

Announcing Manitoba Seniors Fishing Challenge for 2016

The Active Coalition for Older Adults (ALCOA) in Manitoba recently challenged older adults, ages 55 and over, to “...engage in activities that promote health and wellness.” In September the ALCOA

invited all older adults “...to get out here and try something new, or something they haven’t tried in years.” As a sponsor, Rural Outdoors is excited to announce the upcoming 2016 Golden Walleye Fishing

Challenge for Seniors. This challenge is a 3 day program featured at Quesnel Lake Caribou Lodge for groups of seniors and will run all summer from June 15th till September 15th. The challenge has each team scoring points rather than compete with other teams on the same day. Groups are invited to select any three days that work best for them and in order to secure

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A wonderful Manitoba Story

Group reunion and amazing record walleye catch at Manigotagan Lake

by Bill McFarlane

Our group met in college in Ohio in the late 60’s. We all shared an interest in fishing and some of us had previously fished with family in Ontario for walleye, muskie and northern pike.

In September of 1970, we decided to organize a group fishing trip, so 7 of us ventured out to northern Manitoba. We fished around Thompson and Flin Flon and three of us caught Master Angler rainbow trout. As a result, we received and read the list of Master Angler fish caught that year. We noticed that a lot of large walleye had been caught in Manigotagan Lake

In 1974 two of our group decided to make a trip to Manigotagan Lake to fish for Master Angler walleye as that was the fish we most often pursued. Those two spent a week camping and caught walleye and northern pike, but no Master Angler fish. Some of our group continued to keep in touch and started fishing together again in the mid 1980’s. By this time 3 of our group had moved to Denver and the rest remained in Ohio and Michigan. We organized trips about every other year and fished in Lake Erie, Saskatchewan Alberta and Minnesota.

2015 Group Reunion

Then, in early 2015 we decided to get the original group together for a reunion fishing trip as many had now retired and had the time to make the trip. In searching for possible fishing spots, one of the two

“the adrenaline was pumping as we measured him.”

who had fished Manigotagan Lake in 1974 decided to search for fishing lodges there. They discovered Quesnel Lake Caribou Lodge and contacted Peter. He was very accommodating to our needs and budget, so the group decided to drive and converge at the lodge in August, 2015.

The Trip and the Fish

Our group had booked five days of fishing and had a very successful first four days. We caught many nice walleye, northern and smallmouth bass, with one of our party even catching a 28” walleye for another Master Angler award.

The Last Day

It was the last hour of our last day of fishing that the big one hit. One of our group is convinced it hit because of the full moon alignment right at that moment. Who knows, but it hit hard. I used a 3/8” oz. red and white barbles jig tipped with a worm. I knew it was a nice fish because



the rod bent big time and his pull was remarkable. He fought fiercely and made two good runs away from the boat as I reeled. I kept adjusting my drag, trying to keep the line taught because I knew there was no barb to help keep him on. Andy, my boat mate, was frantically getting the net secured and the gear in the boat moved around to land the fish. Two of our group, fishing in waters close by, came over to watch this spectacle. I was reeling and Andy was frantic as we awaited this fish. He was amazing!

According to Don (our walleye expert in the adjacent boat) this was the biggest

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Bill McFarlane details his amazing fishing adventure



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2016 Manitoba Seniors Challenge

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Wild Boar At Large

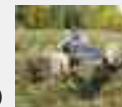
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Find Phil A. Walleye

In this issue find **Phil A. Walleye** for 3 ways to enter-to-win a fishing package for 6 people. **Phil A. Walleye**



A message from the publisher



In this first issue of *Rural Outdoors*, we profile a handful of outdoor experiences and opportunities for adventure right here in Manitoba's backyard.

The **2016 Senior Fishing Challenge** is an invitation to all 55 Plus to team up with a few friends and enjoy a group activity that will simply be a lot of fun. **The Run for the Hills** article is an invitation to Manitobans of all ages to take up a challenge and plan to walk or run for the health of it.

The articles contributed by our youngest writers are a must read. On Page 13 Bernie and Carol offer a glimpse of an active lifestyle that's happening right in their own back yard.

We thank all of our contributors for their generous support. **Enjoy.** ■

Amazing record walleye catch at Manigotagan Lake

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the adjacent boat) this was the biggest walleye he had ever seen in 45 years of fishing walleye. Andy netted him as he made his last pass alongside the boat. The adrenaline was pumping as we measured him, took pictures, removed the hook and released him to fight again someday. He measured 35 ½" and turned out to be a Manigotagan Lake record as well as the 6th largest walleye ever taken in Manitoba. This was a good fishing trip turned great in about 15 minutes. A fish of a lifetime for me. ■

Bill McFarlane's big fish was the largest Master Angler walleye recorded in Manitoba in 2015. Bill is a resident of Denver, Colorado and plans to visit Manitoba again.

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Wild Boar at Large

by Trevor Graham

In some regions of Manitoba, wild boar populations are thriving in the wild. In both Manitoba and Saskatchewan, their populations are growing at a very rapid pace. A major factor is their ability to have up to two litters per year with each litter being an average of 6 to 8 piglets. These animals also adapt well to our climate.

Wild boar are not native to Manitoba but were introduced here in the 1980's as exotic livestock in an exciting program for diversification on the family farm. But, some boar escaped their pens and yet others may have migrated into the wild. At-large in the wild, they have adapted well. Their numbers are growing.

Because of the impact on the natural ecosystem and consequently some native species, the Province of Manitoba permits a resident of the province to hunt and kill wild boar at any time of the year. These animals have an affinity for the low lying underbrush and rugged terrain and they are known to be aggressive. Hunting boar can be an experience. Eighteen year old Trevor Graham shares his story of the hunt and the adrenaline.

"My story goes back to the mild weather of October.

There was a lot of rooting and tracks running through a meadow in the bush. I skirted around on an old logging trail and walked into the bush heading opposite of the boar trails. I was about 15 yards from the edge of a clearing when the ground began vibrating! Grunting and crashing filled the air as four pigs took off down the valley.

A large group trotted off to my left. Then, there was movement in front of me. A boar



popped his head through some spruce trees and was grunting and snorting. It looked about to charge me. It was pawing and shaking it's head. I pulled the hammer on the rifle and wasted no time in fixing the crosshairs."

"This animal weighed in at 425 pounds with a skull length of 21 inches. The final distance from where I was standing to the boar was 17 yards." ■

Trevor Graham lives in rural southern Manitoba and is an avid outdoorsman.

Private Island Camping and Fishing Adventure

“We never realized there were so many stars out at night.
It was so quiet...peaceful.”

