

Summer 2021

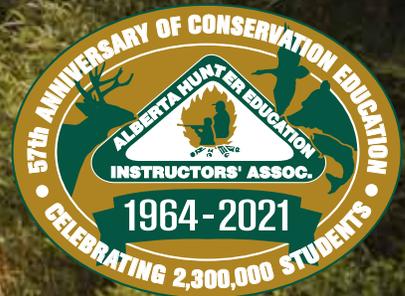


Alberta Hunter Education
Instructors' Association

Conservation Education

The Voice of Conservation Education in Alberta

Magazine



AHEIA's Mission is to Make Wildlife and Fish Part of the Value System of Every Albertan

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Alberta Conservation
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President's Message

Hunting and Angling or Just Being Outdoors in a Pandemic: Signs from Across North America are Pointing to a Rise in Traditional Outdoor Pursuits

... and I for One am Hoping, and Believe, It Will Stick!

By Bob Gruszecki



Bob Gruszecki
President - AHEIA

One of the main things that has emerged from these trials and tribulations we have been through is that we are all coming out of this pandemic different than when we went into it. We all have new agendas, and we will have to evolve our lives and organizations to accommodate them. As we move forward to deal with a recovering world, we need to move forward, but progress to a better future where we come back stronger. Growth in our programs and expansion of our relevancy is a definite goal for us at AHEIA. OK, it may not be quite the time for "high-fives" yet, but the finish line for the end of the pandemic is in sight. The world of COVID-19 has tested us and the way we do business, but collectively, we have risen to the occasion and should be proud of that fact. Though it appears that we may come out the pandemic intact, at AHEIA we set our sights a bit higher than that. Rather than picking up from where we left off, we want to emerge from the pandemic stronger.

With the coronavirus affecting people everywhere, the news can feel pretty bleak. While it has been important to stay on top of the latest recommendations from the health authorities and exercise the cautions advised, it's also important to find some time to decompress. There is little doubt that the ongoing uncertainty underscores the psychological benefits of nature. We have all been so cooped up inside, getting the mental break we get from going outside has been, and is going to continue to be, very important to our overall health! In this there is a tremendous opportunity!

There are a few great studies that have been done recently that underscore the value of get-

ting outside. One out of the megacity Tokyo and another out of the University of Vermont. There is strong evidence for nature's ability to affect psychological wellbeing, such as boosting happiness, improving someone's ability to manage life tasks, offering a sense of purpose in life, and decreasing mental distress. Suffice it to say the evidence is clear that the pandemic has affected people's relationship with nature in a positive way! This is certainly no surprise to Conservation Education Instructors who are hunters, anglers, and trappers in Alberta.

Our forefathers taught us long ago that spending time outdoors can reduce stress, improve sleep, play a role in reducing symptoms of anxiety disorders/depression, and certainly increase our sense of contribution by feeding ourselves and loved ones from the bounty.

Through many of our course offerings, video blogs, YouTube channel, free workbooks and free online training, we tried hard to provide offerings to assist with people's ability to get their outdoor fix, so to speak. While under these severe restrictions, we wanted to keep people exposed to these environments that we know are good for them. Teaching people to understand that their lives are better by being connected to nature has always been a prime motivator for us, but especially so during the pandemic.

Personally, I have always believed that nature is not an amenity—it's a necessity. I also believe that this obvious renewed interest in nature is certainly one silver lining to this pandemic, helping to push people outside into the fresh air to hunt, fish, trap, and interact with the outdoors. There has been a rise in these activities, and I believe that at least some of the increased participation is going to stick.

At AHEIA we take the need to share the news of the history, the heritage, and the culture of the great outdoors seriously and extend that concept through education in a multitude of formats. That is exactly what we plan to do.

R3 Recruitment, Retention, Reactivation: A Golden Opportunity

Using this new-found motivation by people to be in nature, we can capitalize on a Golden Opportunity. R3 stands for recruitment, retention, and reactivation—three important terms that we use at AHEIA for growing hunter/angler-conservationist ranks.

It is super important to not only recruit new individuals, but to keep those individuals engaged so they stay active for many years. We have found that if they do lapse, it often takes a friend or relative to re-engage them. In many cases,

Continued ►



Photo courtesy Ashley Knedler on Unsplash.

President's Message *cont.*

those in their 30s or 40s can serve as a driving force for both recruitment of kids and reactivation of the Boomer generation, getting their parents to take up hunting or fishing again, which they may have given up for a number of years. On either end of the spectrum, spending quality time together outdoors in a lifelong hobby that can be enjoyed at any age. We have also found through our mentorship programs that to really "hook" people to the fraternity they may need repeated exposure to the resource. Often times it takes three times before the "light switch" goes on and the "fire-in-the-belly" is sufficiently kindled so it won't go out on its own.

It was incredibly difficult, if not virtually impossible for AHEIA to host many of the events of the R3 initiative, such as youth mentored hunts, special events and our Outdoor Women Program. We were forced to cancel four youth camps and one youth seminar due to gathering restrictions, severely limited in-class training, and reduced numbers for everything we did in person as a result of COVID-19 precautions. The protocols we instituted to protect our students, volunteers and staff severely disadvantaged us this past year. But we look forward to the re-launch of these programs now that it appears that it is safe to do so. We have not discounted the value of personal one-on-one mentoring, and are staffing up and encouraging volunteers to take this to a new level in the coming months.

We plan to cultivate mentoring relationships that help our recruits experience that vibration of excitement and thrill we all get when harvesting a deer or landing a fish. That experience will keep them coming back long after our work is complete.

For my part, I have always been as eager to hunt/fish at the end of the season as I was at the beginning of the season. I have always looked forward to the next season and filled my off seasons watching and dreaming of nature and my next adventure. But last year was special and I know this year will be as well. In the off season our family really connected with the harvest with renewed vigour. We spent the winter learning how to prepare wild game meat and sharing new and delicious recipes! Haven't done that in a long time! Even after six decades I am still learning new ways to enjoy the harvest, and a great source of pride for me is that my kids are finding that same joy and reward. Suddenly, now

that my kids have all grown and flown the coop, there is competition for what's in my freezer!

It's been so important for me, being able to go out and kind of cleanse my mental slate, and just go and be present in the out-of-doors! I found this past hunting season a new and rekindled urge to really just be out there, often just being present, and quiet and listening. I took more game this year than I did the previous year, admittedly thinking that pandemic issues made it tougher for my kids and friends to find good clean, healthy, nutritious protein, totally free of chemicals and added hormones.

The Financial Struggles

As mentioned above, it appears AHEIA will come out of this pandemic intact, but sadly many are not so lucky. The charitable sector is still struggling to stay afloat in the pandemic climate, despite having been somewhat subsidized by the federal wage subsidy and recent announcements of dedicated funds to assist in this plight.

In fact, Imagine Canada president Bruce MacDonald has said the charitable sector needs a total of \$10 billion in support from government to survive the pandemic. Charities are facing a cash crunch; many are being hit with increased demand while their revenue sources are drying up. Imagine Canada's initial projections indicate the COVID-19 pandemic will reduce charities' revenues by between \$9 billion and \$15 billion, and lead to more than 100,000 layoffs. That is pretty dramatic!

On a recent radio interview, I heard MacDonald tell *Power & Politics* host Vassy Kapelos, "Most charities in this country are being profoundly affected by drops in revenues, by a need to change and adapt their services, by not having access to volunteers, many of whom delivered those services."

Overall, the sector contributes 8.5% of Canada's GDP and employs 2.4 million people. It is clear to me that there is a cash and collateral shortage amongst charities. Most charities don't have reserves, or if they do, they're very small and they don't usually have access to bank loans because most don't own buildings. They don't have collateral that they can use. Let's face it, charities are designed to put the funds they raise into their activities, not store them in large caches.

Who is going to donate to a charity that has millions in the bank? So, as you can see, we are between a rock and a hard place in that we can't use hard and fast business principles to save and store massive funds for rainy days.

I am happy to report that our management and directors at AHEIA have been fortunate, and have prepared and planned well. We are capable of survival, and indeed perpetuation, and ready for next steps. Our survival means we can plan our way forward and control our own destiny. For us, it's full speed ahead for the foreseeable future.

The Way Forward

We have all heard it said that one person can change the world. Well, this cause of conservation education that surrounds the culture and heritage of hunting, fishing and trapping, just simply doesn't have one person. We have thousands! We have entire communities! If one person can change the world, imagine what we can do together. Look at what we have already achieved!

We will be working together in 2021 and beyond to do everything in our power to bounce out of this pandemic stronger and further ahead than what we were when we entered it! It can and will be done, because what's at stake is a way of life and, as we have learned, our mental and physical health. Let's do what we do best as volunteers and staff in Conservation Education ... connect with the cause, let the emotion of what's at stake drive us forward. Let's all work together to feel the thrill of the connection with the out-of-doors, and the joy and pride associated with the heritage and culture of the ethical and responsible pursuit of wild game and fish! Let's get outdoors and remember to stop ... and listen, observe and breathe in the beauty of our surroundings!!

Looking forward to seeing you soon and reconnecting with you at one of the many events and programs that will be coming your way shortly!

Robert A. Gruszecki

Robert A. Gruszecki
President, AHEIA



Conservation Education Magazine

This Issue's Feature Articles:

- 10 ■ Tick Awareness
- 18 ■ Walleye Wonders
- 22 ■ AHEIA Announces Its New Online Identification of Alberta's Game Fish Quiz
- 26 ■ Being on Target
- 30 ■ Boating Safety: Preventing and Responding to Emergencies
- 41 ■ Mike Ewald Receives 2021 Fish and Wildlife Officer of the Year Award
- 42 ■ The Dog Days of COVID-19

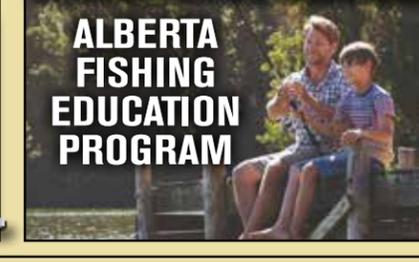
Our Regulars:

- 3 ■ President's Message
- 7 ■ Firearms Education Report
- 9 ■ Edmonton Report
- 35 ■ Staff Appointment
- 37 ■ Great Meals from the Harvest
- 38 ■ AHEIA Raffle Winners

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(from Pexels)



Go to our website www.aheia.com and click on "online training" to launch these programs, view demos or sign up.

