

Winter 2019



Alberta Hunter Education
Instructors' Association

Conservation Education

The Voice of Conservation Education in Alberta Magazine



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All the very best for a
happy and healthy New Year
from the
Staff & Directors of AHEIA



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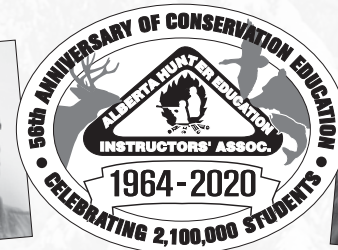
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Saturday - 10 A.M. to 7 P.M.
Sunday - 10 A.M. to 5 P.M.



Photo credit: @outflyfishingoutfittersflyshop



President's Message

By Robert A. Gruszecki



Bob Gruszecki
President - AHEIA

As we move towards the end of our 55th anniversary year, we reflect upon our successes and growth, and the direction we are heading in these interesting and complicated times. Provincial, national and global attention has never been higher regarding the concern of sustaining a healthy environment, wilderness and the wildlife that lives within. As affirmation to this, Conservation Education has experienced its busiest year on record, engaging thousands of students in our offerings. The demand for more programs is at an all-time high, yet the reality of continuing economic troubles has meant fewer donations, making it an ongoing challenge to find resources to meet the demand for programs. Although we must work even harder to deliver our message, we are not deterred! Plans to expand our programs are in the works and will continue, and we remain committed to our mission of *making wildlife and wild places part of the value system of every Albertan*.

Despite the collective weariness in the province, we have experienced a very good year and I am pleased to report that our classes, workshops, seminars and special events were full. Hunter Education and Canadian Firearms Safety Courses, Pleasure Craft Operators Courses and Fishing Education Courses were offered consistently at both our Calgary and Edmonton offices, and the expansion of camps and special events at our Alford Lake facility enabled even more people to learn new skills to increase their enjoyment of the great outdoors.

The Calgary Firearms Centre hosted a record number of trap and skeet shoots, including the 2019 Provincial Trapshooting Championships held in July. There was also an increase in public shooters this summer, which is a hopeful indication that the status of shooting sports and hunting activities remains both healthy and expanding. In 2020 we will be offering some new workshops to the public including Rifle Sighting-in, Shotgun Coaching and Field Shooting workshops. We were thrilled with the rise in participation in both the Women's and Youth shooting leagues, and next year we will be increasing training for competing in structured shooting events. Keep an eye on our website and our

monthly electronic newsletter *The Bugle* for league dates and registration.

Programs and camps at the Alford Lake Conservation Centre for Excellence near Caroline continue to be very popular and this year our youth camps, Outdoor Women's Program, workshops and seminars were full. It is also a favourite location for private groups to hold their own outdoor experiences. Throughout the year the camp is booked by school, church and outdoor groups, to name a few. If you are interested in booking the camp for your group, contact us at 403-772-2423, but you best hurry—2020 is already becoming heavily booked.

Maintaining the staff, facilities and overall infrastructure of AHEIA to continue our operations and increase our programming is ongoing. This past year alone we replaced the roof and water well at the Calgary Firearms Centre, made some major repairs and improvements to the Alford Lake camp, invested in updating the formats of our most popular online programs, developed the newest online program in our *Essentials* series—Bighorn Sheep Essentials—and will be launching a new AHEIA website very soon in the new year.

To aid in the funds required to do all of this we are very excited to announce our newest and largest fundraising initiative in our history: the 100 for \$100 Raffle! This annual raffle offers 100 prizes worth a combined minimum of \$100,000, and with only 5,000 tickets printed, you have terrific odds at winning one or more of the prizes. Please visit the raffle website at www.100for100.aheia.com to see the list of prizes and sponsors, and show your support by calling or visiting one of our locations to purchase your tickets. The raffle tickets will make great Christmas gifts and the knowledge of knowing the money will be used for conservation education of all Albertans is certainly worthwhile.

We are very pleased to have new allies in our Provincial Government officials. There is no question that we have struck a conciliatory and cooperative accord with the newly elected UCP government. We have met with the Minister of Environment and Parks, Jason Nixon, and his leadership team. Minister Nixon was impressed with the reach that we have within the province and has pledged that he will continue to advocate for us, helping to ensure that our programming continues to be available to all. It is important to recognize that continued support from the provincial government is critical to the longevity and success of Conservation Education in Alberta.

The growth and delivery of our programs could not be achieved without the army of committed and knowledgeable volunteers throughout the province. Whether it is assisting with special events, attending camps, mentoring new hunters or selling raffle tickets at sportsmen's shows, we appreciate and value all the assistance we receive. If you are interested in providing expertise or giving your time to help at an event, please let us know. The impact is immeasurable for both AHEIA and the over 100,000 students that our programs reached this year.

This year's Annual General Meeting is scheduled to be held at our Calgary office on Sunday, January 19, 2020 at 3:00pm. It is a good opportunity for those invested in Conservation Education, or those who wish to be, to come together and review the year as well as provide ideas to help navigate our future. And, you may leave as a winner of a Revolutions Arms .410 Hinge Action, Single Barrel Shotgun just for attending!

As the 18th Annual W.I.S.E. Awards and Banquet approaches, held at the BMO Centre at Stampede Park on Saturday, February 8, 2020, we look forward to honouring dedicated Albertans for their contributions to conserving the province's wilderness resources to a level of excellence. This special evening also serves as one of AHEIA's primary fundraising events. Your support through attendance and participation is extremely important to us, so please contact our offices to purchase your tickets. It is a wonderful evening of camaraderie and friendship, and we hope to see you there.

There are always new and exciting events, raffles and special workshops that happen during the year. Stay connected by visiting our website often, aheia.com, and subscribing to our monthly electronic newsletter, *The Bugle*. We also encourage you to "Like" us on Facebook, follow us on Instagram and Twitter.

The greatest asset of Conservation Education is you, the Albertans we serve, and the environment we fiercely strive to steward and protect. On behalf of the AHEIA family, I wish you and yours a Merry Christmas and the very best in the new year.

Sincerely,

Robert A. Gruszecki
President, AHEIA



Alberta Hunter Education Instructors' Association Conservation Education Magazine

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Front Cover Photo:

Courtesy Don Kesler Nature Photography

AHEIA's Mission:
To Make Wildlife and Fish
Part of the Value System
of Every Albertan.



The Conservation Education
W.I.S.E. Foundation and
Alberta Hunter Education
Instructors' Association
are pleased to present the

18th Annual W.I.S.E. Awards and Banquet

Saturday
February 8, 2020

BMO Centre
Stampede Park
Calgary, Alberta

Tickets \$115.00 each,
\$870.00 for a table of 8 or
\$1100.00 for a table of 10.

Silent Auction &
Cocktails 4:00 pm

Dinner 5:30 pm

Awards Program &
Live Auction to follow

Contact info@aheia.com or telephone

1.866.852.4342



Photo courtesy of Don Kesler Nature Photography

Edmonton Report

“ Keep an eye on our website for some upcoming workshops in the New Year. ”

By Len Gransch



Len Gransch
Program Coordinator
AHEIA
Red Deer - North

Edmonton continues to be as busy as ever with instructors ordering Canadian Firearms Program, International Bowhunting Education Program and Hunter Education materials on a consistent basis. Because of this, our resource kits are also in high demand. We would again ask all instructors who borrow these resource kits that

they be returned in a timely manner. When they are not returned on time it can mean that some instructors will not be able to get the kits they requested for the time they require them. Also, please ensure that the correct equipment gets placed back in the original case it was shipped in. Each kit comes with an inventory sheet. We ask that you take a moment and cross-reference everything prior to returning a kit. We appreciate your co-operation.

The Edmonton Boat and Sportsmen's Show is coming to the Edmonton Expo Centre March 12-15, 2020. Once again, we will be having a big presence at the show and we will need all the help we can get. We will require assistance with our raffle ticket sales, shooting and fishing simulators, pellet gun and archery trailers, Pleasure Craft Operator Training (PCOT) exam chal-

lenges, plus we will also have our AHEIA store set up. AHEIA will also be hosting the 2020 NASP Provincial Archery Tournament during the Edmonton Sportsmen's Show. As you might imagine, it takes a lot of volunteers to make everything happen. If you are interested in lending a hand, please contact me directly at len@aheia.com. I will be sending out emails requesting your assistance shortly.