Comments from a group of close friends camped out on Eagles Perch for the weekend. It was their final day on the island and it was time to pack their gear, load their boat and head back to the mainland. There were mixed emotions. This July weekend had been an awesome one...beautiful sunshine all weekend, great fishing and, simply put...a whole lot of fun. They were welcomed by the dockhand at the main dock at 12 noon. Then came her standard querie...“Well, how was your weekend?”

“We`re coming back...but for a week next time.”

Manigotagan Canoe Outfitters is operated from a base at Caribou Landing, Manitoba a comfortable 3 hour drive north then east of Winnipeg. Along with boat, canoe and kayak rentals for campers, they schedule camping get-aways on each of the 8 remote islands which they manage on Quesnel and Manigotagan Lakes.

Your group has booked a boat rental(s) for today. It will be fueled, tied to the dock and ready to go. With your gear loaded and a short boat ride, your group is ready to make camp on your private island.

Each island offers one dedicated camp site with an enclosed fire pit (with grill), a picnic table and a semi-private toilet. Campers supply their own gear...and fishing equipment.

For the next few days, you are all on a schedule of your own design. In the

evening as you all gather around the warmth of the crackling fire and marvel at the sunset, the call of the loon will announce that the day is complete. This is a beautiful complement to an memorable day on the water. Island locations:

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- Eagle's Perch
- Pickerel Point
- Morgan Island
- Loon Island
- Pike Bay
- Baker's Narrows
- Pelican Reef



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2016 Seniors Challenge

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those dates, teams are asked to register by June 30th. The lodge is making a special discounted group rate available for all seniors who register and will sponsor the guides for each team. This challenge is open to groups or teams of 5 to 10 people. Teams are encouraged to register their team to represent their communities (example "Team Virden").

No previous fishing experience is required and the guides at the lodge will help every step of the way. Those who do not own fishing tackle need not purchase any. Rods and reels, bait, and all tackle and equipment will be provided by the lodge.

Groups can look forward to enjoying the comfort of 3 days of being fully guided aboard one of the pontoon boats...Caribou One or the Caribou Two. Everyone can anticipate a few surprises and, best of all, a lot of laughter.

The Challenge

Although some big fish will most certainly be landed, the 2016 Senior Fishing Challenge is not about catching the biggest fish. The objective of each team over the course of their 3 days is to register three walleye (pickerel) with a total length that comes closest to 65 inches. Once the group decides to register a fish, they must stand by their decision. During the 3 days, each group will work as a team to strategize, set goals and make a number of group decisions.

The personal guide and pilot of each fishing boat will help net, measure and release those fish which are chosen to be released. Scores which exceed the 65



Tim's gone fishing at 92.



Your 2016 Seniors Challenge guides - Cerrie and Dani.

inch requirement also qualify. But, in the event that there are 2 scores such as 63 and 67, the lowest score would lead.

Grand prizes

Quesnel Lake Caribou Lodge has sponsored the three grand prizes. The top three scoring teams will each receive a lodge package for 3 nights and days Accommodations for 5 at Quesnel Lake Caribou Lodge.

There will be many winners and many prizes will be awarded...both individual

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Seniors Challenge

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as well as group. All of the winners will be announced and their stories will be featured in the next issue of *Rural Outdoors*.

The Adventure

While at the lodge, groups will also be treated to guided tours on Quesnel and Manigotagan Lakes. Guests will experience the rumble at the base of Happy Falls and witness the beauty of Long Rapids. The lodge will include wildlife observation as well as historical and archeological site exploration tours. We must not forget one of the main events... Mmmm, fresh pickerel fillets for dinner. Your guide will be more than delighted to process your daily catch. In the evening, the bon fire and wood-fired sauna may well be in the plan. And then, after a day of fresh air and laughter in the outdoors, the best sleep that one could ever imagine.



Quesnel Lake Caribou Lodge is nestled in the northern tip of the Nopiming Provincial Park. A drive-to location, it's a short three hour drive NE of Winnipeg. ■

Registration for Manitoba Seniors' 2016 Golden Walleye Team Challenge

55+ Group Rates includes

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Estimated Group Size _____ Ladies _____ Gents _____

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**Quesnel Lake
Manitoba's 2015**

**Caribou Lodge is the home of
Record 35.5" Master Angler Walleye.**
The lodge is a drive-to location just three hours northeast of Winnipeg.

Over the years, Quesnel Lake Caribou Lodge has become well known, for its world class walleye and small-mouth bass fishery. It is famous for the "golden" walleye. Located on a peninsula at the north end of Quesnel Lake, the lodge began operating in the 1950's with just 2 tiny cabins and a boat. Today, the lodge operates 11 private cabins each complete with its own full kitchen, shower and toilet, fridge(s), stove and BBQ.

A majority of the cabins accommodate 8 or more guests. The largest cabin is set up for 14 and the lodge can manage large groups of up to 80. **Sauna Quesnel** is central. It's proved to be a favorite with guests following a full day on the water.



Introductory guiding at the lodge is inclusive with your stay. In addition to a large fleet of deep 16.5, 17 and 18 ft boats all powered by 30 and 40 hp., the lodge operates pontoon boats outfitted with angler pedestal seating. These are popular with the family groups as well as those looking for that extra comfort on the

water. As with some of the cabins, these boats are wheelchair accessible.

2016 will mark the 14th anniversary of the annual Family and Friends Canadian fishing trip to Quesnel Lake Caribou Lodge for Bruce Amundson and his group.



"Each year when we arrive at Quesnel Lake Caribou Lodge we are reminded of the beauty of the resort setting as it overlooks Quesnel Lake. The cottages are modern, spacious, and offer all of the amenities of home. Three words accurately describe the fishing action for walleye and smallmouth bass - fast, lots, and big. The walleye fishing is nothing less than fabulous, with fast action, and numerous Master Angler

walleyes caught each year. Throw in the large and aggressive small-mouth bass and the opportunity for a trophy northern and you have a fisherman's dream vacation. Quesnel Lake Caribou Lodge may be the best drive-to fishing resort in Canada."

From Quesnel Lake, guests boat into Manigotagan Lake at Five Star Narrows to discover Long Rapids at the mouth of the Upper Manigotagan River. Long Rapids offers the lodge guests an amazing backdrop for any first day on the water. Jigging, doing slip bobs, lindy rigging or tossing plugs into the foam at the bottom of the rapids...it all works here.

The Manigotagan Hump

By day two, every guest has discovered "the Hump". Manigotagan Lake offers some of the best habitat and structure for walleye in Manitoba and, "the Hump" is just that. Predictably, during the warm water days of late June, July and August, the deeper, the cooler rocky ledges of this reef are extremely inviting for the big fish. Walleye, northern pike, smallies and perch will have all gathered in cooler depths.