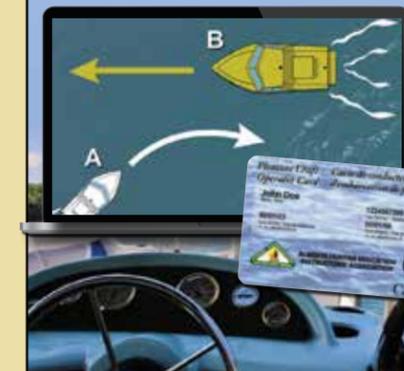
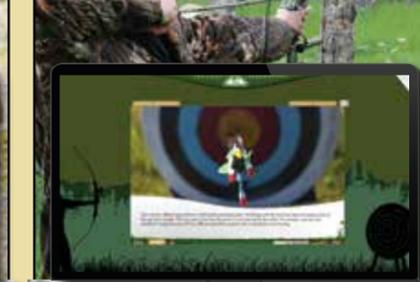
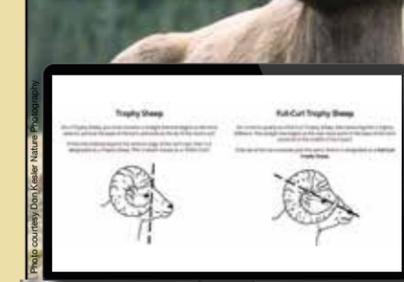


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Firearms Education Report

“ ... these numbers reinforce that the Canadian public is keenly interested in sport shooting. ”

By John Morrissey



John Morrissey
Firearms Education
Coordinator
AHEIA

With the approach of summer, the student numbers for the CFSC/CRFSC appear to be levelling off. As of June 7, 2021, 10,554 students have completed the CFSC, and 5,750 completed the CRFSC. This gives a total of 16,945 students who have completed the program between January 1 and June 7, 2021.

Considering the on and off-again COVID-19 restrictions we have had to adhere to, these numbers reinforce that the Canadian public is keenly interested in sport shooting. Now let us look at some updates:

Alberta Chief Provincial Firearms Officer Position

The competition for this position has been cancelled, with letters being sent to applicants. At this time there has been no announcement as to reopening the competition.

The CFSC/CRFSC Train the Trainer Program

The last Train the Trainer Program offered was in January 2020, just prior to the introduction of COVID-19 protocols and the shutdowns. As

a result we have 25 approved applicants from the 2020 training year. I'm hopeful that as the COVID-19 numbers decrease we will see the Train the Trainer Program up and running once again. On the topic of CFSC/CRFSC instructors, we currently have 425 federally approved instructors in Alberta. However, a number of the listed instructors are inactive, and are under review by the CFO's office. When an Alberta CFO is appointed, will the Train the Trainer Program change in Alberta? Only time will tell and remember that, even after Saskatchewan appointed a Provincial CFO, it was almost a year for the transition from Federal to Provincial management to be completed.

The May 1, 2020, Order in Council (OIC) Firearms Prohibitions

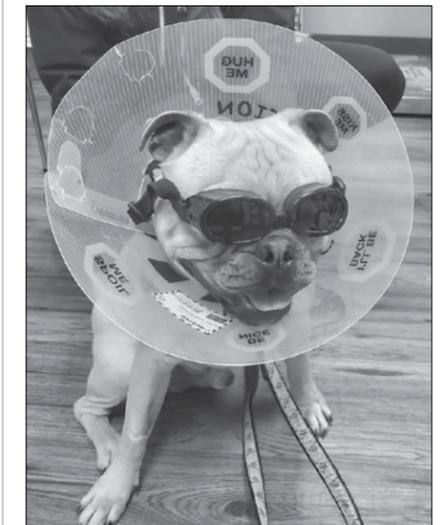
Court reviews of the OIC continue. There has been no information provided by the Federal Government on the proposed buyback program, or of grandfathering of the firearms after the two-year amnesty of May 1, 2022.

There are no real updates on Bill C-21, an Act to amend certain Acts and to make certain consequential amendments (firearms). I believe the Bill did go to second reading. One positive note is that the media was quick to portray the flaws and the negative effects of this Bill. Maybe it caused the public to question how banning airguns ("gateway guns") assisted in community safety?

In closing I would like to thank the CFSC/CRFSC instructors and proctors who have persevered over the last year to continue to deliver the program under ever-changing protocols. You truly are a testament to supporting your community.



On the Lighter Side:



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for Albertans

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Edmonton Report

“ We have tentatively booked some of our 2022 events to provide a bit of an advanced notification. ”

By Len Gransch



Len Gransch
Program Coordinator
AHEIA Red Deer - North

It has been a very trying time for everyone dealing with all aspects of the original COVID-19. Now the virus has invited variant members of the family to join in, causing still more problems.

Regardless, it seems like things are starting to improve and there is some hope ahead of us and a light at the end of the tunnel. The Alberta Government appears to be doing their best at safely opening up new opportunities. Hopefully things will start to return to some semblance of normalcy and to what we used to enjoy and take for granted. We will still need to remain vigilante and take precautions. Make sure you get your vaccinations.

We have tentatively booked some of our 2022 events to provide a bit of an advanced notification. Please check our website for more details once the events get closer or, if you wish, email us at edmontoninfo.com to be added to our notification list.

Please mark June 2, 2022, on your calendars for our next Spring Fling Banquet in Edmonton at the Silvermoon Banquets. Same location as in previous years.

The 2022 Youth Hunter Education Camps are scheduled to run July 3-8, July 10-15, July 17-22 and July 24-29. Our camps still remain very popular, so I always encourage anyone who is interested to register as soon as possible to avoid any disappointment, especially in light of previous COVID-19 camp postponements.

The 2022 Outdoor Youth Seminar is scheduled for August 19-21. This is a great event for parents, grandparents, and guardians to participate along with their children or grandkids.

As mentioned, check our website for more details once the events get closer or, if you prefer, email us at edmontoninfo.com to be added to our notification list.

With the pandemic lock-down it has become excessively difficult for new and potential volunteers to start getting involved. Nevertheless, we continue to look for volunteer support for all of our courses, camps, events, etc. as well as with our day-to-day office workings. If you, or any of your friends, would like to consider becoming a part of something greater, please let me know.

Take care and enjoy the Great Outdoors!



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“Ticks are blood-sucking parasites commonly found throughout Canada and they carry bacteria and viruses known to cause serious illness in both humans and animals.”

Tick Awareness

With summer now upon us and many of us spending more time outdoors, a refresher on tick awareness may be of value. Below is an excerpt from one of AHEIA's free Outdoor Wildlife Learning (O.W.L.) Series workbooks, *Tick Awareness*, which can be found, along with several others, on AHEIA's website aheia.com.

What is a Tick? What Does It Look Like?

Ticks have been around for awhile! Did you know that the fossil record indicates that they have been around for at least 90 million years? These pesky little critters belong to the same class as spiders and mites, characterized by having four pairs of legs and no antennae. Ticks fall into two families:

1) Hard Ticks (Ixodidae)

These have a hard plate on their backs, and

2) Soft Ticks (Argasidae)

These do not have a hard plate.

Both categories flourish throughout North America, though the most commonly occurring types in Canada are hard ticks.

There are well over 800 species of ticks identified worldwide. Most ticks are external parasites on mammals, birds, and reptiles, and need to suck the blood of their host to survive. These pesky parasites may enter your home when feeding on your pet! It is not uncommon for your dog to bring ticks into your home. Some species may not survive indoors, while some species, such as brown dog ticks, are capable of surviving and breeding indoors. When ticks enter homes, it's usually riding on a household pet.

Common tick species found throughout Canada include the black-legged tick, more commonly known as the deer tick, the brown dog tick, the American dog tick, and the Rocky Mountain wood tick.

Ticks are commonly thought of as an insect, but a tick is not an insect. Insects possess three segmented body parts or regions, six legs, and generally have wings. Ticks do not have wings, only possess two body regions, and have eight legs after reaching full maturity. Ticks have external mouthparts which extend from their heads. Unlike insects, which have heads capable of moving independently, the heads of ticks are fused to the thorax. The body, called an idiosoma, is the region that expands with blood when feeding. On hard ticks, the body is covered by a thick plate called a scutum. Males possess larger scuta than females, which restrict the expansion during blood feeding. Depending on the species, colouration may vary from browns and



blacks to variations of greys and whites. Most ticks range in size comparable to a small seed to the size of a pea, though when engorged with blood, the tick may appear larger.

Can I Get Sick If I am Bitten by a Tick?

Ticks are blood-sucking parasites commonly found throughout Canada and they carry bacteria and viruses known to cause serious illness in both humans and animals. American dog ticks are known carriers for such diseases as Rocky Mountain Spotted Fever and Tularemia. Lyme Disease is the most common disease we may experience from ticks, but there are several others:

Anaplasmosis, Babesiosis, Bartonella, Borrelia Mayonii, Borrelia Miyamotoi, Bourbon Virus, Colorado Tick Fever, Ehrlichiosis, Heartland Virus, Powassan Disease, Rickett Parkeri, Rocky Mountain Spotted Fever, STARI (Southern tick-associated rash illness), 364D Rickettsiosis, and there are many more!!!

Bottom line ... Ticks are not our friends!!



Blacklegged (Deer) Tick



American Dog Tick



Rocky Mountain Wood Tick

Learn About Different Ticks

Above are three types of ticks commonly found in Alberta and they can all carry transmissible illnesses.

- Alberta has 22 known tick species. Many more ticks are brought to Alberta every spring on migratory birds.
- Most ticks do not have eyes and rely on their senses to find you. They can sense vibration, body heat and carbon dioxide (your breathing).
- Ticks are easily transported to different areas on animals such as birds, mice, squirrels, rabbits, skunks, foxes, coyotes, deer, moose and any other animal, including humans.
- It is important to be aware of your surroundings and always check yourself and your clothing and gear for ticks during and after spending time outdoors.
- Ticks can be active during the day and night.
- Some ticks like cool, damp areas, while other ticks can thrive in drier areas.

Tick Season? How Do I Get Ticks on Me? Where Do They Live?

Peak tick season for nymphs (early and immature stage of the tick life cycle) usually occurs during the spring and summer months, while adults are generally more of a threat in the late fall. The pests are usually found in wooded areas that provide lots of shade or in areas overgrown with tall grasses.

Most species of ticks found throughout Canada typically occupy diverse habitats, ranging from densely wooded areas and forests to grasslands. However, the Rocky Mountain tick usually lives at higher elevations and prefers areas of brush in the foothills and mountain regions. Each species finds hosts in different ways, though all ticks are parasitic and need a host to survive. For instance, the American dog tick remains solitary by nature, moving from host to host between each developmental stage. Climbing to the top of a blade of grass, the tick waits for a passing mammal and grasps on with a free pair of legs. Deer ticks utilize ambush techniques and wait for hosts to brush up against the object on which they are resting. Finally, the Rocky Mountain

wood tick experiences stimuli from the environment, such as changes in humidity, temperature, and carbon dioxide levels, which typically represent the presence of a host.