Please mark June 4, 2020 on your calendar! That is the date of our 7th Annual Spring Fling Banquet. For more information, or to purchase tickets, please call the Edmonton office at 780-466-6682 or toll free at 1-866-282-4342. See you there.

Keep an eye on our website for some upcoming workshops in the New Year. We will be holding the following workshops: Range Officer Certification, Shotgun Coaching, Firearms Maintenance, Metallic Rifle Reloading, Sausage Making and Fishing Lure Crafting. Additional workshops will be coming so check our website www.aheia.com under "Programs and Events" frequently.

We continue to look for assistance with teaching and testing for our upcoming in-house Firearms and Hunter Education courses and our Pleasure Craft Operator Training classes and challenge exams. Should you be able to assist in any way it would be much appreciated indeed. If you are interested please contact me directly and we can discuss the options available to you.

The 2020 Youth Hunter Education camps will run July 5-10, July 12-17, July 19-24 and July 26-31. Our 2020 Outdoor Youth Seminar will be held August 21-23. If you are interested in lending a much needed hand that would be great. Just let me know.

Some of our instructors have expressed an interest in getting more involved and wish to expand on their basic knowledge. We will be holding some upgraded workshops to help with this.

Look for Crossbow Basics and an Introduction to Black Powder Shooting workshops coming soon.

Are you a non-certified Canadian Firearms Program instructor who wishes to become more involved in our firearms courses? Perhaps you might be interested in our new assistant role of Certified Firearms Proctor. Once designated, a Proctor can assist an instructor in the set-up of a room for a course or test, administer the course report and test paperwork, supervise a test room to ensure fairness during the written CFSC/CRFSC tests and score written tests. If you are interested, please give me call and I can help get the paperwork started.

Thanks to everyone who continues to volunteer. Your commitment is very much appreciated. Volunteers are the focus of everything we do.

Until next time.

Take care and enjoy the Great Outdoors.



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Firearms Education Report



“ ... the Canadian Firearms Program continues to be a successful educational tool. ”

By John Morrissey



John Morrissey
Firearms Education
Coordinator
AHEIA

As we are now into our winter season, and nearing the end of yet another year, the Canadian Firearms Program continues to be a successful educational tool. A large part of this success can be attributed to the instructors throughout the Province who deliver a quality program to their students.

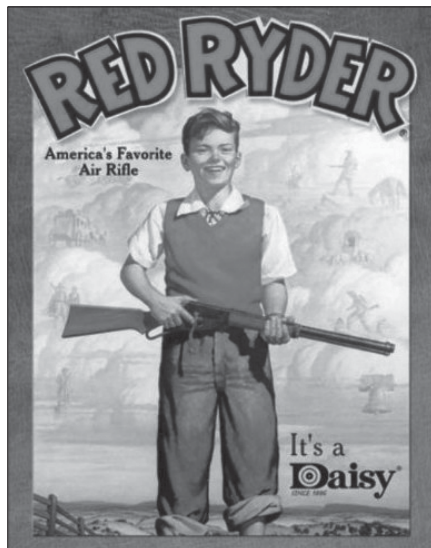
As you are aware, audits of the CFSC/CRFSC are conducted throughout the year on all courses. Audits may be conducted by telephone with students or a physical audit with a member of our delivery staff in attendance at your course. The purpose of these audits is to ensure the students receive consistent training thought the province and that our CFSC/CRFSC instructors maintain the standards as set out in the 2016 “Instructor Requirement and Code of Conduct”.

In the fall issue of our Conservation Education magazine changes to our service fees were noted. For the CFSC/CRFSC, a rental fee of \$15.00 is now in place for a deactivated firearms kit. There is now also a refundable \$50.00 deposit required on these kits.

In other news, Dan Magotiaux, the Alberta Chief Firearms Officer, has now retired. We wish Dan all the best in his retirement. Welcome to Dale Baumgartner who has assumed the position of Acting Chief Firearms Officer for Alberta.

As far as any changes to the CFSC/CRFSC brought about by Bill C-71 or the fall election, the CFO’s office does not foresee any changes until, possibly, spring of 2020. In the meantime, as instructors please avoid falling into the “what if” conversations during classes.

Once again, a thank you to our instructors, proctors and volunteers. Take time in the upcoming holiday season to spend time with loved ones and friends and continue to ensure our mission statement, “To make wildlife and fish part of the value system of every Albertan”, truly reaches every Albertan.



*All I want
for Christmas!*

Mark Your Calendar!

Alberta Hunter Education Instructors' Association
Annual General Meeting

Sunday, January 19, 2020 • 3:00 pm
Calgary Conservation Education Centre for Excellence
911 Sylvester Crescent SW
Beverages and light snacks will be available.

Door Prize!

Everyone in attendance will be entered to win a
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AHEIA - Alberta National Archery in the Schools Program 2020 Provincial Archery Tournament

March 12-14, 2020 • Edmonton Expo Centre

This tournament is open to all NASP schools for archers in grades 3 to 12.
Schools can bring individual student archers or teams of 12-24 archers.

Cost: \$25.00/student

Awards will be presented to the top teams, as well as individual female and male archers. There will also be lots of draw prizes and a ticket for all participants into the Edmonton Boat and Sportsmen’s Show.

New this year will be a 3D Component!

Look for details at www.nasptournaments.org

“... to promote hunting and hunter awareness and educate Albertans about the important role hunting plays in wildlife management and conservation.”

Alberta's Provincial Hunting Day

By Len Gransch



Len Gransch
Program Coordinator
AHEIA
Red Deer - North

On September 13, 2007, Ted Morton, the then Alberta Minister of Sustainable Resource Development, announced the formation of the first Provincial Hunting Day. The goal was to promote hunting and hunter awareness and educate Albertans about the important role hunting plays in wildlife management and conservation.

The fourth Saturday of every September has become a special date within Alberta. The Alberta Government declared this day each year to be Provincial Hunting Day, with the first annual event being held in 2007. This year's event took place on September 28, 2019 at our

Alford Lake Conservation Education Centre for Excellence. It marked the 12th annual event and is a reminder to all Albertans of our hunting heritage, and of the importance of securing a future for wildlife and wild places, especially within our province.

The Alberta Hunter Education Instructors' Association and Hunting for Tomorrow offered daylong events for those who wanted to explore the outdoors and expand their shooting and hunting knowledge on Provincial Hunting Day.



Most sessions are hands-on and provide the opportunity to “learn by doing”. Our volunteers and staff provided expert instruction, making for a safe, fun and educational day. This event is completely free and fun for the whole family! Response for this event has always been very strong. This year we had over 100 participants registered to attend, with 33 volunteers and three staff members lending a hand. I would like to thank all those who helped make this event a huge success. Without your selfless dedication we would be hard pressed to deliver the quality programming that we have become known for.

This year the sessions we offered were rimfire rifle shooting, centrefire rifle shooting, crossbow basics, introduction to shotgun shooting, archery basics, an introduction to trapping, black powder shooting and making moose calls.

Even the most carefully prepared plans can go wrong. This all came into focus as the event approached. Mother Nature decided to become part of the event and she anointed us with some typical Alberta weather. A storm front moved in with snow flurries, a drop in temperature and blowing wind. There were winter advisory reports and predictions of poor road conditions. I thought that we were in trouble, but no. There were 43 participants who braved everything to attend. It seemed that Mother Nature was impressed by the dedication of the attendees and volunteers, so she backed off on the weather. The snow stopped and the wind died off, but it was still cool.

Those who made it out had a great time and enjoyed the complimentary lunch. Especially the hot beverages. Thanks to all of you!

Mark your calendars for Alberta's next

Provincial Hunting Day

September 26, 2020



To AHEIA:

Our family is still raving about the day at Alford Lake! Well done!

We would like to thank you for your efforts at the Provincial Hunting Day Event at Alford Lake on September 28. We are glad we made the trip from Calgary. So worth it! Our family had a fantastic time learning about and using firearms. Our boys (nine and seven years old) fired a rifle and shotgun for the very first time and loved it!

Imagine our surprise when our kids sat through the entire presentation on trapping, which speaks to the quality of the message and content. In general, at the event our kids and us parents learned about our rich Provincial Heritage and the value of listening with an open mind. Amazing!

We appreciate the time and talents of everyone who volunteered, and lunch was awesome!!