Following a 40 minute boat ride from the dock, you arrive at Happy Falls. On the other side of the falls is



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Miami Mule Days Musings

Of Turtles and Mules

by P. Alexander

As I recall, it was a fall morning and the year was 1989. I had been on my new job just 3 weeks calling on farmers in rural Manitoba. I had entered the sales field and was covering southern Manitoba with an invitation for farmers to join a buying club which offered savings on a large number of their purchases. Testimonials were numerous and were being offered by new memberships almost daily. Consequently, referrals were outstanding and the work was rewarding. As an added bonus, I had been raised on a farm and loved visiting with farmers. I had totally fallen in love with what this job entailed.

Whether it was a quick presentation at their kitchen table, at the work bench in the implement shed or on the hood of the farmer's truck, it was fun to be back on the farm.

This morning I would be working in the Miami area and had decided that a quick breakfast at the little restaurant in town was a good plan. It was my first visit to these parts and as I drove by the fairgrounds, a sign caught my attention..."Miami Mule Days".

As I started on my bacon, eggs and coffee, I found myself listening in on a conversation. At the table next to me were two gentlemen having their morning coffee. The eldest one must have been 75. He was describing something that he was obviously very excited about.

Stretching his arms out as though he was wrapping them around a 45 gallon drum of fuel, he spoke, "You know, those turtles are about this big around and there are a whole mess of them up there in my creek."

Oh, yes, I was curious. Those were some big turtles and I had to know more. "Excuse me. I couldn't help but overhear your conversation. Could you tell me about your turtles?"

Bill explained that these turtles were on his farm. "If you have time this morning, I'd be glad to show them to you.", he added.

We drove for about 3 miles. As we drove, Bill gave me the details of how the community of Miami hosted an annual baseball event at the fairgrounds which featured mules. He described a game of baseball where all the players were required to ride mules. The batter would hit the ball and then mount up to run the bases. Fielders would have to trot up to the ball, get down to field the ball and then get back on their mule before throwing the ball. Stubborn mules and awkward moments made for a good bit of laughter. Folks drove for miles to be entertained.

Here we were. Fifty yards into the

pasture, we arrived at a dry creek bed. I followed Bill and slid down the embankment to the bottom. As he had described earlier, these were huge turtles! Centuries old and fossilized, they lay exposed jutting out from a layer of gravel on the wall of the creek bed. What an amazing discovery! I learned that the spring runoff would expose a new crop each year. Clearly, Bill would never have known how big his herd of turtles really was.

It was time for us to leave and after a few failed attempts by Bill to negotiate the steep bank from the bottom, it was time for me to come to the rescue. Placing my palms on the cheeks of Bill's blue jeans and with a "1, 2, 3", I hoisted him over the bank. With a giggle and a big old smile on his face, Bill rolled over onto the grass at the top. In that moment, I couldn't help but think that Bill and I were both thinking the same thought. "My, my, my, how close we have become in such a short time", I mused. ■



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Keith has a vast variety of experience in drainage having done agriculture pattern and spot tiling, slough management, oil reclamation projects as well as turf drainage for established golf courses such as The Vancouver Golf Club. His experience and attention to quality workmanship have made him a leader in the tile design and installation in Western Canada.

K&S Tiling is family run operation with the entire family working together.

Keith runs the plow himself to insure the quality of the work. K&S believes that quality work is a priority and understands their clients are investing in a product that will last for future generations. ■

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Now in our 16th year of operation, the Manitoba Farm, Rural and Northern Support Services (MFRNSS) offers information, support, counselling, and referrals for anyone living in rural or northern Manitoba. Open Monday to Friday from 10 AM to 9 PM, the MFRNSS provides both telephone and online counselling. We also offer monthly Suicide Bereavement Support Groups out of our Brandon office. Our services are free, confidential and open to anyone – regardless of age, background or issue. Making the decision to talk to a counsellor isn't easy. Many people feel that their issues are not important enough, or they don't want to bother anyone. Others find it extremely difficult to talk about personal issues or struggles, especially with a complete stranger. Some callers find it hard to put feelings into words, or don't think counselling will help their situation. While we don't offer any magic solutions, we can help you to better understand your feelings, and work with you to develop coping mechanisms that will hopefully move you from distress or crisis into a

renewed sense of balance and well-being.

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Janet Smith, Program Manager
Manitoba Farm, Rural and
Northern Manitoba, Brandon

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to contribute a good editorial or recommend a good story, entrepreneurial endeavour or upcoming outdoor event happening on the prairies for publication. We also welcome your comments.

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Courting Molly *Polly's Trophy Moose Adventure*

Polly Boggs and I had just paddled our canoe up the half mile inlet to the beaver pond where we set up our decoy that we call "Molly".

We were sitting on a beaver dam, with her facing the huge pond and me facing the inlet we had just paddled. I made a call up into the pond area and another down into the inlet.

We arrived at our spot a little later than I wanted. It was 5 p.m. and we only had about 2 hours of daylight left. We had too much fun fishing earlier in

the day with Polly and her husband, Trent and my buddy Pat Blaney. He was guiding Trent during their trip. Polly and I had caught 3 times the walleye they had caught and of course we let them know we were professional fishermen. A few minutes later, Trent hooked a huge northern pike. He brought it in after about 10 minutes of fighting the trophy. Pat measured it at 43 inches. I told Trent that he caught the largest fish and that Polly was going to shoot the biggest moose. Of course they laughed as we started back to camp on the Pigeon River.

Back at the pond, I made a second set of calls. I did that every 30 minutes or so. No sooner had I sat back down on the beaver dam, I looked behind me and saw one of the largest bull moose I had ever seen in my 30 years of guiding. It was coming around the bend at the back side of the pond about 700 yards back. I motioned to Polly to slowly move over to the beaver house 15 yards to our right. We were concealed from the monster so I told her to crawl on top of the old beaver house which was covered in tall grass. She placed her backpack down as a gun rest and we watched as the bull came slowly down the side of the pond in the tall grass. He was grunting with each step coming closer to Molly.



At about 500 yards out, he stopped and stood still for a minute or so. I made a low call back down the inlet. That started him walking and grunting again. He came another 100 yards or so and stopped again. Something was not right. He stood there looking at Molly for another minute. I grabbed a couple of large sticks and broke one. This started him on his quest to court Molly again.