What Can I Do to Prevent a Tick From Biting Me?

Ticks do not jump or fly or drop. They simply reach out with their legs and grab or crawl onto a host. To attach themselves to a host, ticks either grasp onto random animals as they pass over their habitat or lie in wait for potential hosts to brush up against them.

After engorging on the blood of the host, the tick will usually fall off and find shelter somewhere

until the need to take another meal becomes imperative.

Since Ticks need access to your skin in order to effectively bite and latch on to you, it is wise to cover exposed skin as much as possible. Wear close-toed shoes, long sleeves, and long pants. Tucking pants into socks limits the amount of exposed skin. Repellents can help. When hiking, use an appropriately registered and approved bug repellent. Upon returning home after outdoor activity, and before going inside, perform a full-body search for ticks to ensure no ticks have attached to your body or pets.

Continued ➤



How Can I Tell If I Have Been Bitten?

Tick bite symptoms vary. The exact symptoms depend on the species of tick and the severity of the allergic reaction to the bite. Tick bites frequently produce blisters or rashes on the skin of the victim. A distinctive red spot commonly develops at the site of the bite, as well.

Other common symptoms of tick bites include uncoordinated movement and general weakness. The bites of certain tick species can also generate severe pain or swelling. In serious cases which demand immediate medical attention, tick bites may cause the victim to develop chest pain or heart palpitations, laboured breathing, a severe headache, or even paralysis. Medical attention should also be sought for the development of a fever, stiff neck, joint pain or muscle aches, sensitivity to light, swollen lymph nodes, or flu-like symptoms as these indicators may signal the incubation of a tick-borne disease.



The Two Most Common Tick Diseases

Lyme Disease

Of all the diseases ticks carry, Lyme Disease is the most common. Lyme Disease is a serious illness capable of afflicting humans as well as pets. Symptoms range from little or no effects to recurring arthritis, numbness or paralysis, and problems with the nervous system. When left untreated, Lyme Disease symptoms can persist for years and may even result in death, though fatalities are rare. This disease is caused by bacteria carried by the tick and spread via the bites of infected black-legged ticks, western black-legged ticks, and the tick species Ixodes angustus, which has no common name. Early symptoms of Lyme Disease include fatigue, fever, headaches, and rashes. If left untreated, it attacks the joints, nervous system, and heart.

Lyme Disease Symptoms:

Early symptoms of Lyme disease are flu-like. Infected individuals may experience fever, chills, sweats, muscle aches, fatigue, nausea, and joint pain. Some more serious symptoms include numbness, swollen lymph nodes, muscle spasms, abnormal heartbeats, and cognitive dysfunction. Though cases can vary from person to person, the average individual starts experiencing symptoms within a few days. If left untreated for too long, the disease can cause permanent damage. Extreme cases may result in death.

About half of Lyme patients get this irregular "Bullseye Rash". These can vary greatly in size, and it is wise to seek advice from your doctor.

Rocky Mountain Spotted Fever

American dog ticks and Rocky Mountain wood ticks can spread another serious disease: Rocky Mountain Spotted Fever. Humans contract the virus when bitten by infected ticks. Symptoms vary from headaches and muscle pains to vom-

iting and rashes. The ailment can cause blood vessels to leak or form clots, which leads to inflammations of the brain, heart, or lungs. This tick disease can be fatal.

10 Things You Can Do to Avoid Getting Bitten by a Tick:

• Avoid Trails and Wooded Areas in the Summer

The majority of tick infestations occur in the summer in heavily wooded areas and grassy trails. The nymphs and larvae of deer ticks are active during spring and early summer, while adults may remain active during fall and winter as well.

• Stay in the Centre of the Trails and Choose Cleared Ones

Deer ticks climb on their human hosts through direct contact only; they do not fall or drop on them. Once they come in contact with humans, they crawl until they find a shaded protective spot. So, the best way to avoid tick infestations is to walk on less dense, non-wooded, less bushy and well travelled trails only.

• Avoid Tick Bites By Using Protective Clothing

The best way to avoid tick bites is to wear long sleeved shirts, full pants, socks and shoes. Ticks also can be seen easily on lighter colored clothes. It is also a good idea to tuck the pants inside the sock cuffs and also tape open sleeves or loose ends so ticks cannot crawl inside them.

• Use Insect Repellents to Avoid Ticks

One of the best insect repellents proven to effectively stop ticks in their tracks is DEET. You can buy DEET in the form of sprays, lotions or creams. You can directly spray DEET on clothing and body while avoiding eyes and mouth. Never spray DEET-based repellent on sunburns, rashes, or cuts. Also, DEET and perme-

Common Symptoms of Lyme Disease:

- Chronic fatigue
- Migrating arthritis / joint pain
- Muscle pain
- Chronic back pain and disc degeneration
- Chronic flu-like symptoms
- Headache / neck stiffness and creaking
- Bell's Palsy
- Brain fog / decreased cognitive function
- Noise and sound intolerance
- Ringin g in ears
- Disturbed sleep
- Blurry vision / floaters / eye discomfort
- Eye pain
- Tooth pain
- Dizziness and instability
- Muscle twitching
- Paresthesia (burning, tingling in feet and hands)
- Tremor (head and hands)
- Chest pain / irregular heartbeat
- Shortness of breath / difficulty catching breath

References:
Rawls, W. (2017). Unlocking Lyme: Myths, truths, and practical solutions for chronic Lyme disease. Cary, NC: FirstDoNoHarm Publishing.



thin pre-treated clothing and fabrics are also available in the market and can be worn on hikes or nature walks.

• Check Yourself Frequently

Workers or hikers who spend time in tick infested areas must check each other frequently for ticks. They must avoid sitting down in areas having grass piles or leaf litter as this is a sure-fire way of inviting ticks.

• Check Your Hair

Ticks can also come in contact with humans through one's hair. It is best to keep long hair braided and tucked inside a scarf or a hat.

• Wash clothing

Once you are back after visiting tick infested areas, toss all clothing in the dryer on its hottest setting for a minimum of 20 minutes. Also, shower immediately to avoid tick bites from any hidden ticks.



• Remove Ticks Immediately to Avoid Getting Bitten

(See section *How to Remove a Tick* on the following page.)

• What To Do If You Get Bitten

Tick bites must not be ignored. Make sure you wash the site of the bite with warm water and antibacterial soap solution. Also, watch out for rashes, chills, fever, body aches, etc. and if these signs are present, visit a doctor immediately.

• Get Treated Immediately

Lyme disease can be effectively treated and cured using antibiotics provided you seek treatment in its early stages. Delaying treatment can lead to permanent after-effects of the disease. Chronic conditions like joint and muscle aches have been reported in patients and they take years to improve.



Photos approved for use by Tick Awareness Canada.

For further reading and investigation we suggest you visit the **Tick Awareness Association** which is dedicated to providing tick safety education for all outdoor enthusiasts.

Please visit their website at www.tickawarenesscanada.com



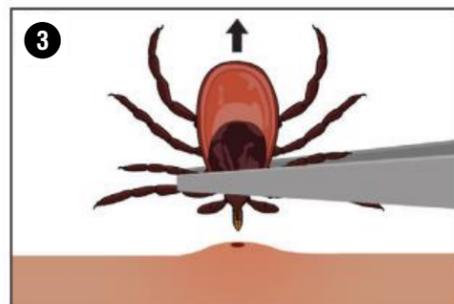
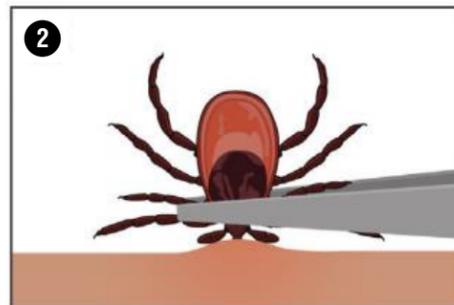
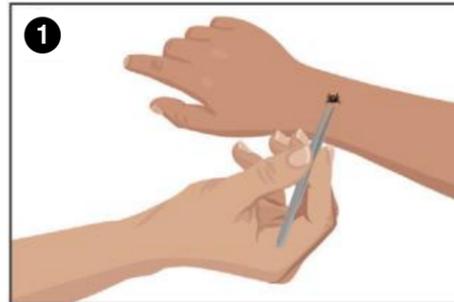
How To Remove a Tick (and how NOT to)

The best way to remove a tick that has embedded itself into skin is with a pair of fine-tipped tweezers. These should become part of your survival pack while travelling in the outdoors, as ticks can be found most anywhere and are active for much longer during the year than most people think. Some companies have developed an angled tool with fine-tipped tweezers on one end and a slotted spoon on the other. The slotted spoon is useful for removal of engorged ticks most often found on pets or livestock.

- 1 Using the fine-tipped tweezers, grasp the tick by the head, getting as close to the victim's skin as possible.
- 2 Pull straight out using a consistent, steady force.
- 3 Look for any mouth or head parts left in the skin and remove those with the tweezers after disposing of the body of the tick.
- 4 Immediately wash the bite area and your hands with soap and water or an alcohol-based hand sanitizer.
- 5 Save the tick by placing it in a sealed plastic container such as a pill bottle or a sealable plastic bag and store in your freezer. Should you become sick in the following days, you will want to take the tick to your doctor for investigation of potential tick-borne diseases.
- 6 Have your family doctor or another health care professional remove the tick if you are not comfortable doing it yourself, or if it is buried too deeply into your skin for you to remove.
- 7 Watch for signs of tick-borne diseases over the following days. If any exist, see your doctor as quickly as possible. If none develop, simply dispose of the dead tick in your regular garbage.
- 8 To kill a tick, drown it in rubbing alcohol or freeze it for several hours.
- 9 If you are concerned about ticks on clothing or bedding, wash those items in hot water and throw them in the dryer on high heat. Studies show that these will kill the adults and any eggs or nymphs that may have hatched.

Cautions

- Do not squeeze a tick, especially when removing it from the skin. Squeezing it will inject even more blood-clot inhibiting saliva and potential disease into the host's body. Wide-tipped tweezers (designed for hair removal) could do this, so use fine-tipped if at all possible.
- Do not twist the tick to remove it. This could break off the head which could cause infection which may complicate the diagnosis of potential diseases the tick may have passed on.
- Do not use home remedies such as coating the tick with nail polish or rubbing alcohol, or applying heat to try to get the tick to disengage. These methods are not nearly as effective as removing it with fine-tipped tweezers.
- If you have been bitten by a tick, read up on the many diseases that ticks carry and familiarize yourself with their symptoms. See your doctor if any of those symptoms develop, taking the dead tick with you for further examination.