*Kind regards,
The Berg Family
(Terri, Darren, Edwin and Simon)*



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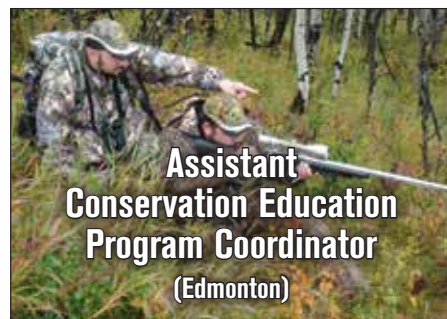
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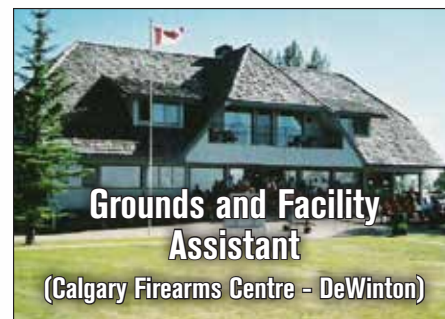
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Sat, Feb 29	\$130	Sausage Class	Aaron
Sat, Mar 14	\$130	Sausage Class	Aaron
Sat, Apr 25	\$130	Sausage Class	Aaron

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*Time: Saturdays from 9am to 3pm unless otherwise indicated
Please advise of any allergies at time of booking*

Date	Cost	Class	Instructor
Sat, Jan 18	\$130	Sausage Class	Brian
Sat, Feb 1 (9-1)	\$65	Jerky Mini Class	Brian
Sat, Feb 22	\$130	Sausage Class	Brian
Fri, Mar 13 (1-4)	FREE	Demo Ham/Bacon	Brian
Sat, Mar 14	\$130	Sausage Class	Brian
Sat, Mar 28	\$130	Sausage Class	Brian
Sat, Apr 4 (9-1)	\$65	Pepperoni/ Salami Mini Class	Brian

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Ask for Amanda

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The Alberta Hunter Education
Instructors' Association

would like to thank

Wildlife Habitat Canada



The Outdoor Youth Camps & Seminar
The Outdoor Bound Mentorship Program
The Outdoor Women's Program

These projects are undertaken with the financial support of Wildlife Habitat Canada.

Wildlife Habitat Canada is a non-profit, conservation organization that conserves habitat, primarily by investing the funds from the sale of the Canadian Wildlife Habitat Conservation Stamp and Print program contributed by waterfowl hunters. Since 1985, we have provided over \$50 million in grants to more than 1,500 habitat conservation projects across Canada, which have helped safeguard important ecosystems and countless wild species. To learn more, please visit www.whc.org.

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<https://aylmerlakelodge.com/>

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<https://www.dryshodboots.ca/>

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The Great Debate

Wild Game: To Age or Not to Age

By Bob Gruszecki



Bob Gruszecki
President - AHEIA

If you go into the woods to do your grocery shopping, chances are you have harvested a deer and are wondering what the best way to deal with it is. Once you have eviscerated and cleaned the carcass, what do you do with the meat? Do you hang it to age or do you butcher it and freeze it as soon as possible? Hunters engage in heated opinionated debates about the proper method of dealing with their harvest. It isn't my intent to settle this once and for all, and I doubt that is possible ... but I do believe the bottom line is that each of us should experiment and then do whatever makes YOU happy with the product! One thing is certain: You have a responsibility to ensure that your harvest doesn't go to waste and that you honour the animal by treating it respectfully and using every possible part of it. Remember, this animal ultimately gave everything it had to allow you to feed yourself and your family and friends.

So much of what to do once the wild game harvest is back at home is rooted in tradition. This tradition is far too deeply rooted to allow me with this article to change minds! Having said that, I have been harvesting and processing my own deer, and deer for my hunting buddies, for over four decades. I'd say I have easily processed over 300 members of the deer family — White-tailed Deer, Mule Deer, Elk, Moose and Caribou. I have read and researched, listened, watched, heeded advice of my mentors and elders, debated and listened to heated debates on the subject. I am not a biologist, but my minor is biology and I have eaten most of what I have harvested. Some of you would say that is all too obvious! I share this not to qualify myself, but to illustrate that I too probably suffer from bias. I leave it to you to sort through what follows and determine for yourself what works best for you.

Finally, after all the above, I base my opinion and subsequent practice on my own experience. In my opinion, there is no question that deer benefit from hanging (or refrigerator aging) for sev-

eral days before butchering. These days I pretty much process my harvest so that the packages are boneless, and I try my best to remove all the "silverskin" I possibly can. I believe I can tell a difference in how much the silver skin has broken down and how much easier it pulls away from the meat after even a week of hanging. The meat tissue itself is also less firm after a week of hanging, which translates into tenderness on the plate.

Generally, if the meat is to go into steaks and roasts, I tend to hang it for longer periods. If it is to be ground, then a shorter aging (somewhere in the vicinity of three days) will suffice, since in my experience aging meat for grinding is simply for texture, as the longer it ages it will just turn to mush in the grinder. I have found that deer are much easier to butcher once they have been aged by hanging for a few days in the correct temperature. Temperature is key here though—more on that shortly. If the venison has been aged by hanging for a few days, the slimy membranes dry up or are at least easier to remove, and the meat tends to be easier to slice up. It is important to note that despite its different taste and lower levels of fat, venison is very similar to beef. It contains the same basic enzymes, particularly lactic acid, and goes through similar changes after the animal dies.

Factors Affecting Flavour:

More on aging shortly, but it's important to identify some important steps that affect flavour and tenderness at this point.

- **Diet:** An animal that fed on corn will taste considerably different than an animal that has been feeding on silver berry, willow branches or prairie grasses.
- **Behaviour/Manner of Death:** What did the animal do before its death? Was it rutting? Was it chased all day by a Buck intent on breeding it? As a result of any sort of stress it was under, such as running from predators or chased from willow patch to willow patch by hunters in pursuit, this only fills the muscles full of hormones and lactic acid which has a direct correlation with taste and tenderness.
- **Speed of Expiry:** Did it have a quick clean death?

- **Clean/Temperature:** Was it eviscerated cleanly, skinned and cooled quickly? Was it transported cool or was it buried in the back of the truck under loads of gear preventing the heat from escaping the carcass?
- **Aging:** Was it butchered virtually upon harvest (sometimes there is no choice) or was it allowed to age?
- **Proper Preparation/Cooking:** Some people can make poor quality cuts of venison into very well disguised flavourful bounty! Others produce a lump of meat that just gets larger in your mouth with each bite and just won't go down! There is a third group and that's the group who are treated to a succulent flavour and gastronomical extravaganza that is a tremendous reward for any hunter and his/her family ... it's our goal to be in this group!

While aging is one of my short list of the six important factors that affect the taste of your harvest, if you get five or six of these correct and have done a good job on them, then aging may be less important. Improper temperature is meat's worst enemy, and clearly the three most important factors for a great culinary experience with your harvest are: 1) Keep it clean for the entire process, 2) Keep it clean for the entire process, and 3) Keep it clean for the entire process!

Important Considerations

As mentioned earlier, there are many opinions on aging the harvest. The old timers among us seem to recognize the importance of properly aging meat to enhance the inherent quality. Unfortunately, this step is often rushed or skipped altogether by some people, all in the name of efficiency.

Aging:

Do I age my venison? Yes. I have tried both ways and have had better luck with aging wild game —especially venison—than the few times I have butchered it as soon as possible. I think of it this way ... I probably wouldn't eat grapes right off the vine and expect them to provide the flavour or "buzz" that a fine aged wine would deliver. I have never thrown a tomato at a plate of pasta and expected it to mash up

Continued ➤

Wild Game: To Age or Not to Age *cont.*



Keep it clean for the entire process.



and taste like the fine marinara my mother or grandmother toiled over for days. As it pertains to wild game, making good tablefare is a process! There are some important exceptions that I will elaborate on. But, first you must understand what happens to a carcass upon expiry.