At 300 yards, he stopped dead and stared at Molly. He stood there for about eight minutes and I could tell he was nervous. He started to look around and even looked back behind from where he had come. Polly had told me previously that that she was confident shooting up to 300 yards with her 30-06. I whispered to her that when he turns broadside, to get one in the lungs. No sooner had I said that, he turned toward the safety of the tamarack trees. Polly fired. I could see the huge bull hump up. It was a good shot. He was still standing so I told her to shoot again. It was another well placed shot. He just stood there looking towards the trees. She fired again and down he went. She just sat there dumbfounded; she'd shot a trophy

Continued on Page 16

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Spring Closure Now Tied to Spring Break

by Paul Turenne

March 31 has been a traditionally popular day for ice fishing in southern Manitoba

That's not because the fishing is any better or worse that day, or because the late-spring weather brings out the warm sun. No, it's because for many years, that has been the last day of fishing season prior to the annual spring closure in southern Manitoba. But that is changing beginning this spring, now that the provincial government has officially tied the fishing season dates to those of spring break. The season will remain open until April 3 this year to allow kids who are off school on spring break to fish right up until the day they return to classes. The closure will then begin April 4.

As part of its annual package of proposed fishing regulation changes, the province floated the idea last year of tying the annual spring closure in southern Manitoba to the end of spring break, rather than a hard date of April 1 every year. The proposal passed and will take effect this spring, making April 2016 the first April in many years to see licensed angling in southern Manitoba (except for stocked trout waters, where the season never actually closes!) The season will re-open May 14.

With this new change, the last day of fishing season every winter could float anywhere up to about April 5, depending on when spring break falls that year. In years where spring break ends before April 1, then the closure would still begin on April 1, the province has stated. That change is one of 10 that's new to the books for 2016. Another major change is the introduction of the new Aquatic Invasive Species regulation, which essentially outlaws the transportation of water, live bait and debris like sticks, mud and seaweed from one

body of water to another. The law, meant to prevent the spread of AIS like zebra mussels and spiny water flea, also requires boaters to decontaminate their boats, trailers and even depth finders, when they leave a "control zone," which are areas like the Red River known to have an established AIS population.

Another change will allow anglers on Crowduck Lake to keep two

walleye either smaller than 45 cm (about 17.75 inches) or larger than 70 cm (about 28 inches). Every thing in between would have to be released. Crowduck, one of Manitoba's most popular fisheries, has been total catch-and-release for walleye for years.



On Garner, Gem, Flintstone, Black and Long Lakes in the Nopiming area, as well as on Atik Lake near The Pas, and the Goudney and Mary Jane Reservoirs in the Pembina Valley, the province is changing to a limit of 4 walleyes across the board, for both conservation and regular licenses. In addition, the limit for black crappie on Mary Jane will be set at 4 instead of 6.

Another change requires all walleyes smaller than 35 cm (about 14 inches) to be released on Pelican Lake, in southwestern Manitoba. Speaking of pelicans, a special conservation area where fishing is banned has been created immediately downstream of the Lockport dam in order to protect the birds.

West Blue Lake is awaiting federal approval to be added to the list of stocked trout waters, meaning it would be exempt from the annual spring closure; while Cuddle and

Pritchard Lakes in northeastern Manitoba will become High Quality Man-

agement lakes where only single hooks can be used. ■

Anglers Help Support Fisheries Science

by Paul Turenne

When you buy a fishing license in Manitoba, did you know that you're supporting everything from the province's fish-stocking program to fisheries science and school-based recreational angling programs?

That's because whenever someone buys any kind of angling license in Manitoba, \$10 from the sale is earmarked for the fisheries stream of the province's new Fish and Wildlife Enhancement Fund. That revenue is enough to fund the Whiteshell Hatchery to the tune of \$850,000 per year, with several hundred thousand over and above that reserved for funding grants to fisheries enhancement projects.

To qualify for that funding, projects must fall into one of several categories, including things like habitat protection or rehabilitation, stock assessments, fisheries education, and public outreach. Some examples of initiatives that received funding in 2015 include the Lac du Bonnet Wildlife Association Ponds, which will be getting a new aeration system thanks to the fund; an effort to build a fish passage over the Shell River Weir; telemetry tracking of walleye in Dauphin Lake to determine their spawning locations and to remove any barriers to the fish accessing these locations; and support for the recreational angling education program at Winnipeg's inner-city Daniel McIntyre Collegiate.

The amount of money that's diverted into the fund is directly tied to provincial angling license revenues. However, the new fund can also accept donations, meaning anyone from a private individual to a corporation looking to support the community can commit funding to these worthwhile initiatives. Anglers



who do not require a paid license, such as indigenous people, kids younger than 16, and senior citizens, do not automatically pay into the fund, but certainly have the option of making a voluntary donation if they support the idea and want to see more money reserved for fisheries projects.

The Whiteshell Hatchery also relies on the fund for its base operational funding, and many Manitobans may not know the critical role that facility plays in delivering thousands upon thousands of fingerlings of multiple species of fish to lakes across the province every year. The hatchery, located on Highway 312 between West Hawk and Caddy Lakes, is open to the public during the summer for free tours. Visiting the facility is a great way to get kids interested not only in angling, but also in biology and environmental management. ■

Paul Turenne is the Executive Director of the Manitoba Lodges and Outfitters Association. Paul represents the industry and its operators on various boards and committees including Fish Futures, the Canadian Federation of Outfitter Associations, and the Fish and Wildlife Enhancement Fund, on which he is vice-chair of the wildlife subcommittee. Paul is an avid hunter and angler and is dedicated to advancing the interests of the outdoor tourism industry in Manitoba.

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The three-day outdoor education program offered at Quesnel Lake Caribou Lodge is a wonderful opportunity for schools and their students across Manitoba. This program is available during May and September.

Whether the need is to facilitate a school's Outdoor Education or Physical Education curricula, the program can be custom designed to fulfill the objectives of any curriculum. A teacher recently commented on the experience, "We look at the great outdoors as one big laboratory for our students. When it's hands-on, the mind usually is as well."

During the summer of 2015, the Q Lake Program was assessed for its ability to respond to the parameters of the Aboriginal Academic Achievement (AAA) program. The Aboriginal Academic Achievement (AAA) program is an important component of the Aboriginal education priority of Manitoba Education and Advanced Learning. AAA grants provide supplemental funding for school divisions and are targeted to assist them with current programming as well as the implementation of new programming that is focused on improving the academic success of First Nations, Métis, and Inuit (FNMI) students.



The AAA grant guidelines include a specific focus on *literacy and numeracy*. Gerri Crilly, Aboriginal Academic Achievement Consultant with Manitoba Education and Advanced Learning explains further, "The numeracy and literacy component of the AAA grant has now moved within the context of broader school division planning and it places the grant planning for Aboriginal students within the literacy and numeracy programming for all students."