“... ticks can be found most anywhere and are active for much longer during the year than most people think.”

SUBMIT

a

TICK



If you find ticks on livestock, pets, or other animals –
CONTACT YOUR VETERINARIAN.

Veterinarians can have ticks tested to check the risk of Lyme disease.



For more information, visit
agriculture.alberta.ca/ticks
or call 780-422-4830.

Alberta
Government

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each



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\$8795.00

Blaser F3 Competition/Sporting 12ga Over/Under Shotgun

30" satin blue barrels with mid rib, short vent rib, fibre optic front bead, mechanical trigger, automatic ejectors, adjustable single select trigger, satin finished Grade IV stock.

Includes 10 interchangeable Briley choke tubes and a factory hard case.

Draw Date: Friday, September 3, 2021
Calgary Conservation Education Centre for Excellence

License #567461 • 1000 Tickets Printed

SPECIALTY SHOTGUN RAFFLE

Tickets
\$5
each



Retail Value:
\$3675.00

Beretta 690 Field I Over/Under 12ga Shotgun

Steelium barrels, 3" chamber, floral engraving, recoil pad, single selective trigger.

Draw Date: Sunday, August 22, 2021
Calgary Firearms Centre

License #566493 • 3500 Tickets Printed

UPLAND/WATERFOWLER/ SPORTING FIREARM RAFFLE



Retail Value:
\$3100.00

Benelli Ethos Engraved Nickle-Plated Semi-Automatic 12ga Shotgun

3" chamber, features 5 Crio choke tubes.



Retail Value:
\$1500.00

Winchester SX4 Semi-Automatic 12 ga Shotgun

Cerokote FDE, camo stock, features 3 inv. choke tubes.

Tickets
\$20
each

*One lucky winner will receive
both firearms!*

Total Retail Value: \$4600.00

Draw Date: Friday, September 3, 2021
Calgary Conservation Education Centre for Excellence

License #566437 • 1000 Tickets Printed



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Tickets cannot be sold to persons under 18 years of age.

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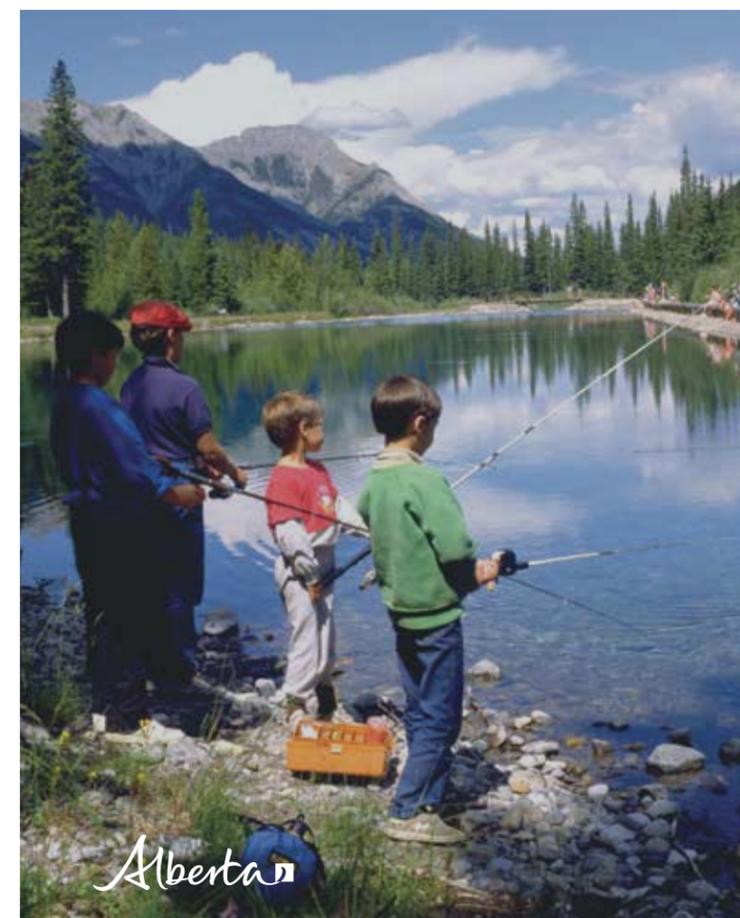
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Alberta

“Alberta’s walleye stocking program recommenced in 2021 ...
The primary goal this go around is simply to create additional fishing and harvest opportunities ... ”

Walleye Wonders

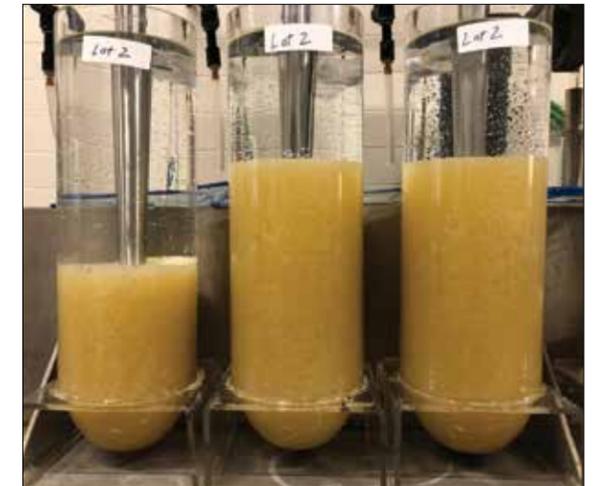
By Janine Higgins
Engagement and Education Specialist
Alberta Environment and Parks

Many anglers have created memories reeling in walleye from their favourite fishing hole. As one of the most coveted species in Alberta, walleye require more active management to ensure sustainable populations for future generations to enjoy. These management approaches include special harvest licences, where harvest opportunities are provided at waterbodies that would otherwise have a catch and release regulation, slot and minimum size limits, and now walleye stocking. Alberta’s walleye stocking program recommenced in 2021, however it was a bit different from historical walleye stocking efforts. Walleye stocking was used from the 1980s to the early 2000s to re-establish collapsed or extirpated (locally) extinct populations, and to create new self-sustaining populations in lakes and reservoirs. The primary goal

of the walleye stocking program this go around is simply to create additional fishing and harvest opportunities and avoid the need for stringent regulations often necessary to ensure sustainable walleye populations. The catch? It will take at least four or five years before this slow growing species reach a catchable size.

“Where were these walleye stocked?
This year’s lakes and reservoirs included
Burnstick, Chin and Sylvan lakes,
Forty Mile Coulee Reservoir,
Little Bow, McGregor,
Milk River Ridge,
Stafford and Travers reservoirs,
as well as Lac Bellevue. ”

In order to capture walleye, staff set up live traps in Lac Ste Anne just as ice came off the lake. Using very long lengths of mesh netting called leads, fish were funnelled towards and into submerged, cone-shaped traps that were checked each morning; captured fish were sorted and non-target species, such as burbot and suckers, were returned to the lake. Adult walleyes were brought to large temporary holding pens just off shore. Eggs and milt were collected from the females and males in a tent onshore to protect them from sunlight, and then the fish were safely released back into the lake where they will spawn again next year! Once collected, the eggs and milt are carefully mixed with a feather to prevent sticking or clumping without causing damage to the very fragile eggs. An advantage of this program is that the fish population in Lac Ste Anne won’t be impacted by these activities; egg survival rates in the wild are much lower than in the hatchery and therefore, few walleyes



are needed to collect enough eggs for the program. In 2021, there were over 5.5 million eggs collected from almost 200 female walleye.

The fertilized eggs were left to harden overnight in large jars called upwellers that gently flush water through the eggs to keep them well oxygenated. Once hardened, the eggs were safely transported to the Cold Lake Fish Hatchery where they were counted to determine the approximate number of eggs and put into upwellers that would be their home for the next few weeks. Once the eggs start hatching, it is a race to get them to their final destination at lakes and reservoirs. Walleye are voracious and if left in the hatchery, they will eat each other, resulting in lower success rates and ultimately less fish for anglers!

Where were these walleye stocked? This year’s lakes and reservoirs included Burnstick, Chin and Sylvan lakes, Forty Mile Coulee Reservoir, Little Bow, McGregor, Milk River Ridge, Stafford and Travers reservoirs, as well as Lac Bellevue.

Fisheries Biologists give significant consideration before stocking any fish, and walleye is no different. The current fish community, whether stocking can potentially supplement existing walleye populations that lack productivity due to other limitations such as irrigation and the genetic integrity of fish populations, are all considered. Alberta’s Fish Disease Lab tests for diseases and all equipment is disinfected between waterbodies to minimize the risk of transferring aquatic invasive species.

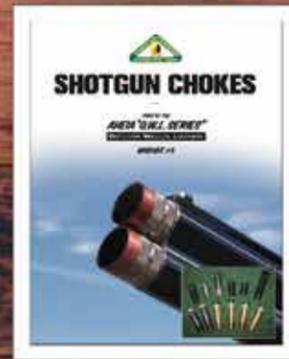
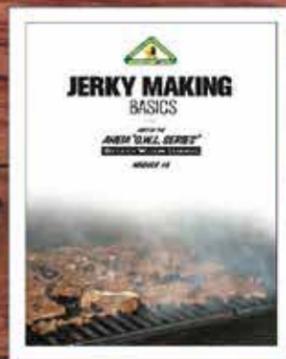
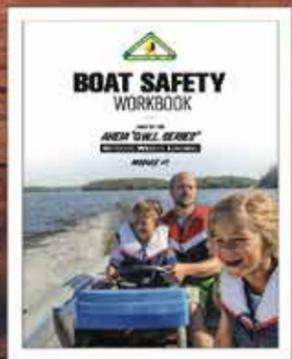
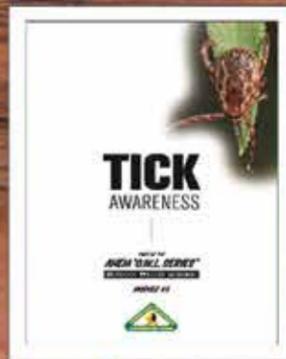
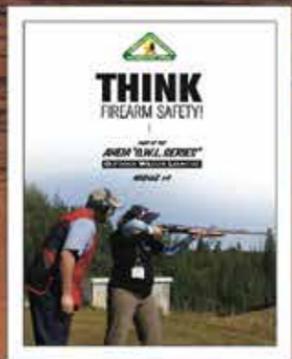
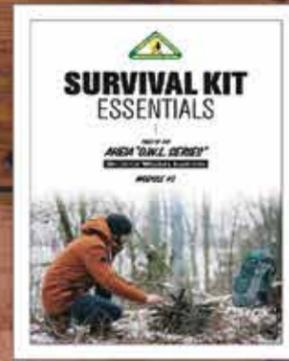
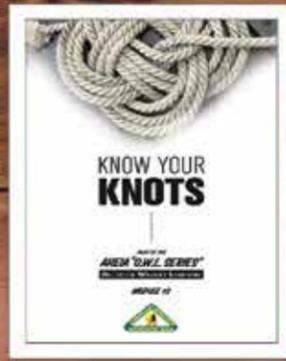
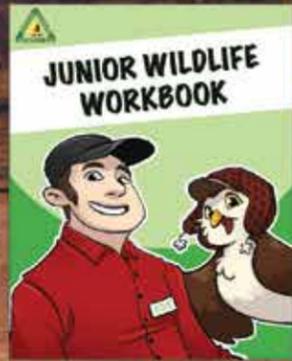


**It is important to remember
that moving any fish
between waterbodies without
authorization is illegal –
let’s leave stocking
to the experts!**

**If you want an insider look
on what AEP is up to,
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or learn more on
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Alberta

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- SAFETY WHILE FISHING • ETHICAL BEHAVIOUR**
- LEGAL RESPONSIBILITIES**

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1-866-852-4342 1-866-282-4342
www.aheia.com



Don't Let it Loose doesn't just apply to your pet goldfish – as an angler, you can help prevent the introduction and spread of aquatic invasive species and diseases.