Rigor Mortis:

During the first 72 hours, a chemical change occurs in the flesh that causes Rigor Mortis. Rigor is a shrinking or contracting of the muscles that results in an extremely tough and chewy meal! Also, if the meat is frozen before rigor has passed through the animal, I have found that it is also not great to eat. I have noted a distinct lack of

tenderness and the meat itself is less flavourful. Generally, by day four rigor has passed, the muscles have relaxed, and enzymes begin to do their work of breaking down the proteins in the flesh, and the process of becoming more tender begins. It is this important enzyme action, when combined with other factors such as the animal's age, type or breed, sex, the stress level at death, fat content and, as mentioned above, diet, that determines what the meat will taste like. You may call it "Beefy" or perhaps "Gamey", but this all culminates in how the meat gets its flavour. In my opinion, time plays the biggest role here because all these processes take time. The aging can and will take place as long as the meat is not frozen.



Removing the hide assists greatly in rapid cooling of the carcass.

In dry aging, the moisture in the meat evaporates, which further concentrates the developing flavours and gives an even richer meaty taste. If the meat is cryovaced—wet aged—the enzyme action still takes place, but there is no evaporation or concentration of the flavour. Wet aging is most often used where possible because there is little weight loss as the meat ages and therefore makes more money. I recall as a young boy accompanying my father into packing plant kill floors and refrigeration units (my father worked as a refrigeration mechanic and was responsible for ensuring packing plants, etc. had appropriate cooling plants and refrigeration processes) and seeing the domestic beef hanging in the walk-in coolers covered in wet shrouds. This was to ensure that the meat didn't lose weight during the important cooling process. Yes, meat from beef is not necessarily the same as venison, but the same biological principles apply. Safety concerns about the meat—be it beef or venison—force us to ensure that all these changes I have referred to take place under 40° F.

It isn't always possible to maintain your harvest under 40°F at every deer camp or in hot parts of the country that have warm temperatures during deer season. So, food safety is your primary concern and safety should come first. In this instance, you should process your harvest shortly after its death; just try to avoid letting the carcass freeze for a week or so for more flavour and tenderer meat.

“Green Meat”:

No, it doesn't mean it has turned colour and gone bad. I am referring to the instances where meat freezes before the muscles comes out of rig-

or, the muscles contract very tightly and the freezing sets them in this state. You end up with really tough meat and there really isn't much you can do about it other than cook it by braising or stewing.

Temperature:

The longer wild game meat ages between 35 and 40° F, the more enzymatic action tenderizes it, but it must, at a minimum, be kept from freezing for 24-36 hours to avoid this “Green Meat” issue.

As a rule of thumb, I try to hang my deer three days per 100 pounds in 35-40° F temperature controlled conditions. I became convinced of the value of aging my harvest many years ago, so I invested in and built a walk-in cooler in my shop. With the cooler, I can keep the temperature steady wherever I want it. If you can't do this, then I would say butcher it before it has a chance to spoil. But it can easily be done on a budget as well. I have a buddy who puts blocks of ice in a few large coolers, breaks the carcass down into large chunks and places the meat on top of the ice. He then drains the blood and water out every morning and evening, and he has had tremendous luck with ensuring savoury tablefare.

If it is hung properly while cooling, then the blood will settle out of the meat. If it is badly blood-stained, as it would be around an entrance or exit wound, then trim the flesh back to good meat and discard the severely blood-soaked area.

Remember, aging your wild game is a luxury, not a requirement. If temperatures are ideal, aging will



Carcass in walk-in cooler.

take your meat to the next level. However, if the meat is in danger of spoiling, it's best to process it within 24 hours. Regardless of your personal choice to age or not to age your harvest, I hope you enjoy this great food. As hunters, we have access to the most cage-free, organic, chemical-free, natural food in the world. May all your wilderness experiences be both safe and rewarding!



Various cuts ready for packaging after being aged in a temperature controlled environment.

Further Reading and Helpful Links

- If you haven't yet checked out the AHEIA Field Techniques App, you should. It contains post mortem field dressing demonstration videos and advice for care of wild game in the field. Available at the Apps Store.
- Check out the *Harvest Your Own* site for advice on Free Range / Low Fat / Great Tasting pursuit of protein. Great advice and current comments from a bevy of contributors on Facebook. See what others are doing and join in the pursuit.
- Clemson University produces a great one pager titled *Safe Handling of Wild Game Meats* (HGIC3516).
- www.wildeats.com/recipes.html by Chef John McGannon. I attended many of his presentations at seminars he offered at the big National Conventions in the USA. Worthwhile.

Glossary

Collagen

Young deer don't have much. Causes most meat toughness. The main structural protein found in animal connective tissue.

Hormones

These are the regulatory substances produced in deer flesh and transported in tissue fluids such as blood to stimulate specific cells or tissues into action.

Enzymes

These accelerate chemical reactions. Enzymes are responsible for a lot of the work that is going on in cells. They act as catalysts to help produce and speed up chemical reactions. When a cell needs to get something done, it almost always uses an enzyme to speed things along.

Silverskin

A white and silvery coloured connective tissue attached to various pieces of the meat. It's extremely chewy and difficult for our teeth to break it down. Generally, the silverskin will be noticeable on ribs and tenderloins and other masses of meat on a deer. It is a common practice to remove this part from the meat, since it doesn't add any benefit to the cooking or eating of the meat.

Lactic Acid

A colourless, syrupy, organic acid produced in the muscle tissues during strenuous exercise. Deer that have run long distances will have a massive buildup of lactic acid in their tissues.

Venison

The meat of a deer. Venison can be used to refer to any part of the deer, so long as it can be consumed, including the flesh and internal organs.

Rigor Mortis

Which translates from Latin as “stiffness of death”. Sets in quickly and usually ends three or four days after death. The condition results from a lack of certain chemicals in the muscles; it may be affected by muscular activity before death as well as the external temperature.



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“Success of any mentored hunt is not about getting a limit, or folding a tag on a big game animal, but is about the experience of teaching and passing on your knowledge...”

Mentored Upland Game Bird and Pheasant Hunting

By Brad Scheidl



Brad Scheidl
Assistant Conservation
Education Coordinator
AHEIA Red Deer - South

Getting a new hunter out for their first upland game bird and pheasant hunt can be intimidating for even the experienced hunting mentor. I have had the opportunity to assist with two such hunts this fall, one in conjunction with the Medicine Hat Fish and Game Association and the other with the Big Country Rod and Gun Club out of Oyen. Both were fantastic experiences with a great group of mentors and an energetic and enthusiastic group of first time hunters.

The Hunt Setup and Preparations

In both hunts the organizers had arranged to get pheasants to release prior to the hunt. They arrived before the hunt and were put out in the area where permission had been obtained. The birds were spaced out so that hopefully single birds rather than groups of pheasants would be flushed out, to mimic hunting wild birds as closely as possible. The pheasants were put out shortly before the hunt began to give the hunters the best opportunity to find the birds without the birds running or flying out of the area or succumbing to predation.

The Hunt

Each first time hunter was paired with an experienced mentor, as well as having an additional dog handler working the dogs to find and flush the pheasants. Many kilometres were put on working the area that the pheasants were released into, and for every step the hunters would take the dogs would run 10 times that. Many birds were flushed, many shots were taken, and many laughs were shared throughout the hunt as the hunters learned about pheasant habits, habitat, hunting techniques and how much adrenaline plays a part in making a good



shot when you are excited. Better yet, all the groups managed to hit a few birds. Afterwards everyone gathered to learn how to field dress the birds and prepare them for transportation and cooking.

Some Tips for New Mentors

As you are walking with the first time hunter it is a good time to explain the safety aspects of muzzle direction of the firearm, how to walk in an informal firing line, what the hunter's safe zones of fire are, pheasant identification, the sounds the roosters make when they flush, habitat they frequent, how the dogs are working and what the dogs are doing. I find that, when mentoring for pheasants, I will be talking with the first-time hunter, answering questions throughout most of the hunt and trying to prepare them for the next time when I won't be by their side and they will be hunting on their own. Discuss safety tips beforehand with the first-time hunter, noting that sometimes the birds will "flush low" and there will not be viable shots at them. Try to encourage the hunters to practice shouldering and shooting and help them get comfortable carrying the firearms for the first time.

When the dogs start getting birdy, and are on the scent of a bird, it's a good time to explain how pheasants often like to run to the edge of the cover then flush from there or, if they're in thick cover, they will try to hide until the last minute, then flush from cover. When the birds flush, as the mentor you will be calling the shot for the hunter as you will have a better perspective of safe zones, the height of the bird over the dog and the location of all involved in the hunting party, including the dogs.