School divisions have flexibility in allocating grant funding that is not targeted to literacy and numeracy. Some ways this is done include culturally relevant instructional approaches and programming, teacher professional learning to build capacity in effective instructional practices, linking Aboriginal education activities to curricular outcomes, and developing land based culturally appropriate programs and activities for all students."

Charlie Simard assists with the delivery of the program at Quesnel Lake Caribou Lodge. An aboriginal elder, story teller, trapper, guide and fisherman, Charlie facilitates the cultural component of the Quesnel Lake Outdoor Education experience at the lodge. He is a First Nations born in 1949 on Black Island on Lake Winnipeg, and shares his story.

"My mother was Indian from the Hollow Water Band and my father was French-half breed born at Rice River Manitoba. We lived our entire life at Manigotogan. I learned to trap, fish, hunt, log and live off the land. I am self-taught. My parents and grandparents were my teachers."



Whether it's in the evening around a crackling campfire or aboard a pontoon boat, Charlie offers his young audience insight into the history of this boreal region of the east side of Manitoba, his people and their culture. Charlie has a passion for teaching.

Processing fish for dinner offers students the opportunity to dissect and age fish with the support of aquatic biologists. A hands-on exploratory tour of an archeological site on a Manigotagan beach brings relevance to the cultural history of the region. Recreational angling brings attention to the balance which leisure can add to our quality of life. ■

School inquiries E: info@qlakelodge.com

For more information on the AAA Program, contact:

Gerri Crilly

Aboriginal Academic Achievement Consultant

Telephone: 204-945-7888

Toll-free: 1-800-282-8069, ext. 7888

Email: gerri.crilly@gov.mb.ca

Asparagus Growing Near Holland, MB

**Bernard
and
Carol
Helfter**



Asparagus is a food that has many health benefits. Establishing a crop presents problems not found with other vegetables. However, once the crop is established it takes less time to maintain it than the annual operations of other crops might require.

The land selected should be well drained, weed-free, and slightly alkaline. Our land met none of these requirements, but the crop thrived nevertheless. Ours is a clay soil with adequate run-off, but had the normal amount of residual weed seed from previous grain-growing operations. The soil is more than slightly alkaline, but the crop seemed to like it anyway.

There are two ways of establishing the growth: 1. direct seeding and 2. using roots that were started the previous year. Both seeds and roots can be purchased or we could have started the seeds and transplanted them ourselves. We chose direct seeding. The cost of not using transplants was an additional season of non-production. The use of seeds means that the crop will be ready for light harvest during the third year and full harvest during the fourth. If one chooses to use the root-transplant method the crop will be ready for full harvest in the third season.

The crop should be in rows 48" apart. We used the 42" method because that was the maximum width of our seeding and cultivating machinery. If we were to do it again, I would choose to seed it by hand at the 48" width because the additional 6" width of the rows would facilitate the harvesting.

The crop is very tender during the first year and is vulnerable to almost any peril that might affect other crops. We kept the ground between

the rows clean of weeds with a two-row tractor mounted row-crop cultivator. This worked quite well, but the weed growth in the rows flourished. We used a walk-behind rotary tiller to take our most of the in-row weeds and that worked rather well. The roots have established themselves at a depth of around 6"-8". Before the crop is ready for harvest in the spring we use a 6' discer mounted on a tractor to cut up the



growth of the previous year and to kill the emerging early weeds. After each picking (2-3 days apart) we use a riding lawn mower to chop any vegetation left over. If there is a significant weed growth we use the disk. The established crop, unlike the first-year growth, is extremely hardy and the only problem we have had with plant loss was when we had an extremely wet season and the rain water stood in one low area of the field for a couple of weeks.

We originally picked the crop by hand while walking down the rows with pails but found that this method caused much physical discomfort so I built a small wagon that we pull behind a garden tractor. The person

who picks the crop rides within 4" from the ground and snaps the stalks of asparagus. We use the snapping method rather than cutting the stalks because this ensures that there are no tough portions and that the entire stalk is edible.

During the off-season there is minimal labor. We stop harvesting on July 1 so that the plants can grow and put strength into the roots to provide for the next season's harvest.

provide for the next season's harvest. If there is significant weed growth we use the row-crop cultivator. In many seasons this is not necessary because the established crop is very competitive with the weeds. We leave the old growth on the field over winter to catch snow which provides insulation for the roots. The warmer ground seems to protect the roots adequately because we have never had any winter kill. ■

Shuttle Service Caters to Canoers and Kayakers in Manitoba's Backwoods



If your plans have ever included challenging the rivers of Manitoba's remote country by canoe or kayak with family or a group of friends, this summer may just be that time. If your focus is the rivers about the Province's eastside, you may have already identified a drop off point for your group and equipment. You are likely thinking through the "one car" scenario which is often that one piece that needs to be resolved. Enter C and M Shuttle Service a privately owned and operated shuttle service located at the base of the final rapids, at the mouth of the world famous Manigotagan River near the community of Manigotagan.

Over the many years of operation, Charlie Simard has operated a quality shuttle for backwoods travelers offering group and equipment drop-off and pick-up. Charlie's staff will provide vehicle parking at his location. Charlie knows the backwoods, has lived off the land all his life and, for many years, had been employed as a water steward with Manitoba Conservation maintaining the canoe routes and portages in this part of the Province. Charlie is very familiar with all of these

waterways and can offer many good suggestions to those planning an excursion. Shuttle service is offered from May 1 to October 31, depending on ice breakup and freeze up.

- Black River (crossing 314) **\$160**
- Manigotagan River (crossing 314) **\$150**
- Beresford Lake landing **\$140**
- Long Lake landing **\$130**
- Quesnel Lake Caribou Landing **\$120**



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Exploring the world in comfort - River Cruising

by Pearl Seaker

Have you ever wondered about the hype surrounding river cruises? What sets them apart from ocean cruises? Does a river cruise represent good value?

The relaxed pace of river cruising is one of the major benefits of this type of travel. Picture yourself enjoying a European coffee while sailing serenely down a scenic river. As you are travelling with only 100 – 200 other guests, you may experience the comforts of a luxurious ship without feeling crowded. Take in the view from the outdoor sun deck, the comfortable lounge, or perhaps even your own stateroom's panoramic window or balcony. Staterooms are well designed to maximize space. Motion discomfort is rarely an issue, as the ship's movement is extremely smooth.

Cruises are synonymous with food, and river cruises are no exception. Cuisine is prepared by skilled chefs with fresh local ingredients, often featuring regional specialties. River ship dining rooms offer fine dining in a relaxed atmosphere. An open seating policy allows guests to eat when and with whom they choose. Dress on board is casual so there is no need to bring special clothing. Many cruise lines offer complimentary wine and beer with meals, as well as specialty coffees and other drinks. Some cruises are all-inclusive, which means alcoholic beverages are also included.