Sport fish may only be released back into the waters from which they were caught. Never move a sport fish from one waterbody to another to create angling opportunities - this is illegal, can introduce diseases, and negatively impact the ecosystem.

It is illegal to use live bait fish or crayfish (live or dead) as bait. All bait fish should be killed immediately - do not kill more than what you need as these fish are important food for sport fish. Dead bait should not be moved from the waterbody it was collected from, as this can lead to the introduction of pathogens and diseases. Dispose of unused bait in the garbage, and always follow Alberta Sportfishing Regulations regarding bait use.



Report anyone you observe relocating live fish or using live fish as bait to Report a Poacher

Report aquatic invasive species to
1-855-336-BOAT



Alberta

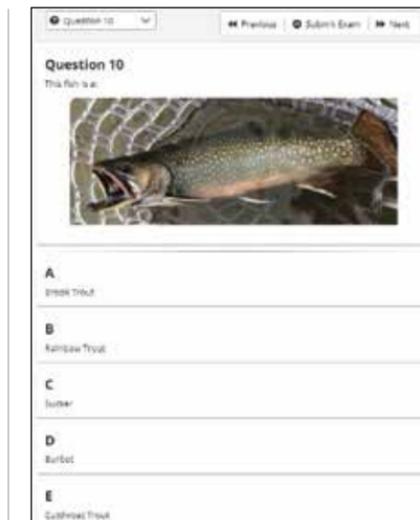
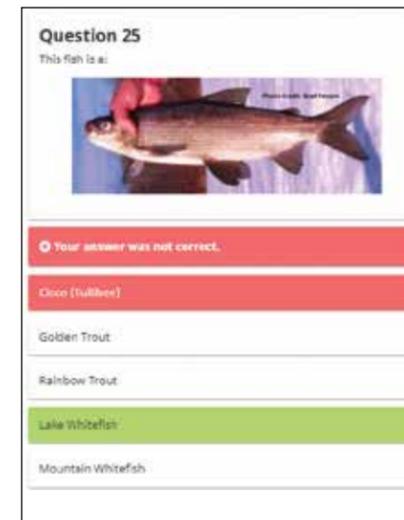
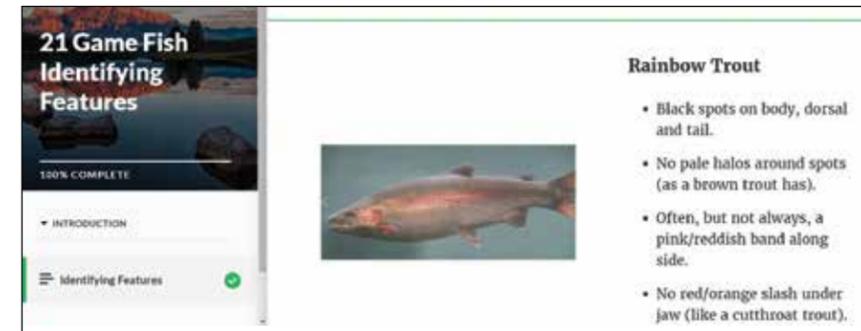
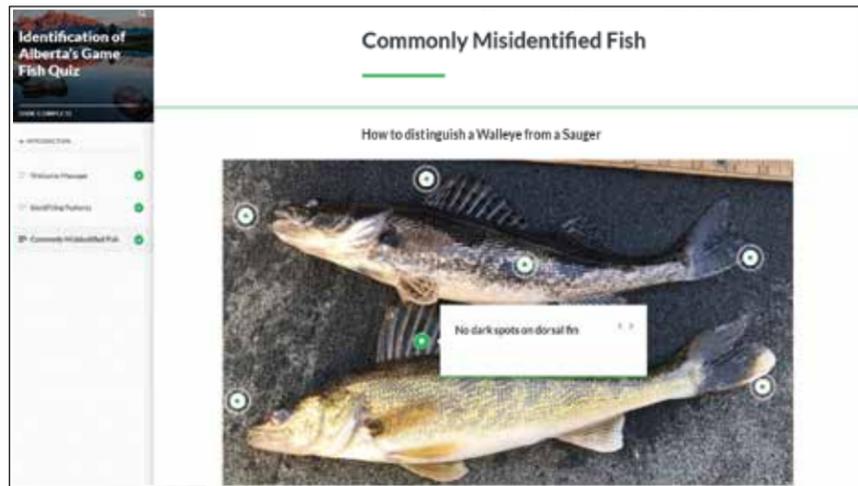
AHEIA Announces Its New Online Identification of Alberta's Game Fish Quiz

Attention all anglers! AHEIA is pleased to introduce its FREE online *Identification of Alberta's Game Fish Quiz*, aimed towards new and experienced fishing enthusiasts alike to teach them about the key identifying features for 21 of Alberta's commonly caught game fish. It is an angler's responsibility to be able to identify the fish they catch and, as Alberta's sportfishing regulations are often different for each fish species, an angler must know the type of fish they have caught, and which regulations apply.

In the online quiz, participants will find indexed pictures of the 21 key Alberta game fish along with the key identifying features of each. They will also find a description and comparison of several commonly misidentified fish and how to tell them apart. Once comfortable with the key features of the various fish species, participants can then take the online quiz which consists of 25 randomly generated Alberta game fish photos. With each photo, a choice of five game fish species will be presented and the participant can choose which species they think the photo represents. At the end of the quiz the angler can review the correct and incorrect answers they obtained. Incorrect answers will have the correct species choice highlighted. Remember, the quiz is free and can be taken as often as desired with the intention of anglers becoming well versed in identifying Alberta's game fish.

"I believe that the *Identification of Alberta's Game Fish Quiz* is another important and proactive educational tool that will continue to perpetuate the province's conservation efforts. The AHEIA team has worked hard to develop this online quiz so that is enjoyable for all ages, yet still informative so that even the most serious fishing enthusiasts will find it worthwhile," says Bob Gruszecski, President of AHEIA.

This program is completely free of charge and is designed to help everyone brush up on their Alberta game fish identification skills. Try it out today from any computer, tablet, or smartphone: AHEIA.com/FishID



Test Your Fish Identification Knowledge!



This fish is a:

- A) Rainbow Trout
- B) Mountain Whitefish
- C) Bull Trout — Protected. Must be released.
- D) Tiger Trout
- E) Brook Trout

If you chose "C) Bull Trout — Protected. Must be released", then you are correct! Bull Trout are a protected species in Alberta and if caught they must be released.



Update Regarding the COVID-19 Pandemic

In light of the Global COVID-19 Pandemic, AHEIA may be forced to postpone or change the dates of our programs and events.

Please check with us to confirm any of the program or seminar details you see in this magazine.

Thank you for your patience and understanding.

Would You Like to be Published in the Conservation Education Magazine?

If you, or someone you know, has an article of outdoors educational content or subject matter related to Conservation Education in Alberta that you would like us to publish in a future edition of our magazine, we would be happy to hear from you.

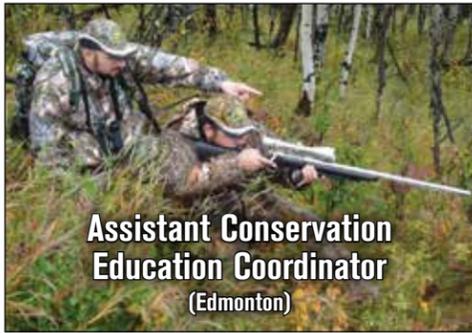
Articles of approximately 1,000 words with accompanying pictures are ideal. We also encourage readers to alert us to news for possible publication.

Contact David Dolph at daviddolph@aheia.com for additional information.





Assistant Conservation Education Coordinator
(Calgary Firearms Centre - DeWinton)



Assistant Conservation Education Coordinator
(Edmonton)



Summer Positions:

- 1 Position at our Calgary Office
- 1 Position at our Edmonton Office
- 3 Positions at Alford Lake Camp
- 2 Positions at the Calgary Firearms Centre - DeWinton



Are you looking for a career in Conservation Education?

For more information on any of these employment opportunities visit

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under Employment Opportunities

AHEIA's Calgary and Edmonton offices are selling

National Park Annual

and

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Pick up your fishing permits today at:

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or

AHEIA Edmonton
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Beginning April 1, 2021.

\$34³⁰ Annual

Valid April 1, 2021 - March 31, 2022

\$9⁸⁰ Daily

A hard copy of **Fishing Regulations Summary - Mountain National Parks in Alberta and British Columbia** will be provided with each permit.

Permits will be valid in the following National Parks: Jasper, Banff, Yoho, Kootenay or Mount Revelstoke, Glacier or Waterton Lakes.

Note: Does not include National Parks entrance Day Pass or Discovery Pass.
Prices increase January 1, 2022.

USE RESPECT ASK FIRST

Please act responsibly and obtain permission from private landowners for access

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“To be accurate and successful at hitting what you aim at, there are a few things you will need to do.”

Being on Target

By Len Gransch



Len Gransch
Program Coordinator
AHEIA Red Deer - North

A common question that comes up during many of our camps and courses is, “How do I sight-in my firearm?”