Measurement of Success

Success of any mentored hunt is not about getting a limit, or folding a tag on a big game animal, but is about the experience of teaching and passing on your knowledge of wildlife and wild places to the next generation of hunters. I challenge any longtime hunter that strictly measures success by the size of antler, or the number of birds, to take a step back and remember that when they first started it was an intimidating feeling going out on your own the first few times, and to encourage people to go out and experience what you did in your first hunts. Mentored hunting expands our hunting community past the traditional borders of parents teaching their kids and offers the opportunity to any person that is interested in getting into the sport we love, regardless of their current experience or situation.

To register as a mentor or mentorship participant, please visit the Hunting for Tomorrow website at

www.huntingfortomorrow.ca
or www.aheia.com



Thanks
from a
Happy
Mentoree

Photos courtesy Angel Wang



“There are many people who wish to hunt, but have no relatives or friends to take them hunting and show them the ropes.”

The Joys and Benefits of Mentoring

By Jim Gratrix



Jim Gratrix
Assistant Conservation
Education Coordinator
AHEIA Red Deer - South

Here's an email I received from a first-time Mentor:

“Jim, Klaas and Jayden came down today and we managed to get two White-tails (antlerless) down today after a three hour sit in the woods. All parties left very happy and full of chili. Thank you and AHEIA for the awesome

opportunity. I am definitely up for more mentor opportunities.”

Sounds pretty exciting and fulfilling doesn't it?

I mentioned a few months ago about mentoring my daughters, Abby and Katie. It's hard to believe that they're adults and have been hunting for about 10 years. Prior to this season, I had been pondering whether I had been sheltering them too much and stifling their growth as hunters. They had been pretty much attached to me or my brother and were seldom separated from us, even though they have had their PALs for a few years. Also, had they truly learned to field dress and skin, or had we done too much for them?

This year, for a variety of reasons, our hunting consisted of one day. One thing I've learned is

that their studies come first, so between University and work, it has become harder and harder to schedule the family hunt. The daughters only had General Whitetail tags. We drove up to my brother's place east of Camrose on a Friday. The next morning, early on, we spotted quite a nice buck bedded in a slough near a road. My brother had permission there, so we set up a small drive.

Katie posted up near my brother, while Abby stalked upwind towards the slough. Abby executed everything that she had been told and got pretty close to the buck and his doe. Unfortunately, too many trees were in the way to allow an ethical shot so she watched them head off. As my brother predicted, the deer headed right towards him and Katie. Katie shot, and missed, the moving buck, which is not surprising as I had never allowed them to take a moving shot, nor does my rifle range allow practice on a moving target. The buck was too good to let go so my brother shot twice and the buck was his. Katie was somewhat despondent that she had missed. She succumbed to some negative thoughts. She couldn't make a moving shot and didn't know what she was doing. Some words of encouragement helped with her confidence.

A little while later, we approached a patch of bush. My brother asked who wanted to post at this end. Kate was up for it and jumped out of the truck with confidence. I drove to the other side where my brother and Abby got out and

began moving slowly through the bush. My cast was bothering me, so I took it off to adjust it. I did not even have it back on, when I got a phone call from Kate, “Can you bring the truck back to where you dropped me off? I've just knocked down a forker.” I answered affirmatively and in typical Kate fashion, the call was disconnected. I drove to the other end and found that Kate had not shot a forker, but a small six pointer. Kate described how she saw the buck moving through the trees so she did a mouth bleat. The buck stopped, but before she could shoot, it started trotting and it burst out of the trees. She bleated again and it slowed. Kate shot and the buck took a couple of steps and fell to the ground. Wow, they actually were listening and absorbing our deer talk all these years! This Dad was very proud.

We tried a couple of other things that didn't work before my brother and Abby set up on a cut canola field where my brother had seen whitetails feeding regularly. With ten minutes of legal light remaining, I received a call from Abby. She had a large doe down! Again, I was very proud. Both girls then demonstrated that they could field dress and skin a deer.

Folks, why not mentor a first time hunter? It just may be the tonic that kicks your hunting experience up a notch. It really is rewarding!



My first article ever for Conservation Education was about introducing your children to hunting. I found it very rewarding introducing my daughters to hunting and mentoring them. I hunt with them every year. The past decade plus has been great!

Looking back further to 1988, I applied for a Trophy Pronghorn tag for my non-hunting younger brother. We obtained permission to access some great natural prairie land and scouted the day before the season. We then headed back to Milk River to book a hotel room. Like Mary and Joseph, there was no room at the inn. However, the old hotel downtown would spot us a room, shared bathroom down the hall. There was still fire damage in parts of the hotel from a previous fire. What's life without some new experiences and adventure?

During our scouting, we had spotted a good buck and watched the herd bed down for the night. We had carefully marked the location. Opening morning found us sneaking out onto the prairie well before dawn. We moved crosswind to the herd and as we got closer and the sky brightened, we got lower and lower until we were crawling like snakes. When I judged we were less than 300 yards away from the herd, we waited for legal light. Time dragged, fingers and toes got cold. Such fun lying in the heavily frosted grass and sage with the temperature a few degrees south of zero!

Legal light arrived and the herd was stirring. One by one they stood up. The buck we wanted was still in the herd. We had to wait for the him to stand clear of any does, fawns or other bucks. Finally, the shot was there. One crack of the 6mm and the buck was down! The birth of another hunter.

Without me taking the effort to take my brother out hunting, I doubt he would be the avid hunter he is today. He is my favourite hunting partner. There is nothing more that I like than to hunt with my family. Often the F150 is filled with my two daughters, my father, my brother and myself.

There are many people who wish to hunt, but have no relatives or friends to take them hunting and show them the ropes. This is why AHEIA has a mentored hunt program for first-time hunters. Every year AHEIA has more hunters than mentors and every year there are some very disappointed first-time hunters who were looking to get that first bit of knowledge to jumpstart their hunting career.



First-time hunters range in age from 12-65. I am astounded by how many adults are making the decision to be a hunter and are looking for a little instruction on where to find the game, how to hunt the game, and how to harvest and process the game. Some went with their fathers, grandfathers or uncles when they were youths, but have not hunted since. Others are immigrants who just wish to hunt, or maybe they hunted in their home country but our weather, landscape and the habits of our game animals bewilder them. I've talked to some ladies who were not invited to hunt with their male relatives when they were youths, but now that they are adults, they're determined to be a hunter. You can't forget the

locavores, people who have decided they want to source lean, natural meat with no additives to feed their family.

Perhaps you are getting a little long in the tooth and getting out is harder every year. Your first-time hunter might become your new hunting partner and that just might be the ticket to help you get that game out!

These first-time hunters need you! They need you to pass on your knowledge! They need that jumpstart! If you are getting a little jaded and hunting is routine, spice it up by taking a first-time hunter out. I guarantee you that you will find it very rewarding.



If you wish to be a mentor, it's a simple process.

Just contact one of our offices and ask to be directed to one of our delivery staff. A volunteer application and a mentor application will be sent to you to be filled out.

A security clearance must be obtained and, if you aren't already an AHEIA member, you must become one.

**You can reach our Calgary office at
403-252-8474 or toll free 1-866-852-4342**

**You can reach our Edmonton office at
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**Landowners:
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You've read here in this issue that AHEIA needs more mentors, but we also need landowners throughout the province to help us by providing areas where first-time hunters can hunt with their mentors.

Our mentors have all passed a police security check, they have been interviewed by an AHEIA staff member and their references have been checked. Mentors, as a member of AHEIA, are also covered by \$10,000,000 liability insurance.

So, whether you have some fantastic deer, upland or waterfowl habitat, we need more spots to take first-time hunters. We can also do coyote hunts. Even if you just have a gopher pasture, we can use that in the spring and summer to get our first-time hunters out for meaningful, realistic shooting from various field positions. We would also hope to help you by eliminating some of those pesky hole-diggers!

If you would like more information on mentored hunts and how you can help, please email Jim@aheia.com



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"Just as in any other sport, it is important to get a good coach and practice. AHEIA, and other hunting organizations, recognize this..."

In Praise of an AHEIA Mentored Hunt

By Klaas Deemter

For many, the world of hunting is shrouded in a veil of camouflaged mystery. Where do you go? When is the best time to go? How do you prepare for a hunt? What do you do after the shot? How much camo gear do you need? These questions are intimidating and can discourage many people who have an interest in hunting from pursuing it further.