The relaxed approach extends to onboard entertainment. Local singers, dancers, or musicians may be featured, who introduce guests to the sights and sounds of the area. Evening entertainment generally consists of a lounge pianist or small band. Culinary demonstrations, craft displays, or wine tastings are popular events, as are informative presentations about the region. Stateroom televisions offer movies and other programming, and wifi is widely onboard. Perhaps the main reason to consider this mode of travel is the ports.

Do you dream of visiting exotic locations or sites of historical significance? River cruising allows passengers to truly immerse themselves in each stop on their journey. Because ships dock in a central location of cities and towns, you can simply walk off and explore on your own, or take the ship's organized tours for must-see attractions. Most tours are included in your cruise fare. You may even choose to borrow a bicycle for your adventure; ships often carry a number for guest use. Stops may extend overnight, giving you the opportunity to experience the romance of cities by night. River cruising is a unique way to travel some of the world's major rivers such as the Rhine, Danube, Volga, Nile, Yangtze, and Mekong. Ports range from major centres to small villages, and offer a myriad of historic and cultural sites and events.

When all the inclusions are considered, the value of a river cruise is outstanding. The opportunity to experience breathtaking scenery and explore famous locales is unequalled. From luxurious accommodation to top-of-the line cuisine to intimate on-shore experiences, river cruising encompasses the best of travel. Call your travel professional to help find the right one for you!

WILD STORIES

by Carolyn Kosheluk

Off the Beaten Path

Making the effort to go a little farther pays off in memories

Blackflies. Wood ticks. Scrapes. Bruises. Bloodshed. Booters. Dirt. When I've returned from a weekend in rough shape, sporting any combination of the above, you can bet it was a great time.

Nature's really special places are usually pretty tough to get to. Most people don't care to put in the effort, and so these places stay relatively untouched.

I have had the good fortune to enjoy many of these experiences in my life, both as a child and as an adult with my own family. Two of our fondest adventure memories from last year happened in the dwindling days of summer. The first was a remote lake camping trip – a family favourite type of adventure.

On these trips, our boat becomes our pack mule, hauling everything needed for five people to camp happily - and fish obsessively. Middle-of-nowhere highways transition into large



waterways where sometimes we ride over miles of swells, zig zag through reefs, and carefully navigate through a maze of islands.

Camping like this, everything feels

more real. Set on an island miles from another soul, it's truly remote. The weather feels more intense. The days are simpler, in that there's less to do, but more complicated by the lack of life's conveniences.

Foul weather set the stage for our most recent trip. Summer storms and howling winds put our little camp to the test. Bundled in a tent under driving rain, the island felt even smaller, and civilization felt impossibly far away. We came home damp, chilled, hungry and grubby, yet sad to leave it all behind. The kids felt triumphantly connected with nature, raw and unpredictable, and it was pure magic.

Hunting season began to open

shortly after that trip. With no kids in tow, my partner Bruce and I set out on an archery elk hunt in Manitoba's Interlake. We chose a Wildlife Management Area by studying landowner maps. It was all new to us. Mile roads showed the area to be about 70 square miles. A series of ATV trails ran near the outer edges and sported a small amount of elk sign. Other hunters we met were walking and calling near these trails, but received little response. These are the moments when the real adventure begins. We knew most of the elk would be farther into the bush, away from the well-trafficked routes. Our only plan, direction-wise, was to hunt into the wind. Quickly we found ourselves in swamps. They were hot and stale,

Continued on page 16

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Rural Outdoors

Off the Beaten Path

Continued from Page 15

which suited the blackflies and mosquitoes. Then tangles of willows scraped our faces and snagged our bows. Deadfall tripped us up in fields of tall, yellow grass. Dotted between these challenges, stands of spruce revealed more fresh elk scrapes than we could have imagined.

It was pre-rut. When we found sign, we raked branches hard, mimicking the sound of antlers smashing trees. We alternated bugle and cow calls, knowing the bulls were searching for fights and females. Within a few hours of leaving the ATV trail, the bulls started crashing in.

During that weekend alone, we saw six large bulls up close. We had our bows drawn several times. We broke trail 12 hours each day, and we nei-

ther saw nor heard another hunter. I didn't fill my tag on that trip. The perfect shot was never there. But yet, it was the most exhilarating hunt of my life. We found massive sheds, ample elk sign, and exchanged many challenges with monster bulls. These are the kinds of memories most people never have the opportunity to make.

It doesn't really matter how you get there - on foot, in a boat or canoe, via float plane or on washboard roads. It really just comes down to making the effort to push a little harder and go a little farther than most. Those of us who do are rewarded with the special kind of memories that can only be shared far off the beaten path. ■

Courting Molly *Polly's Moose Adventure*

Continued from Page 10

moose. I suggested we go see her trophy. And she said, "I can't." "What's wrong?" I asked her. "I can't, I am shaking so bad!" A minute later I grabbed her back pack and gun. It took about 5 minutes to walk the 500 yards. Polly could't believe her eyes.....the size of the body and of course the huge rack. She gave me a big hug and said, "Thank you! Thank you!" She couldn't believe she'd shot a monster for the first moose.

Now the real work began and it was all we could do to turn the head and get him on his back. It was getting late. The two of us gutted the moose in record time. Polly didn't mind getting blood on her hands and was a big help for this 63 year old guide. We left my inner jacket on one of the legs and headed back to camp. It was dark when we arrived. The boys saw the blood on us and congratulations were in order. "Hey, Trent, didn't I say that Polly would shoot a big bull?"

would shoot a big bull?

We were up early the next morning, had coffee and toast and then headed down the river. Trent and Pat just stood there in awe. It was a huge. It took us 5 hours to cape, bone-out and backpack everything the 600 yards back to our boat and canoe. Trent was so tired after all his hard work. He wouldn't have enough room for another moose in the insulated box he'd built.

His next words were, "Let's go fishing." ■

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Dear Younger Me

by Lindsay
Michiels



Dear younger me;

It has been awhile since we've last talked, but I think you would be impressed of what I have done. Remember when you climbed to the rock that sticks out of the big hill? How happy you were when you reached it? Well, you should have seen what I climbed this summer. It makes that rock look like a pebble. Remember how you could barely bike down the lane and back without gasping for breath? Well, now I've finally made it to the mile road. Without breaking a sweat, I may add. If I go fast enough, I sometimes let go of the handlebars, letting my fingers dip in the breeze. You were always too scared to do that, especially after that crash. I still have a scar on my shoulder from it.