To be accurate and successful at hitting what you aim at, there are a few things you will need to do. Firstly, and most importantly, always ensure your firearm is unloaded! Always remember to make certain your firearm is unloaded when working on it.

If you are handy and wish to mount your own scope, manufacturers like Weaver and Wheeler produce quality scope mounting kits with easy-to-follow instructions. Many gun shops and gunsmiths offer scope mounting services for your convenience. If you do not feel comfortable mounting your own, they will be happy to do it for you.

If the firearm you are using has a telescopic sight (scope) you must ensure that it has been prop-

erly mounted on your firearm. It is a good practice to use Weaver Surethread Adhesive or 242 Blue “Loctite” thread sealer on all base mounting screws, but not on the rings themselves. This will prevent bases from working loose during firing and transportation. Prior to mounting it is very important that you thoroughly de-grease all the threads (in and out) with a quality solvent like Outers Nitro Solvent or Hoppe’s #9. Avoid using excess sealant as in some cases it may drip down into the action. Avoid using Red Loctite as



Scope Mounting Kits

Photos courtesy Vista Outdoor.



Bore Sighters

you will need to heat the screw in excess of 500° Fahrenheit should you need to remove it.

If you are a diehard shooter, you may consider purchasing your own collimator (bore sighter). The bore sighter lines up the cross hairs of the scope parallel to the bore, which is known as line of sight. These handy and time saving tools are available at most gun stores and range in price from about \$60 for basic units, up to \$200+ for high-end laser units. They are available in a magnetic style as well as ones that have a diameter specific spud that goes into the end of the barrel. I can tell you firsthand that mine has paid for itself many times over. If you have a bolt action rifle you can line up the scope and bore manually. Place a highly visible target approximately 20 metres from the bench your rifle will be set up on. Make sure your firearm is unloaded and remove the bolt. Next look down the barrel from the receiver end and do what is necessary to centre the bore on the target. Use of sandbags or bench rests is a very good method. Once everything has been lined up you can adjust the windage (left and right) and elevation (up and down) on the scope to line up with the target.

Once you know that your scope has been properly mounted and bore sighted you can move on to the sight-in process.

To do a proper job of sighting-in you will need a few items. Firstly, you will need a stable shooting surface like a shooting bench. Next you will need some sandbags or other devices like a bench rest to stabilize your rifle on the bench. You will also need good sight-in targets, tools to adjust the scope (if required), and binoculars or a spotting scope to cut down on trips down range to check targets.

I would recommend taking your first shots from 20-25 metres before moving out to 100 metres. Once the target has been set up you are ready for your first shot. Safety should always be your first consideration, so be aware of your target and what is beyond it, and wear hearing and eye protection. Take your time, and remember breath and trigger control will help you become a better shooter. If your bullet hole is on the target, adjust your scope to line up with the centre of

the target. If not on the paper, fire another shot and check again. If still not on the target, put up at least a 3' x 3' piece of cardboard with a large cross (+) drawn on the centre of it. Fire again and now adjust the scope to move the cross-hairs to the centre of the cardboard on the cross (+). Now that your scope has been adjusted you can move out to 100 metres target distance.

Set up your sight-in target at 100 metres. At the bench, position your firearm so it is stable and your optics are lined up on the target. Firearm stability will help decrease the size of your shot groups. It is advisable to take three to four shots at the target (making sure that you aim for the centre of it on all shots); this will establish a shot grouping and avoid confusion with “flyers” or “pulled shots”. Now you simply adjust the windage and elevation settings on your scope. This is done by turning the adjustment dials in the required direction. Manufacturers make adjustments in different increments, and some are marked and some are not. A quick trip to the manufacturer’s website will provide the necessary information. Take your time making these adjustments and you will easily be able to adjust your shots to line up with the bullseye. This is commonly known as zeroing-in your rifle. If you wish to zero your scope at a different distance, simply place a target at the desired distance, take your shots, and make the adjustment to your scope to zero-in at that distance. Ballistic tables are available in reloading manuals and from most ammunition manufacturers to aid in this regard.

For those of you who need to sight-in open iron sights, you merely need to adjust for the bullet’s point of impact. Simply, the hole the bullet made in the target. A few basic rules apply. If the point of impact needs to move to the right, you need to move the rear site to the right or the front sight to the left (and vice versa). Should the point of impact need to move up, you need to move the rear sight up or the front sight down (and vice versa).

You are now ready to enjoy your newly found accuracy and have some fun.



Conservation Education Points of Contact

Calgary
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911 Sylvester Cr. SW
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1-866-852-4342
Fax: 403-252-3770
info@aheia.com

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Fax: 780-431-2871
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Fax: 403-722-2445
alfordlake@xplornet.com

A.H.E.I.A.
Calgary Firearms Centre
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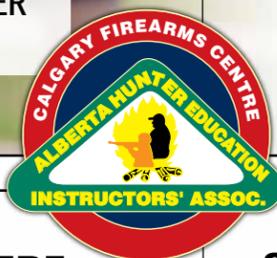
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Home Study Program
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Outdoor Camp Programs
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Fishing Seminars
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July 7, 14, 21, 28, August 4, 11

FALL 2021 SESSION

September 1, 8, 15, 22, 29

Cost is \$60.00 per session
(Fall Session \$50.00)

Firearms rentals included.

Please bring eye and ear protection.

AHEIA membership is required and, if necessary,
can be purchased onsite, online, or at an AHEIA office.
No firearms licence required.

Coaching provided by certified shotgun instructors.
Targets and ammunition will be sold at member pricing.

Shooting starts at 6:00pm. for the Spring and
Summer Sessions, 4:30pm for the Fall Session.

Sessions held at the
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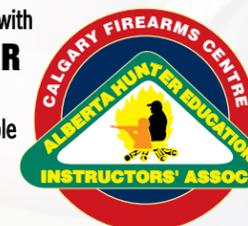
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Boating Safety:

Preventing and Responding to Emergencies

By Allan Orr



Allan Orr
Assistant Conservation
Education Coordinator
AHEIA Red Deer - South

Boating incidents and emergencies are uncommon, but when they happen, they can become dangerous very quickly. Caution must be taken to ensure the proper emergency equipment like life jackets or PFDs are on board along with fire fighting and other life saving equipment. However, it is best that we take reasonable precautions to avoid emergency situations, and learn how to respond to other boaters in emergency situations. Below are some common causes of boating incidents.

Life Jacket or Personal Flotation Device (PFD)

One of the most common causes of boating incidents is also the most preventable. It's simple. **Wear your life jacket or other personal flotation device!** Although the law states that each boat must simply have on board a lifejacket or PFD of suitable size and in good shape for each person on board, it won't do you any good if you are thrown out of the boat and cannot access it. By putting it on as soon as you enter the boat (or before!) you will ensure that you are protected should you become involved in some sort of incident where you could end up in the water. This is particularly true if you are a weak swimmer or have a medical condition such as a weak heart or other similar ailment. Some parents will insist that their kids wear a life jacket or PFD even when they, themselves, don't. This is not a good message to send the kids and will not help them if you are injured and unable to stay afloat yourself in an emergency situation.



Falling Overboard

Boats are unstable by their nature, and generally speaking, the smaller the boat, the more difficult it is to maintain stability. A small boat is more likely to tip over due to wind and wave action and/or improper movement by passengers in the boat.

When moving around inside a small watercraft it's important to remember to maintain at least three points of contact at all times. That means that if you are stepping over something (or someone!) be sure to keep both hands on a stable part of the boat. It also means that if you are carrying something like a fishing rod from one end of the boat to another, be sure to hold on to something stable with the other hand and move your feet as little as possible. It is far better to pass an item like a fishing rod to another person and then follow with your hands and feet free and clear.

Capsizing and Collision

Capsizing, sinking, swamping, and grounding are not uncommon for small vessels and happen for a variety of reasons. These include, but are not limited to:

- Overloading, or improper loading of your boat. Be aware of the boat's load limits, and keep the weight distributed as low and as evenly as possible.



- Always be aware of weather conditions and keep watch for changing conditions. Have an escape plan ready in case the weather changes suddenly.
- Maintain a look-out at all times.
- Know and understand the marine "rules of the road".

Alcohol and Drug Use

The use of alcohol or drugs is illegal and dangerous on a boat. The laws for boating under the influence of alcohol or drugs are just as strict as they are for driving a car or truck. Many people's favourite pastime while fishing is to have a beer or two. This may seem harmless, but every year people are killed in boating incidents where alcohol is believed to be a factor. Do not operate a boat while under the influence of alcohol or drugs!



What is Your Responsibility in an Emergency?

Of course, when an emergency happens, we want to ensure the safety of all involved. But just what are your legal responsibilities in these emergencies?

I collided with another boat.

If you collide with another boat, it is your responsibility to help save all the people from all vessels involved. You must stay on scene until no more help is needed. Before you leave, exchange contact information with the operator(s) of the other boat.



I responded to a distress call.

It is your responsibility to respond and provide assistance to the best of your ability. If you respond to a distress signal or find someone who needs help, and is in danger of being lost, failing to help is punishable by law unless doing so puts you, your boat, or your passengers in danger.

Emergency Situations – Know What To Do!

No one wants or expects an emergency to happen while out on their boat, but the reality is that sometimes they do. Knowing what to do in an emergency situation can make a difference in getting home or not.

Grounding

If your boat becomes grounded, do not try to reverse course. Doing so could further damage the engine or propeller and could end up sinking the boat. Instead try the following:

- Make sure everyone on board is wearing a PFD and that everyone is safe and accounted for.
- Assess for immediate danger (smell of fuel, fire, etc.).
- Turn the engine off.
- Look around—is there anyone who can help? Are you in danger of being hit by another boat?
- Check for damage and water entering the boat.
- Take action—dislodge if possible and remove water with a bailer.
- Seek assistance if needed.



Collision

If you collide with another boat, your first priority is to stop the engine and make sure everyone is wearing a PFD and is ok. After that, take these steps:

- Apply first aid for minor injuries.
- If you need medical assistance or your boat is in danger, call or radio for emergency assistance.
- If possible, help people on the other boat.
- Remove water if necessary and try to fix leaks.
- Exchange contact information with the other boat operator.



- Take pictures of the damage.
- Get contact information from any possible witnesses.
- Report the boat collision to the local marine authority, which will most likely be the RCMP, or contact the Transportation Safety Board of Canada to determine who is the local marine authority.

Leaks or Flooding

If you notice water entering your boat, you need to take action. If you see that the drain plug has fallen out, you can maintain planing speed which will drain water from the hull. Have someone else replace the plug when the bulk of the water is drained.