Just as in any other sport, it is important to get a good coach and practice. AHEIA, and other hunting organizations, recognize this and do a fantastic job of introducing people to the exciting world of hunting. I participated in an AHEIA novice event with my boys at AHEIA's Alford Lake Conservation Centre as part of Alberta's Provincial Hunting Day activities and, after several other events, my 13-year-old son, Jayden, and I decided to enroll in AHEIA's Hunter Education program. After successfully completing the program, we took up our instructor's offer of participating in a mentored hunt, which took place on the November 8.

In the lead up to that date, Jim Gratrix, of the Calgary AHEIA office, met with us to inform us what we could expect on the day and he also provided us with several hours of firearms coaching at AHEIA's range. Brett Ackerman, our mentor, also provided additional guidance through texts

and phone calls and, between these two gentlemen, we were well prepared.

On the day of the hunt we drove to Hill Spring, a small town in the shadow of the Rocky Mountains near Waterton Lakes National Park. After a quick introduction with Brett, we were on our way to our hunting spot. After a brief safety discussion, we crossed the fence and walked into the trees. A professional hunting guide in the Yukon, Brett showed us what to look for as we made our way to the spot he had chosen, telling us how to use the trees to provide cover, what to look for in the fresh prints in the snow, and why deer habituate certain areas.

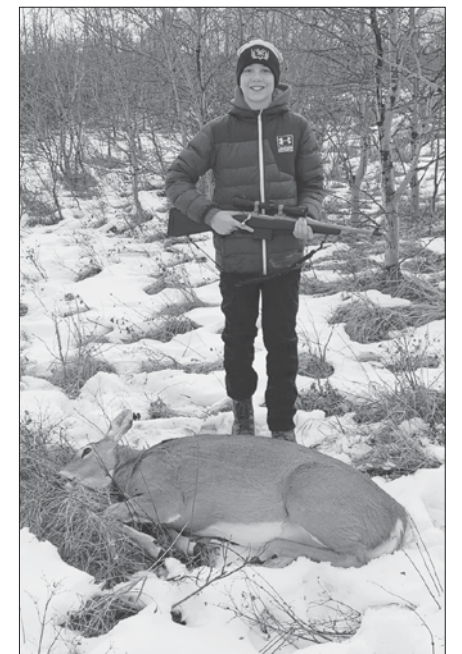
Reaching our spot, we set up our tripod and made ourselves comfortable. The sun was warm, the winds were light, and we were comfortably settling into our fourth hour when Brett saw movement in the shallow valley below. Quickly and quietly, my son Jayden brought his gun onto the tripod, sighted the beautiful mature doe, and after steadying his breathing, pulled the trigger. It was a perfect shot and the doe fell instantly.

Making our way to the animal, Brett cautioned us to be prepared that it may not be dead. After confirming that it was, Brett gave me the knife and guided us through the delicate process of field dressing the animal. He showed how and where to make the cuts, what to be careful of, and how to do it safely. After we finished, we loaded the animal onto a game cart, and we walked back to our trucks.

We finished the day at Brett's home, filling our bellies with a delicious bowl of chili and downloading as much information as we could from Brett before we had to leave. Brett's deep knowledge, and willingness to share it, was invaluable to us, and we were very appreciative to him for so generously volunteering his time to help us get our first deer!

On our return to Calgary, we hung the deer for several days and then hired a mobile wild game butcher to further process the animal. We now have a freezer full of sausage, grind, steaks, and roasts, and I'm pleased to say the whole family has enjoyed some of it already!

This has been a very special experience for my son and I, and we are very thankful to Brett, Jim and AHEIA for making it happen. We are eagerly looking forward to learning as much as we can before the next hunting season begins!





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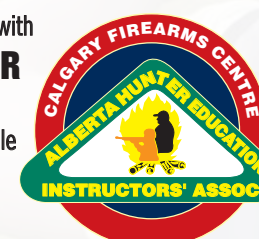
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“Thanks to all those who attended as well as all the volunteers who, once again, gave their time and expertise.”

Outdoor Youth Seminar

By Len Gransch



Len Gransch
Program Coordinator
AHEIA
Red Deer - North

To promote awareness of outdoor recreational opportunities in Alberta, the Alberta Hunter Education Instructors' Association (AHEIA) held their 18th Annual Outdoor Youth Seminar in August. Designed for young outdoor aficionados (ages seven and up) and their parent(s) or guardian(s) the seminar is a two-day event filled with fun and learning activities. Numerous experts shared information and instruction in various outdoor pursuits.

The seminar was held at our Alford Lake Conservation Education Centre for Excellence west of Caroline, Alberta. Participants arrived on Friday, August 23, with activities starting Saturday, August 24 and ending on August 25 around 1:00 pm.

We supplied the Saturday breakfast, lunch and supper as well as a Sunday breakfast. All participants also received a commemorative t-shirt. Saturday's supper was our renowned whole pig roast with all the fixings.

We had 99 participants join us this year plus 35 volunteers helping to make this a safe and enjoyable event. Thanks to all those who attended as well as all the volunteers who, once again, gave their time and expertise.

The participants were able to choose four events they were most interested in. This year's sessions included: introduction to centrefire rifle shooting, upgraded centrefire rifle shooting, crossbow basics, archery, practical rimfire, beginners shotgun, intermediate shotgun, black powder shooting, fishing basics, fly fishing basics, trapping, survival walk, waterfowl calling basics, blood trailing, GPS and geocaching, waterfowl hunting basics and whitetail techniques.

We also held some special sessions on Saturday after supper. These offerings were: making moose calls, wildlife identification, making rattling antlers, making survival kits, paracord survival bracelets, making your own fire starters, knife sharpening and firearms maintenance.

If you would like to be placed on our email notification list for next year's event, please email edmontoninfo@aheia.com with your request.

Hope to see you there!



Mark your calendars
for next year's
**19th Annual
Outdoor Youth
Seminar**
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1st Prize

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2nd Prize

Retail Value:
\$610.00

**Winchester Super X
12ga. Pump Action Shotgun**

28" barrel, SXP Waterfowl c/w Max 5 Camo, 3.5" chamber, 3 Invector+ chokes, fibre optic sight.



3rd Prize

Retail Value:
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Stoeger .410 Side by Side Shotgun

20" barrel, 3" chamber, double trigger, wood stock.

Draw Date: Tuesday, April 14, 2020
Calgary Conservation Education Centre for Excellence

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Chapuis Rols Classic .30-06 Rifle

Action machined out of Fortal 7075 Alloy, Rols engravings, bronze coloured surface treatment, Grade 3 walnut butt with pistol grip, German cheek piece, smooth oil-finished tulip-shaped front piece, recoil pad, high cap rotating magazine, triangle-shaped luminescent rear sights and adjustable front sight.

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This rifle comes with one barrel chambered for the .30-06 SPRG.

Draw Date: Monday, May 4, 2020
Calgary Conservation Education Centre for Excellence

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Draw Date: Friday, May 8, 2020
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“We had 22 participants for the day, many with little or no shooting experience, as they sighted-in their rifles for the upcoming hunting season.”

AHEIA's Rifle Sight-In Workshop



By Brad Scheidl



Brad Scheidl
Assistant Conservation
Education Coordinator
AHEIA Red Deer - South

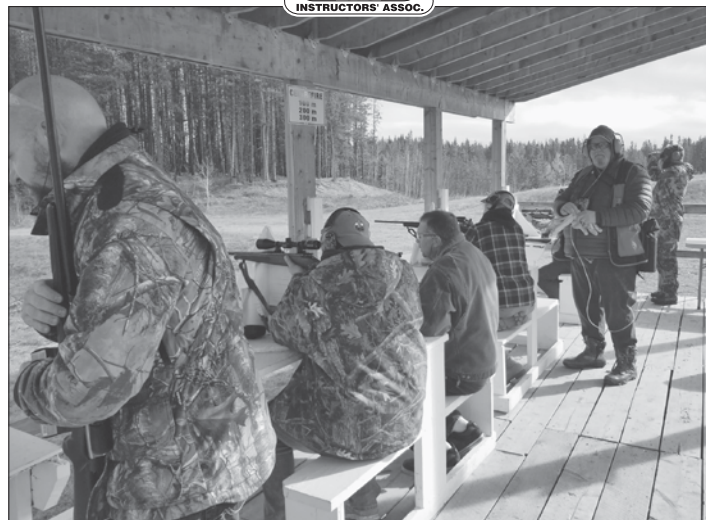
As hunters, we must do everything we can to ensure that we harvest our game ethically and humanely. If there is a new hunter, we should do our best to make sure they are well prepared before going on a hunt. AHEIA delivery staff from Calgary organized a Rifle Sight-In Workshop at our Alford Lake facility on October 18, 2019. For a \$20 registration fee, delivery staff and volunteers explained to participants the concepts of sighting-in a rifle, bore sighting and a rifle check, provided range time with qualified and experienced volunteers and even supplied a lunch. We had 22 participants for the day, many with little to no shooting experience, as they sighted-in their rifles for the upcoming hunting season.

