearms Safety Course
- Canoeing Basics
- Chainsaw Basics
- Cleaning My Gun
- Crossbows - Getting Started
- Early Risers - Nature Power Walk
- Field Techniques - Preparing Your Animal for the Taxidermist
- Firearms Basics - Guns, Guns, Guns
- Fly Fishing
- Fly Tying
- Game Calling 101
- Handguns
- Introduction to ATVing
- Knife and Axe Sharpening
- Learn to Identify Common Plants
- Let's Go Bowhunting
- Making a Walking Stick
- Muzzle Loading
- Photography Outdoors
- Pleasure Craft Operator Training
- Predator Awareness
- Rope Making
- Shotgun II
- Silent Auction
- Stranded on the Road
- Survival Walk
- The Real Mantracker
- The Science of Fishing
- Trailering
- Walk on the Wild Side
- Where Am I? Where Should I Be?
- Wild Plants and Animals for Health, Nutrition and Survival
- Wilderness Cuisine
- Wilderness Survival (Basic) - Part 1
- Wilderness Survival (Basic) - Part 2
- Wildlife Identification

*More OWP photos
on the following pages ➤*

2017 Outdoor Women's Program Statistics:

Average age of participants – 44.

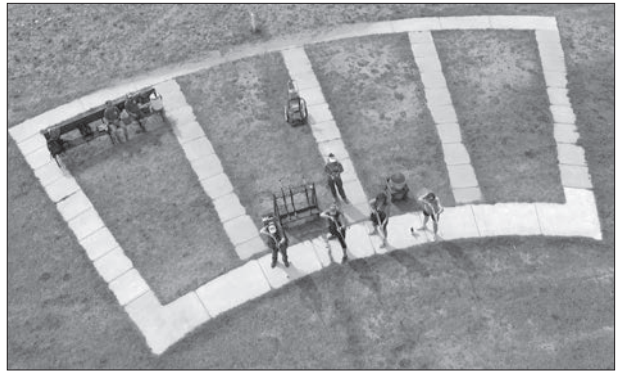
Oldest Participant – 85.

Youngest Participant – 13.

50% of the attendees were first time registrants.

Two participants have attended the Outdoor Women's Program 22 times!

24th Annual Outdoor Women's Program *cont.*



“ This camp FAR exceeded my expectations!
This was my first year, I didn't know anyone,
and I had SUCH a good time!
All of the instructors were extremely knowledgeable,
passionate and happy to be there!
I can't wait to go back next year and
keep expanding my outdoor knowledge.
As this was my first camp I felt I had a tremendous
introduction to what this course is and
have already recommended it to others. ”

“ Trying new things and
stepping out of your comfort zone is fantastic. ”





“ It gave me the opportunity to learn new things in a safe and respectful manner.
Not once did I ever feel disrespected or silly. Thanks to everyone. ”

“So much more to learn and experience! Can’t wait to return!”





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Great Meals

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with Len Gransch



Len Gransch
Program Coordinator
AHEIA Red Deer - North

Pheasant Stir-Fry

- | | |
|---|-----------------------------------|
| 1 boneless skinless pheasant breast, $\frac{3}{4}$ pound, cut into strips | |
| 2 tablespoons reduced-sodium soy sauce | |
| 1 tablespoon chicken bouillon | |
| 2 tablespoons cornstarch | 1 tablespoon fresh ginger, minced |
| 1 $\frac{1}{3}$ cups water | 2 tablespoons white vinegar |
| 2 tablespoons canola oil, divided | 1 cup fresh broccoli florets |
| 1 cup carrots, julienned | 1 cup celery, julienned |
| 1 cup onion, julienned | 1 cup fresh or snow peas |
| Cooked white, long grain rice, hot | 1 teaspoon garlic, minced |

In a small bowl, combine cornstarch, soy sauce, ginger, garlic and bouillon until well blended. Add water, stir and set aside.

In a skillet or wok, stir-fry pheasant in 1 tablespoon of oil for 3-4 minutes or until no longer pink. Remove and keep warm.

Add remaining oil to pan and stir-fry broccoli and carrots for 2 minutes. Add the celery, onion and peas. Stir-fry until the vegetables are crisp-tender, about 5 minutes. Stir soy sauce mixture and add to the skillet. Bring to a boil and cook and stir for 2 minutes. Return meat to pan and heat through.

Serve with the rice. Enjoy!

(I also substitute boneless/skinless chicken thighs for pheasant.)

Antelope Cutlets

- 1 pound antelope tenderloin, $\frac{1}{2}$ " medallions
- Olive oil for searing
- $\frac{1}{2}$ cup parsley, finely chopped

Marinade:

- 2 tablespoons Grand Marnier liqueur
- 1 small shallot, minced
- 1 clove of garlic, minced
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 bay leaf
- 1 tablespoon olive oil
- Dash sesame oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon Worcestershire sauce

Brown Sauce:

- 1 small shallot, finely minced
- 1 cup beef stock
- $\frac{1}{4}$ cup Grand Marnier Liqueur
- 1 clove of garlic, finely minced
- 2 tablespoons sour cream

In a medium bowl, combine all marinade items and mix well. Place the antelope medallions in the marinade and coat well. Cover with plastic wrap and refrigerate for 2 hours.