Other actions to take are:

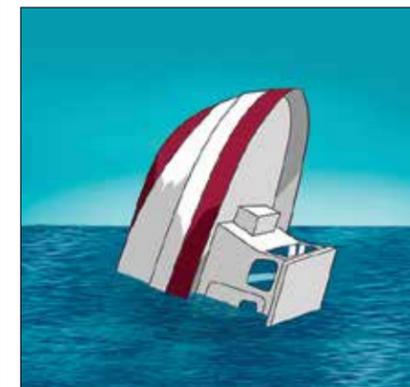
- If possible, head to shore, the dock, or shallow water.
- Use your bilge pump if so equipped.
- Find the course of the leak.
- If possible, make temporary repairs with materials in your emergency kit (duct tape, silicone, epoxy).
- Deploy a distress signal or flare to signal for help.



Capsizing, Swamping, or Sinking

If your boat has capsized, been swamped, or is sinking, you must act fast. Firstly, make sure your passengers are all accounted for and are wearing PFDs. Next:

- Try to grab your emergency kit. You may need it for survival or signaling.



- If possible, stay with the boat and try to hold onto the side. You could even try to climb onto the floating hull.
- If the shore is close, and you are sure that everyone can make it, swim to shore, and take your emergency kit.
- Attract attention by using your sound-signaling device, like a whistle attached to your PFD.
- If you have flares and are able to use them, deploy them if you see a boat nearby.

Fire

If you have a fire onboard, make sure everyone is wearing a PFD before you do anything else. Then you can take action to control the fire:

- If your boat is moving when the fire starts, position it so the fire is on the downwind side.
- Stop the engine if it is safe to do so based on weather conditions.
- If the fire is small, use a fire extinguisher and employ the PASS method. (Pull the pin, Aim at the base of the fire, Squeeze the handle, Sweep the nozzle from side to side.)
- Keep sweeping the fire extinguisher for a few seconds after the flames are out to be sure it does not restart.



Mechanical Breakdown

If you have a mechanical breakdown the first thing is to maintain control of your boat. Slow down if possible and head for shore. If you cannot get to shore, take these actions:

- Anchor the boat.
- If you can fix the problem and have the proper tools and equipment, make the repairs as safely as possible.
- If you cannot make the repairs, ensure your passengers are safe and deploy a distress signal or flare if someone might see it.
- Use your marine radio or phone to make a distress call.



Continued ►

Boating Safety: Preventing and Responding to Emergencies *cont.*



Person Overboard

It can be frightening if someone falls overboard. However, it is possible to get them back in the boat safely by taking these actions:

- Whoever sees the person fall overboard should shout "man overboard" as loud as possible.
- Slow down and stop if you can.
- Throw a lifebuoy or a buoyant heaving line to the person. This will also mark the spot if they are under the water.

- Assign someone to watch the person.
- Carefully move your boat into position to bring the person back on board.
- Recover the person from the upwind side of the boat using a reboarding device, like a ladder.
- If you do not have a reboarding device, secure both ends of a rope, chain, or cable to the boat and drape it over the side of the boat, so it works like a step.

Responding to a Distress signal

You should be able to recognize distress signals and know what action to take if you see a vessel in distress. You are legally obligated to help anyone in distress as quickly as possible unless doing so puts you or your passengers in danger. If you are notified that a boat no longer needs assistance, or another boat has already arrived to help, you are released from this obligation.

*Have fun and be safe
on the water this summer!*



For more information on safe boating, check out AHEIA's Pleasure Craft Operator Training online training program.

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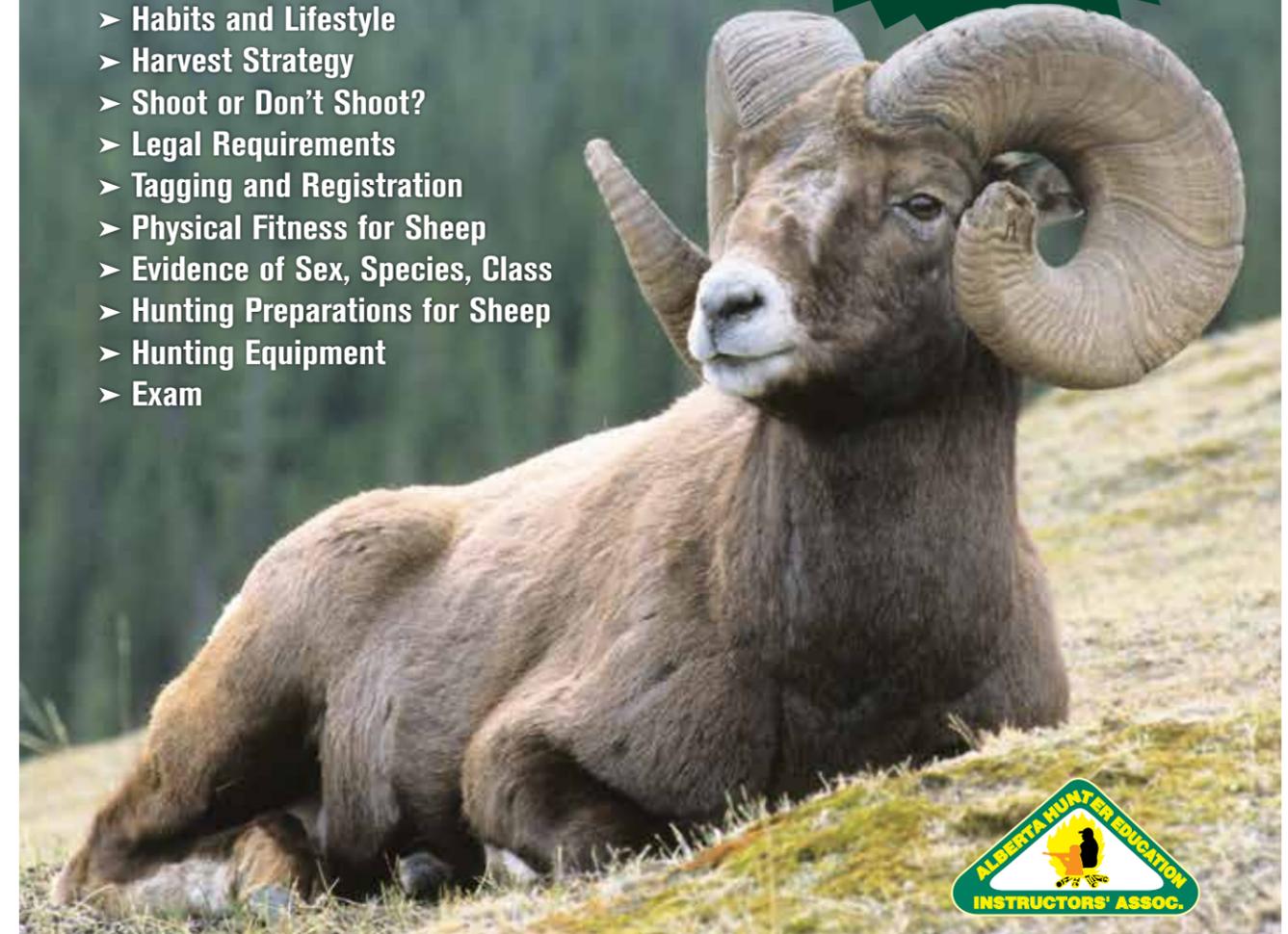

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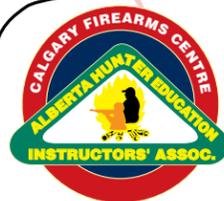
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Wildlife Habitat Canada is a non-profit, conservation organization that conserves habitat, primarily by investing the funds from the sale of the Canadian Wildlife Habitat Conservation Stamp and Print program contributed by waterfowl hunters. Since 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.

Without habitat ... there is no wildlife.

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**Staff
 Appointment**



Tracy Anderson

It is my pleasure to announce that, effective May 26, 2021, Tracy Anderson has accepted a permanent, full-time position with AHEIA as an Administrative Assistant in the Calgary office.

Tracy was born in Victoria, BC to a military family, then moved to Ottawa where she was raised. She and her family returned to Victoria in 1981, and in 1985 Tracy moved to Calgary. Tracy spent many years in the oil and gas sector, 35 in Production Accounting. She enjoys gardening and hiking with her Red Heeler named Avi.

Tracy can be reached directly at 403-319-2283 and via email at tracy@ahcia.com.

Please join me in welcoming Tracy to the AHEIA family!

Robert A. Gruszecki
 President - AHEIA

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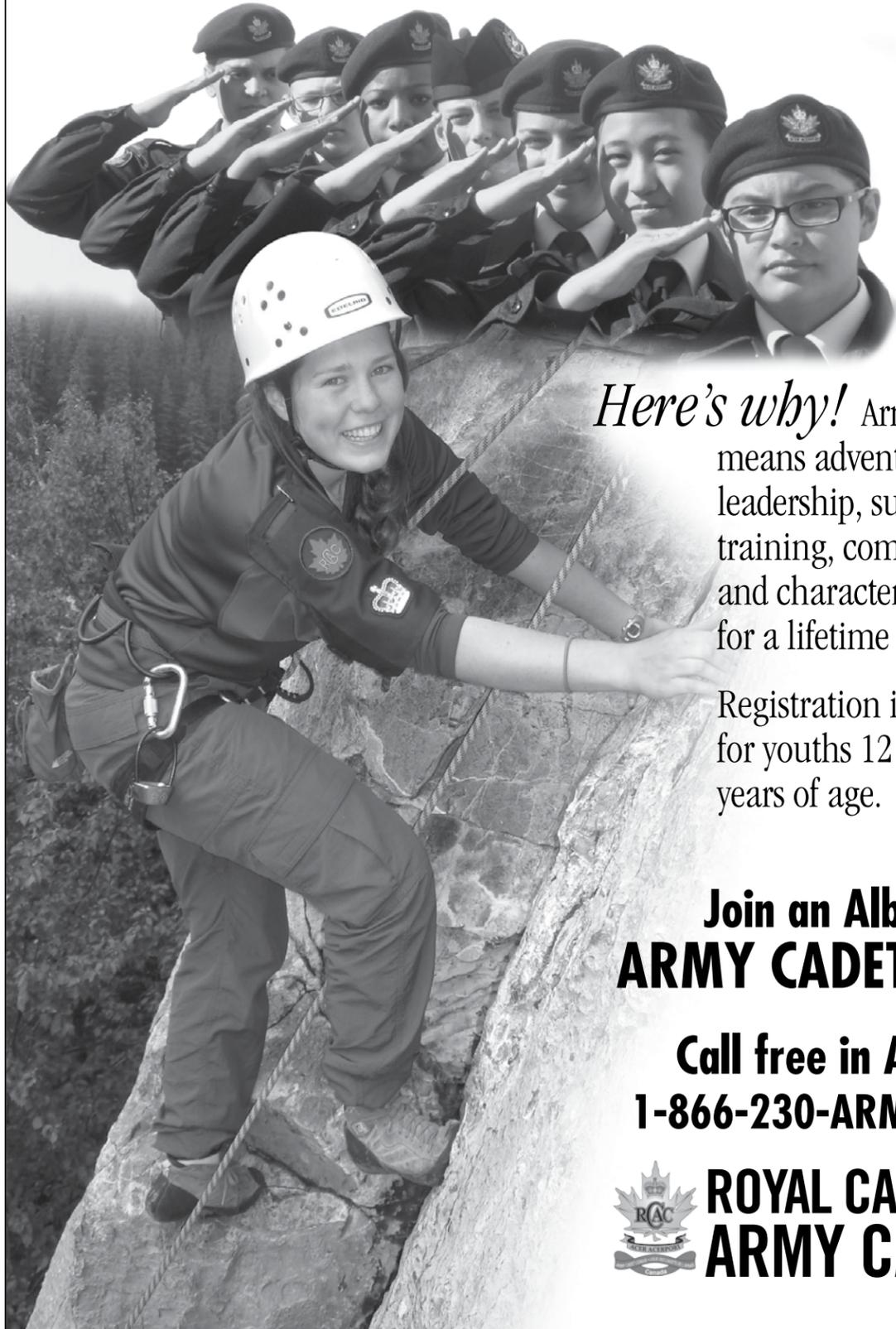
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Great Meals from the Harvest