The day consisted of a range orientation followed by some classroom theory about how to check your scope mounts and scope. Next, instruction on how to bore sight the rifle using a bore sighting tool as well as matching the bore and the scope. Then it was on to the 25-yard shooting range to start adjusting the scope to get it close, then onto the 100-yard range. The shooters brought their own targets and took turns shooting at 100 yards, getting their final adjustments done. They then could confirm how their rifles were shooting at different distances at the range, up to 300 yards.

It was a great workshop to attend if you have never sighted-in a rifle before, if you are unsure of the process, or if you need help troubleshooting specific issues with sighting-in your firearm.

The weather was good, the lunch hit the spot, and spirits were high as everyone anticipated the upcoming hunting season.

We are planning on running this workshop again next year, tentatively on a weekend in the spring (Saturday, April 4, 2020) and the fall (Saturday, September 12, 2020), so if you missed out on the workshop this time around you will get another shot at it soon. If you wish to be added to a notification list about the next upcoming seminar, please call our Calgary office at 403-252-8474 or 1-866-852-4342.



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Licence #519825. 500 tickets printed.

Ticket #0447

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Photo of Bison courtesy of Don Kesler Nature Photography.

“... a good scope will hold a zero for a long time ...”

How to Sight-In a Rifle

By John Morrissey

Setting Up Your Scope



John Morrissey
Firearms Education
Coordinator
AHEIA

After you've mounted your new scope on your rifle, check one last time to make sure the scope is secure in the rings and that the scope rings are tightly mounted to the base. There should be no wiggle whatsoever to the scope.

Next, you'll need to focus the reticle on your scope. You want the crosshairs to be instantly sharp and in focus when you look through the scope. To do this, point the scope at a solid background (like the sky). Then look away from the scope for a few seconds at a distant object and let your eyes focus on it. Now, look back through your scope for an instant and then look away again.

Was the reticle perfectly in focus? Or was it a little blurry?

You're looking for a snap judgement here because your eyes will start to adjust if you stare at the reticle for a few seconds. If the reticle is blurry, twist the diopter adjustment on the scope. This is normally located at the end closest to the shooter.

Continue to adjust until the reticle is clear and focused.



Bore Sighting

When you mount a new scope on a rifle, it's best to bore sight it before actually shooting the rifle. First, ensure that the rifle is unloaded and that the barrel is unobstructed. Then, remove the bolt of the rifle and mount the rifle in a secure rest, pointing downrange. Standing behind the rifle, look through the bore and centre the target in the bore by carefully moving the rifle. Then, without moving the rifle, adjust the scope to centre the scope reticle on the same target. The turret on the top of the scope adjusts the elevation (up and down) of the reticle while the turret on the side adjusts the windage (left and right). It is not vitally important for the bore sight to be extremely precise. It just needs to be close enough so that the rifle will hit somewhere on paper at 25 yards in, as described in the next step.

You can also use a bore sight that fits in the bore of the rifle to accomplish the same task. The end goal is still the same though: ensuring the scope reticle is centred where the rifle is pointing. The laser sight, or a bore sight, just makes it a little easier to be more precise than merely looking down the bore of the rifle.

Getting on the Paper

After bore sighting the rifle, you're ready to start shooting! It should go without saying, but I'll say it anyway: when you sight-in your rifle prior to going hunting, make sure you use the same type of ammunition that you'll be using on the hunt. Some rifles are pickier than others, but it is virtually guaranteed that your shots will shoot to a different point of impact if you sight-in your rifle with one type of ammunition then use a different brand, or bullet weight, on your hunt.

To start, shoot at 25 yards first, then fine tune your zero at longer ranges. This saves time, ammunition and frustration in the long run by avoiding taking shots at 50 or 100 yards that don't even hit the target. The exact target doesn't really matter at 25 yards as long as it has a distinct aiming point. Some people use bullseye targets with lots of success. However, a dedicated zero target with an easy to use grid format helps easily determine adjustments.

When sighting-in your rifle, it is very important to shoot from a stable position with lots of support. Use sandbags or a specially built rifle rest to do this. Whenever possible, avoid supporting the rifle with your muscles as this is less precise than using a stable object like a shooting bag.

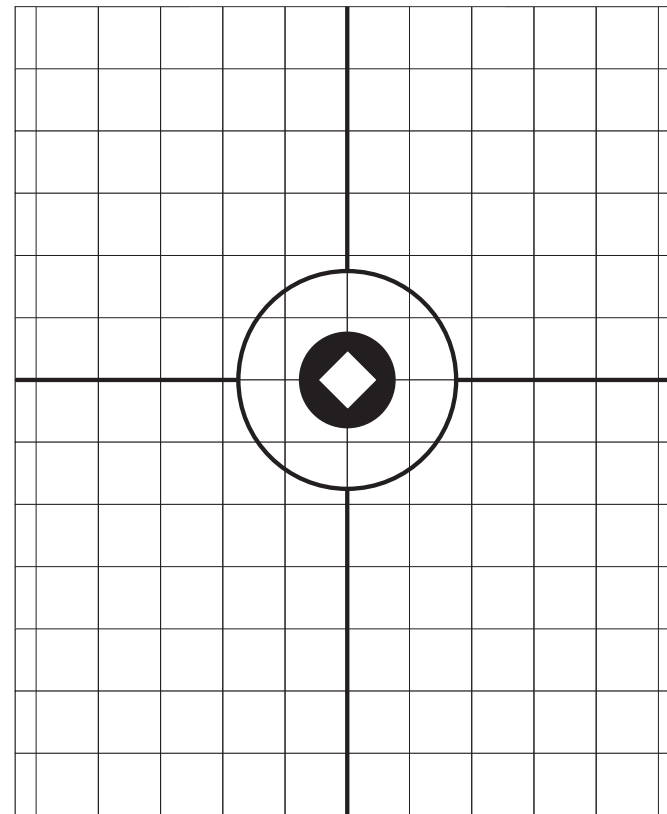
Once you're set in a steady position, fire three shots at the centre of your target at 25 yards. You may be able to see your bullets holes in the target through your scope. No matter where you see the bullet holes in the paper, do not change your point of aim. Keep aiming at the bullseye or you'll end up chasing your shots all over the target. It's ok if you don't hit the bullseye at first; in fact, you almost certainly won't.

After you fire your first group, check the target to see where you're hitting. Measure from the centre of your group to the bullseye and adjust your scope accordingly. Most rifle scopes have 1/4 MOA adjustments. This means that 1 click will move the bullet impact 1/4 at 100 yards. Note, this means that you need to make 4 times the number of clicks (16 clicks=1) to move the bullet impact the same distance at 25 yards. For example, if the point of impact on the target needs to move 1/2 left and 1 down. At 25 yards, with a 1/4 MOA scope, that's 8 clicks left and 16 clicks down.

The turret on top of the scope moves the bullet impact up and down, while the turret on the side moves it left and right. Most scopes have the measurement increments annotated on the turret along with the proper direction to turn it. For example, assume I shot a group at 25 yards that hit 1 low and 4 to the right. Since I need to move the bullet impact up and to the left, I'd turn the top turret 16 clicks clockwise and turn the side turret 64 clicks counter-clockwise.



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Target Number: _____	Distance: _____	GRID LINES ARE 1"
Date: _____	Notes: _____	
Shooter Name: _____		
Firearm: _____		
Caliber: _____		
Ammo Type/Brand/Lot: _____	AHEIA.com	The Alberta Hunter Education Instructors Association says: THINK YOUR TRIGGER CAN'T! Firearm Safety Is For Everyone

After making the required number of adjustments, shoot another group. If that group hits where you're aiming, you're ready to move the target out to 100 yards (or whatever range you want to zero your rifle for). If not, make the necessary scope adjustments and shoot until the rifle is dialed-in at 25 yards.