Dad still piles snow during the winter, but I've found a much steeper, faster hill to toboggan down. In the spring, I still explore the creek with the dog, I finally walked through the culvert. It is a lot bigger than you thought, I got a lot of water in my boots, but it was worth it.

When you get to high school, you're going to appreciate naps more than you ever had before, believe me. You might not be able to play outside as much, but once you get your license, just think of all the back roads you can explore.

Younger me, life never really turned out how we thought it would. I didn't get my Hogwarts letter on my eleventh birthday, didn't get super-powers when I was twelve, and I haven't started a band, either. And now, I don't even have a clue what the future holds, although I am fairly certain I will not find a dragon egg in the backyard. It's time to make choices; where to go, what to take, who to be. The more I think about it,

the more I think of you, hanging upside down on the swing set. I just hope you won't be disappointed. I just hope that whoever I turn out to be, you will still be proud. Still full of wonder, happy with the world. I hope I'll still pause and admire the moon for you, take a picture of the sunset, laugh at that stupid woodpecker who always pecks that metal sign.

The world is big; a lot bigger than we ever imagined, full of adventures and surprises, heartache and heartbreak, fear and excitement, and everything in between. But you know what? I believe if I keep you in mind, nothing can stop me. Because you are the reason I am like this today; the reason the outdoors brings me so much peace, the thought of adventures makes me excited, and the comfort of knowing everyday the sun will come up no matter what happens.

So thank you, younger me, for having a love affair with the outdoors, for seeing the wonder in everything and teaching me that it's okay to fall and get dirty sometimes.

I'll make you proud, I promise. ■

Lindsay Michiels is 18 years of age, lives in rural Manitoba and will be graduating from high school this year".

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By
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When we talk to farmers about maximizing yields and reducing operational costs we are always guaranteed to have an audience. Often the solutions to tackling the challenge can boil down to the simplest and most cost effective detail. The Pinnacle Earth Mover responds very well to this challenge. Used effectively, this piece of equipment will make a big difference and increased yields in your operation and that of your neighbors.

Reclaiming acreage

Your growing operation may be wrestling with the reclamation of acreage. You may see a big advantage in moving and relocating large quantities of soil. As well, precision shaping of land sets the stage for good management with wonderful returns. The Pinnacle is an affordable solution with great returns.

“Rigorously Tested Over a Period of 5 Years

Years of development

The Pinnacle Earth Mover was designed and rigorously tested over a period of 5 years. It is unmatched in design and function. Ashley Sawatsky, the designer of the Pinnacle, brings a wealth of mechanical designing experience in the earthmoving industry to his design. The Pinnacle represents a design which responds well to the harshest of environments. This earth mover was designed with features which can configure to a broad range of customer needs.

Features

Options include the weight bracket which accommodates 6600 lbs. of additional weight, as well with serrated blades to penetrate the hardest of soils. Walking axles along with offset wheels help to eliminate compaction. The tilt which controls both sides of the axles allow for a center pivot point variation of 14 degrees. For the light soils, an overload shroud is available which permits a larger load.

Matching width to your available horse power is important to achieve the highest efficiency. The available widths currently range from 16, 18 and 20 feet. Four cutting angles as well as the shape of the back roll are engineered for efficiency. This greatly decreases horsepower requirement. A GPS mount or laser mount are available to permit a variety of machine control to be added.

The entire manufacturing process uses only high quality Canadian steel. All components are laser cut with extremely tight tolerances. The expectations are precision and durability for many years to come. The finished product undergoes an industrial quality powder coated finish which completes the process for a great lasting impression.

Want to Run Again? Have a Plan

It's better if you have a plan for success. There are lots of running programs available, you just have to look for one that suits your needs. You can start off doing mostly walking, with short periods of running, and build up until you can run a mile or two. At that point, you might want to set different goals. Those goals may or may not include running in a marathon!

Here is an example of a simple running program:
Mondays, Wednesdays, and Fridays:
Walk 2 minutes, run 1 minute. Repeat ten times.
Tuesdays, Thursdays and Saturdays:
Walk 30 minutes.
Sundays: Rest
When you feel comfortable doing so, change the program to this:

Mondays, Wednesdays and Fridays:
Walk 1 minute, run two minutes. Repeat ten times.
Tuesdays, Thursdays and Saturdays:
Walk 30 minutes. **Sundays:** Rest
There! You have a plan, and you are on your way!
I'll see you on the road. ■

Judy McKellar, Certified Fitness Instructor and owner of Gloves On! Gym

Begin a Brand New Adventure

Ultralight flight training pays big dividends in farming

After breakfast last Tuesday, Fred logged 15 minutes of airtime to perform a quick check on the herd in his farthest north pasture. On Thursday, he and his wife Sarah lifted off about an hour before sunset. Their mission ... to scout for bear that are vandalizing the corn fields bordering the treeline on the east edge of their property. Spotting the bear, Fred pulls in on the control bar to descend. As the bear retreat to the shelter belt at the fence line, Sarah captures the activity on camera. The crop damage is disheartening. She will send the photos to the insurance adjuster later tonight

Fred and Sarah took lessons together as a couple at **Adventure At Altitude** in Steinbach.

Today' it's Sunday and they're off to visit a friend. As Sarah puts the powerful Rotax 582 through its run up checks, Fred does a final review of the aerial map and powers up the GPS...the trip from Portage to Steinbach takes just 45 minutes. The takeoff roll down their driveway is less than 100 feet. In no time at all, they'll be touching down in their friend's backyard.

Parked right next to the lawn mower, this ultra-light represents the smallest investment in equipment on their

entire farm. It is proving to be a gem of an asset to the operation. Not only is it affordable **it is profitable.**

Next week, Fred will use his specially outfitted Ultralight Aircraft to do a herbicide application on 320 acres of their crop that's ready to go. He should have that completed by noon. His neighbour Don called this morning. It's been wet and Don's crop can't wait any longer. The crop-duster has a back log of work so he's asked Fred to spray his fields. If the drift is moderate, Fred can likely have the spraying on both fields done in a day.



Training in 5 Days

Become a "Flying Farmer" in just 5 days of training. Flying lessons are available in Steinbach 7 days a week all year round, especially in the mild temperatures during March and April. The air is very smooth for



get your Pilot License before seeding season begins!

Economical

The Rotax 582 Ultralight uses automotive fuel and will remain aloft for 3 hours travelling to a top speed of 100 mph! There is no need for hangar storage. These wings fold down for storage in just 10 minutes. The ultralight can fit into a six foot wide space. That space could be in the garage or between two tractors in the equipment shed.