with Len Gransch

Goose Breast with Orange Glaze

4 boneless goose breasts
1 large orange, juiced
1 tablespoon orange zest, grated
1 clove garlic, minced
1 tablespoon soy sauce
1 teaspoon fresh ginger, minced
1 teaspoon brown sugar
1 teaspoon fresh lemon juice
2 tablespoons dry white wine
Salt and pepper to taste
Sesame seeds for garnish

1/2 teaspoon dry mustard
1/4 teaspoon mustard seed



Len Gransch
Program Coordinator
AHEIA Red Deer - North

Preheat oven to 350° F. Rinse the goose breasts in cold water, pat dry with a paper towel and place in a baking dish. Splash with white wine and season to taste with salt and pepper. Set aside.

In a medium-size bowl combine orange zest, orange juice, lemon juice, brown sugar, garlic, soy sauce and ginger. Mix glaze well with a whisk. Season breasts with dry mustard and mustard seed. Pour glaze evenly over the breasts.

Bake in preheated oven for 30 minutes, or until the breasts are no longer pink. Baste 2-3 times during the cooking process. When cooked, sprinkle with sesame seeds and serve.

Oven Baked Rainbow Trout with Stuffing

4 pan size rainbow trout, cleaned and head removed
1/2 Vidalia or other sweet onion, minced
1/4 cup olive oil, divided
Salt and pepper to taste
1/4 cup parsley, chopped
1 cup breadcrumbs

1 clove garlic, minced
2 teaspoons lemon zest, grated
2 teaspoons fresh dill, chopped
1 lemon, cut in wedges

Preheat oven to 400° F. Line a baking sheet with aluminum foil. Season trout with salt and pepper to taste.

To make your stuffing combine breadcrumbs with onion, dill, lemon zest, garlic, and half the olive oil. Mix well. Press stuffing evenly into the body cavities of the trout.

Brush the remaining olive oil onto the surface of the trout, season with salt and pepper and place on the lined baking sheet.

Bake for approximately 20 minutes until the skin begins to brown and the flesh flakes easily. Do not over-cook. Sprinkle with the parsley and serve with lemon wedges and your favourite side dishes.

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Mike Ewald Receives 2021 Fish and Wildlife Officer of the Year Award



AHEIA joins with our colleagues at the Alberta Game Warden Association to congratulate Regional Problem Wildlife Specialist Mike Ewald on his being chosen as this year's recipient of the 2021 Fish and Wildlife Officer of the Year Award. This award is given annually to an officer who demonstrates the very best from within the ranks of Fish and Wildlife officers.

Mike and his dedicated efforts throughout his career are no surprise to us at the Conservation Education WISE Foundation or at AHEIA. Mike was chosen to receive the prestigious Conservation Education WISE Award in 2011.

This latest accolade as Officer of the Year is presented to a fish and wildlife officer who is nominated and chosen by their peers. Mike's long fish and wildlife law enforcement career, spanning 29 years so far, has seen exceptional leadership, skill and ingenuity in the performance of his duty.

Mike is both an outstanding professional and an outstanding human being, and we are proud to be associated with him. From all of us at AHEIA / WISE / HFT we extend our sincere congratulations for a lifetime of service excellence!

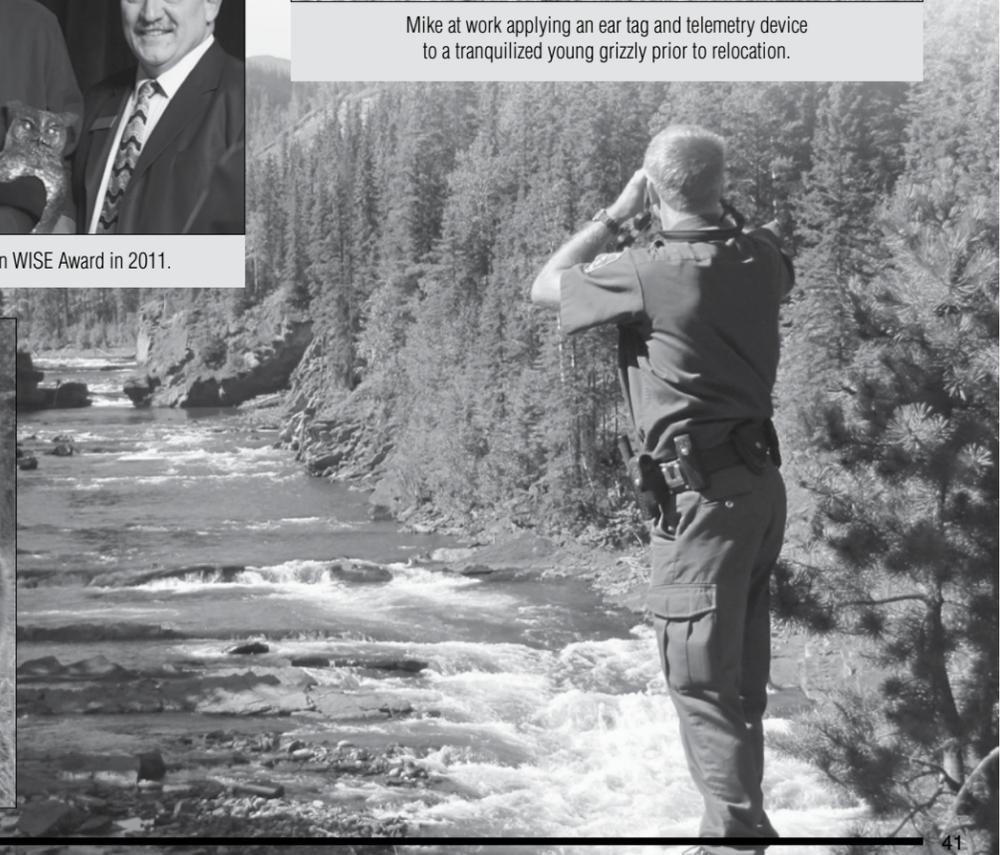
Robert A. Gruszecki, Chairman - WISE / AHEIA / HFT



Mike at work applying an ear tag and telemetry device to a tranquilized young grizzly prior to relocation.



Mike receiving the Conservation Education WISE Award in 2011.



“Things I missed over the past 464 days? Where to start? I’m sure we all could make extensive lists of what we missed ... ”

The Dog Days of COVID-19

By John Morrissey



John Morrissey
Firearms Education
Coordinator
AHEIA

Here we are in the first week of June 2021 or, as some may think of it, day 464 of working from home, social distancing from friends and family, and trying to keep up with the ever-changing COVID-19 protocols. No wonder we are finding ourselves a bit overwhelmed.

As for me, there have been some positives that have come out of this experience.

For instance, I have discovered my wife was correct in that going to Cabela’s and Princess Auto twice a week, just in case there may be something I didn’t know I needed, was not really that necessary. Some may re-

member I promised my wife I would not purchase any more firearms, after the last Beretta. Well, I only bought one more but, in my defence, it was a 1951 Beretta in mint condition. I am sure that was totally justified! I also decided that since I had more time on my hands, I should learn to play guitar. Off to find an open guitar shop for an electric guitar and all the accessories. Just like firearms, guitars need accessories. That was at the end of January, so here we are five months later and somehow I now have three guitars. But the question is can I play? Well, it depends if Bob Marley and the Beatles are supposed to sound the same, then, yes, I can.

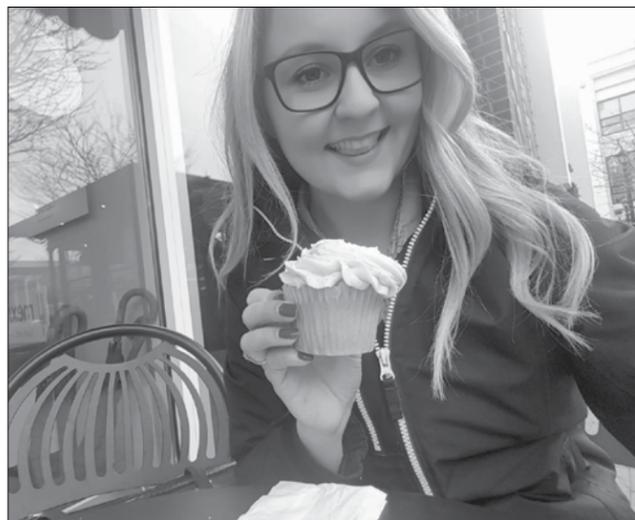
Things I missed over the past 464 days? Where to start? I’m sure we all could make extensive lists of what we missed: birthdays, weddings, get-togethers with friends, a good steak dinner. For us at AHEIA, and our volunteers, missed were the Calgary, Red Deer and Edmonton Sportsmen’s shows with Pat, Clayton and Len giving direction. Despite the work to set up, it was always worth it.

We miss staff who are working from home or have since moved on, even the mailman.

And I’m sure for all our members, missing time spent with our children who have grown and moved away.



“ ... day 464 of working from home, social distancing from friends and family, and trying to keep up with the ever-changing COVID-19 protocols. No wonder we are finding ourselves a bit overwhelmed. ”



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