Remove the meat from the marinade and dry well with a paper towel. Discard the marinade. Pour some olive oil into a large skillet over medium heat and sear the meat on both sides (about 2-3 minutes per side). Set the medallions aside.

In the same skillet, on medium heat, fry the shallots and garlic for about 2 minutes, being careful not to burn them. Return the medallions to the pan, add the liqueur and flambé.

When the flames have subsided, remove the meat and keep warm. Add the stock to the same skillet. Increase the heat to high and boil until reduced to about $\frac{3}{4}$ cup.

In a small bowl, mix 1 tablespoon of the reduced stock and the sour cream. Stir this mixture into the remaining hot, reduced stock. Keep warm on low, but do not boil. Return the medallions to the warming sauce and warm through.

Sprinkle with the parsley and serve over a bed of rice. Add a simple green salad and cheese buns and you'll be good to go. Enjoy!



Notice

Change of Venue and Date!

Please place a special mark on your calendar for
Sunday, January 21, 2018

The Alberta Hunter Education Instructors' Association Annual General Meeting
will be held that day at the

Calgary Conservation Education Centre for Excellence

911 Sylvester Cr. SW, Calgary, Alberta, starting at 2:00 pm.



Firearms Education Report

“ The first set of shots rang out and you could see the confidence start to build. ”

By Glenn McKay



Glenn McKay
Firearms Education
Coordinator
AHEIA

On Wednesday, August 9, AHEIA hosted the 24th annual Outdoor Women's Program and I was fortunate to find myself handling the range duties for all of the sessions being held there. It is a real thrill watching, listening and being a part of a person's first firearm experience.

Beginning each morning with a session of "Guns, Guns, Guns", the ladies started off with a rim-fire rifle, which gave them a bit of a chance to get over whatever they may have been told about recoil, noise and everything else shooting related! Moving from the rim-fire rifles to the centre-fire .223 rifles, they took the knowledge just imparted by the rim-fire instructors over to the larger rifles. The first set of shots rang out and you could see the confidence start to build. While waiting for their turn to shoot again, the talk centred on

how much fun this was becoming. Moving to the shotgun portion of the session, the ladies received lessons on fitting a shotgun, lead, follow through and all the little details that give them a chance to hit a moving target. Soon the session was over, but not before the talking began in earnest. Listening to the group, almost everyone expressed their own likes and dislikes and how they had progressed in a mere three hours.

The afternoon found a new group of participants on the range, where they were exposed to handguns, advanced shotguns and black powder rifles. It is a definite thrill (as we were told) to shoot a handgun. Once again, participants started with rim-fire and then moving up to centre-fire handguns, in both semi-automatics and revolvers. Focusing on the process of shooting a handgun soon turned into success in shooting a decent group. A highlight for me was talking to a student who took the handgun course last year, liked it enough to purchase her own firearm, and started to put into practice what she had been taught. To the point, in an extra session, she came out to the handgun range and proceeded to shoot the lights out! Makes you

feel good that what you teach is being put into practice. Black powder was a natural hit, going from prepping the rifle, loading it and then firing it, taking each student back to the "roots" of shooting. Advanced shotgun was simply that: going from the basics to shooting a round of trap, and then culminating with an Annie Oakley competition. Once again, lots of talking and a lot of laughing ended the day.

Day 2, 3 and 4 ... reload and repeat!

Many thanks to instructors Jim Ford, Sly Baier, Brenda Steenson, Chris Neumann, Joey Gruszecki, John Morrissey, Barb Muga and Patrick Yasinski for all their help in making this version of the Outdoor Women's Program a huge success. I would also like to thank the Calgary Shooting Centre for their help in making this a very enjoyable event for everyone involved.



Contact Glenn at the Calgary office,
403-319-2282 (direct line) or
via email at bgm@ahcia.com.

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Staff Appointment

It gives me great pleasure to announce that, effective October 1st, Brett Feser and Joy Wielenga have accepted permanent full-time positions with AHEIA as Assistant Conservation Education Program Co-ordinators. They will work out of the Edmonton office, and report directly through Dave Paplawski, to me.



Brett Feser

Brett comes to AHEIA from Alberta Parks where he has been a Park Ranger at Gregoire Lake and Cooking Lake/Blackfoot Provincial Recreation Area for the past three years. While in college, Brett worked as a summer student for AHEIA at Alford Lake, and has continued to volunteer for AHEIA as well as other conservation groups. When he isn't volunteering, Brett can be found hunting, fishing, hiking "and anything else outdoors related."



Joy Wielenga

Joy has a diploma in Criminal Justice Policing from Lethbridge College, and is continuing her studies towards a Bachelor of Professional Arts through Athabasca University, as a Criminal Justice major. Joy previously worked for AHEIA during the summer as an Administrative Assistant, and has volunteered with us as well at the OWP. She has a great passion for fishing, and upland and migratory bird hunting. She says, "I love what AHEIA stands for, and I am excited to start promoting conservation education with AHEIA."

To reach either Brett or Joy, call 780-466-6682 or email them at Brett@aheia.com or Joy@aheia.com, respectively.

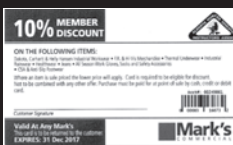
Please join me in welcoming Brett and Joy to the AHEIA family!

Robert A. Gruszecki, President - AHEIA

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