Of note, be sure you let your barrel cool adequately between group shots though. This is more of an issue with some cartridges than others, but most rifles will shoot to a different point of impact with a hot barrel. If your barrel is hot to the touch after shooting a group, just take a few extra minutes to let it cool down before shooting again.

Using the same techniques described earlier, shoot a group at 100 yards. Since you zeroed the rifle at 25 yards, it should be at least hitting the paper at 100 yards. Measure the distance from the centre of your group to the bullseye and adjust the scope as necessary. Remember: 4 clicks=1 at 100 yards, not 16 clicks, like at 25 yards!

If you decide to sight-in your rifle with a 200 yard zero, then 2 clicks=1 with a 1/4 MOA scope.

When zeroing at 100 yards, your windage should be dead on. However, there is some debate as to where your shots should be hitting elevation wise. If you'll be hunting at a relatively short range, then it might make sense to adjust your scope so that the bullets are hitting the bullseye at 100 yards. However, sighting-in your rifle so it hits slightly high at 100 yards has advantages as well. Each rifle and cartridge is different and an ideal 100 yard zero varies. Most boxes of ammunition have that information on them, or you can use a ballistic calculator. Then, sight-in your rifle so that it hits the correct distance above the bullseye at 100 yards.

After you've made your final adjustment, fire one last group to confirm it. If the group hits where you want it to, you're done. Though it's always a good idea to check your zero prior to hunting season, a good scope will hold a zero for a long time, as long as you don't drop or damage it.

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Great Meals

from the

Harvest

with Len Gransch



Len Gransch
Program Coordinator
AHEIA Red Deer - North

Goose Breast Pineapple and Bacon Skewers

2 goose breasts, cut in 1" cubes
2 cups fresh pineapple, cut in 1" cubes
6 slices good quality thick-cut bacon, cut in 1" lengths
1/2 teaspoon sesame seeds

Marinade:

1/2 cup teriyaki sauce	1/4 cup low sodium soy sauce
1 garlic clove, minced	1/4 cup cilantro, chopped
Pinch of red pepper flakes	1/2 teaspoon black pepper
1/2 cup pineapple juice	
1 tablespoon fresh ginger, peeled and grated	
1/4 teaspoon lemon peel, julienned, no pith	

Place cubes of goose breast in an extra-large Ziploc bag and add teriyaki sauce, pineapple juice, ginger, cilantro, soy sauce, lemon peel, pepper flakes, garlic and black pepper. Mix well, seal and refrigerate for 1-2 hours. Remove from marinade and place on paper towel. As an option, you can heat the marinade until it is reduced to make a sauce to drizzle on the skewers.

Using wood or metal skewers, on each skewer add goose, then bacon and then pineapple. Repeat on the same skewer and subsequent skewers until items are all used up. (If using wood skewers be sure you soak them in water for a minimum of one hour to prevent burning.)

Heat barbeque to high. Once hot, clean and oil grill to help prevent sticking. Place skewers on grill leaving a little space between them. Cook on one side for 2-3 minutes, turn and continue cooking until the goose is medium rare and bacon is cooked.

Sprinkle with sesame seeds and serve over rice.

Moose Vegetable Soup

1 tablespoon canola oil	1 tablespoon granulated white sugar
1 pound moose, cut into 1" cubes	2 teaspoons beef bouillon granules
1 cup onion, diced	1 teaspoon salt
1 - 500 gram bag mixed veggies, frozen	1/2 teaspoon ground black pepper
1 - 796 ml can diced tomatoes	1/2 teaspoon garlic powder
1/4 teaspoon hot sauce	1 tablespoon Worcestershire sauce
1/2 cup parsley, chopped	4 cups water
3 cups Yukon Gold potatoes, peeled and cubed	

Heat oil in a Dutch oven or stock pot over medium high heat. Brown the moose in the hot oil. Reduce to medium heat and add onion. Cover and simmer for about 10 minutes or until onion is translucent. Stir occasionally.

Stir in mixed vegetables, tomatoes and potatoes. Combine water, sugar and bouillon. Add to pot and stir. Season with salt, pepper, garlic powder, hot sauce and Worcestershire sauce. Stir, cover and simmer on medium-low heat for one hour or until the meat is tender.

Sprinkle with parsley and serve.



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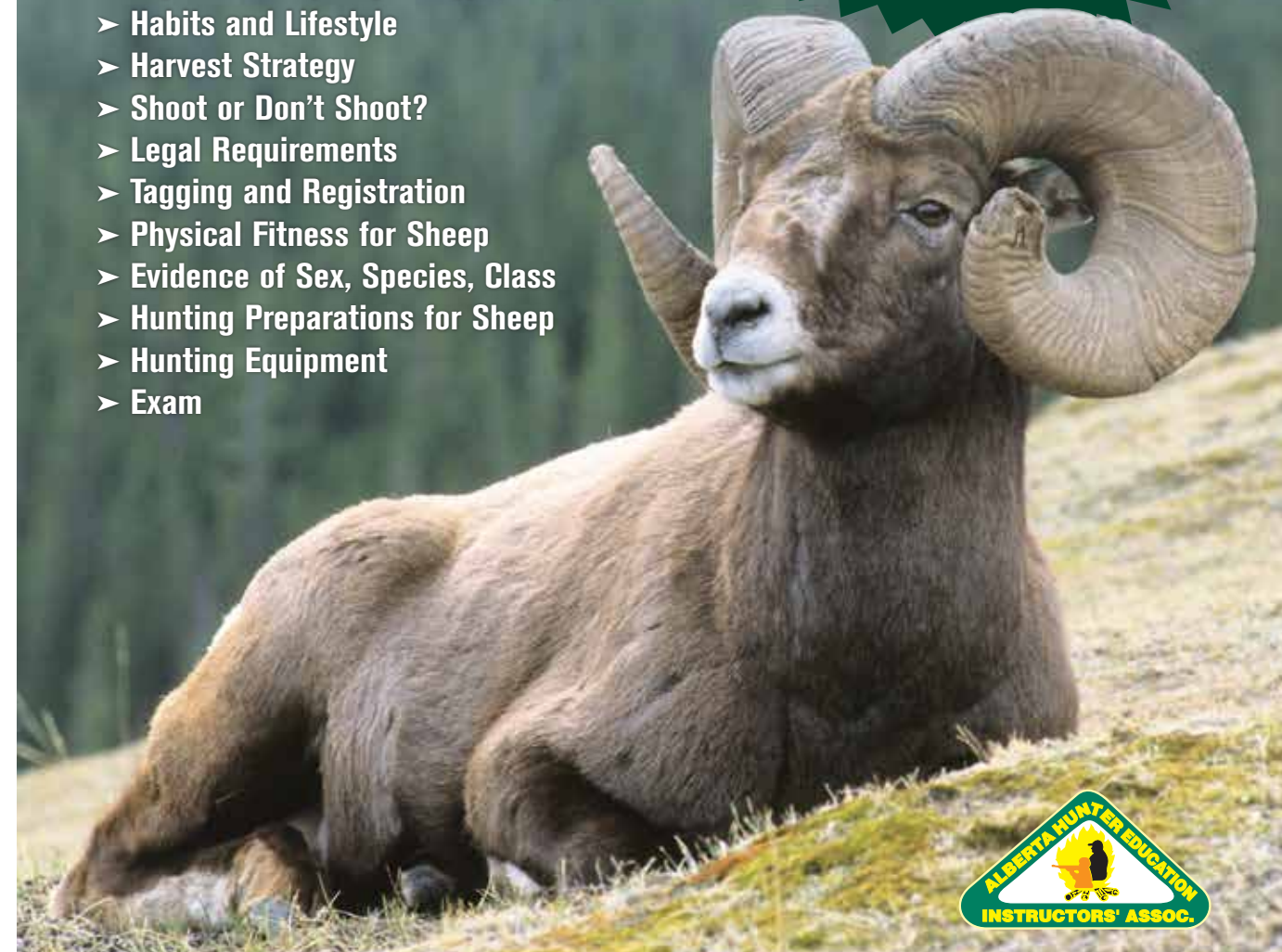
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