Agricultural Services

For those farmers who want high definition photos and videos, our Ag Services are available anywhere in Southern Manitoba within a 300 km radius of Steinbach.

Your images will be saved on a memory card or disk for your computer or i-Pad, giving you the ability to zoom down to the resolution

learning while there's still snow on the ground. You can come and

of just one stalk of corn for an accurate determination of a crop's health, effects of moisture. loss and spray effectiveness!

Unlike conventional aircraft with higher hourly rates, the Ultralight is an affordable airborne platform to base your entire farming operation. **Adventure At Altitude** has hourly rate packages that include travel time to your location starting at only \$195.

Is there another reason to learn to fly? Yup.... it's just plain FUN!

To fulfill your dream, call 204-333-WING (204-333-9464)
www.altitude.ca

Your Introductory SkyRide includes your first flying lesson.

Mention this Ad in Rural Outdoors and receive 10% off lesson package

10% OFF Limited time offer.

Adventure at Altitude

Run for the Hills *Boston-qualifying marathon held in rural Manitoba*

On September 11, 2016 the town of Treherne will hold the 12th annual Boston-qualifying marathon, with options for a half marathon, 10 K and 5 K run. This community-sponsored event attracts up to 500 runners from all over Manitoba, as well as the U.S. and other provinces. This event is the only full marathon in rural Manitoba, and runners get to experience the beauty of the scenic hills south of Treherne.

When community leaders gathered in January 2005 to come up with a plan for a unique event that would promote Treherne, and also raise funds for community projects, the Run for the Hills was born. Funds raised by the marathon are used for community projects such as the local swimming pool, campground, school

of the full marathon and will continue as the "Hilly Half" event. Runners experience the challenge of climbing the hills, but are rewarded by a sense of accomplishment and the panoramic view at the top. The 10 K and 5K runs offer other options for the athletes. All 5 races are timed using chip technology.



playground equipment, and the volunteer fire department. A portion of the funds is also donated to Cancer Care. Keith Sparling, Past President of the local Chamber of Commerce, and current Marathon Committee Chairperson, says, "Because of Run for the Hills, a lot more people know that Treherne is located on Highway 2, half way between Winnipeg and Brandon."

An Event for Everyone

Run for the Hills, as the name suggests, is a challenging event, and one on many Marathoners' "Bucket List." The full 26.2 mile marathon route is certified by Athletics Canada.

Changes have been made over the years with the addition of a 5K run or walk in 2010 that has been popular with families and aspiring marathoners.

2016 will see the addition of the new "Flat Half," a less challenging half-marathon route. The original half-marathon includes most of the hills

Over the years, runners have come from as far away as England and New Zealand. There are some who have set goals of running a marathon in every province in Canada and every state in the USA. One man's goal is to run 100 marathons, and he has already run the Manitoba Marathon for several years. There are even a few runners who run without shoes, no easy feat on a gravel road!

On facebook, one marathon runner shares, "I can't say enough about this race. The scenery, the challenge, the wonderful people of Treherne. Tell your friends about this one as it is a unique experience." And yet another says, "After living in flat Winnipeg for 2 years (I'm from the UK) I really enjoyed the rolling hills. I will definitely be back next year."

Run with Family and Friends

Sometimes, it's a family affair. The Smart family typically has 2 or 3 runners, but one year they were

joined by other family members from New Zealand, Ottawa, Edmonton, Winnipeg and Winkler! The Boulet and Mangin families from rural Manitoba gather for a picnic in the grass near the finish line so they'll be close to celebrate when family members arrive. Several of their children are entering the 5 and 10K categories before they grow into the half and full marathons.

There have been 2 marriage proposals on race day - one just a few miles south of town and the other right at the finish line. Another couple from Minnedosa celebrated their first anniversary by running the half marathon, she, wearing a bridal veil and he, a tux T-shirt.

Volunteers Make the Difference

Like most small rural communities, Treherne and area rely on volunteers to "Get it Done." Along with the main organizing committee, other committees include Marketing and Promotions, Track, Emergency Services, Registration and Awards, and Hospitality.

The Race Director is the key person who coordinates the event. The event requires over 125 volunteers who donate over 500 hours annually to make the event happen!

Experience the Country Hospitality



What makes the Run for the Hills unique? Maybe it's the piano playing "Chariots of Fire" as runners go past. Maybe it's the smiling volunteers at the aid stations along the route or the



home-made muffins at the end of the run. Could it be the enthusiastic group clustered at the finish line handing out the finishing medals to the very proud, but exhausted participants? Whatever it is, some runners come back year after year and smile right back at the volunteers!

Register early and Enter-to-Win a Fishing Vacation for you and 5 friends. Each person registering in the marathon before July 2nd will have their names entered into a draw for a "Fully Guided, 3 Day Fishing Package for 6" at Manitoba's Quessel Lake Caribou Lodge. This prize package is transferable if you should choose to gift it to another.

How to Register

You and your group can register for the race by contacting the Race Director, **Judy McKellar** at trehernemarathon@gmail.com. You can also register online at the Running Room website. Register early! A discount will apply when you register before July 15, 2016.

Treherne is located along Highway #2, about halfway between Brandon and Winnipeg. ■



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ACHIEVING A NEW
PERSPECTIVE
OF YOUR EVENT

Red River Monsters

My name is Todd Longley, AKA, The Rock And Roll Fisherman. I'm a Channel Cat fishing guide with City-Cats Guiding Service on the world famous Red River. So, if you need to ask yourself...why would you want to go and hook into a channel cat? Well here are a few reasons:

First off, it's high energy fishing! Big time!

Second, the channel catfish grow bigger on the Red River then anywhere else in North America. These reach weights of over 35 pounds.

The 3rd reason is to experience it with me.

Welcome to my world.

Your adventure starts in Selkirk, Manitoba just 40 minutes north of Winnipeg. Now, I can pick you up at your hotel or you can meet me at Selkirk Park right in Selkirk.

I like to think I have one of the best boats on the river and it's set up for cat fishing. My boat is a 19.25 foot KingFisher Flex Sport. It seats four guests comfortably. I supply everything. Rods reels bait and, of course, high energy fishing! I'm so confident in my ability to put you on big fish that your next trip is free if you have a bad outing.

Mom, dad the kids...any one can catch these monsters.

The best time of year to hook into these beasts is from mid-May till the end of September. So, if you're coming to Winnipeg any time from May through to October give me a

call. You can check out my website at www.citycats.ca You can email me at manitobachannelcats@gmail.com I look forward to hearing from you all.

Cheers!

CAT FISHING RATES

Three People Half Day: \$400
Full Day: \$500
4th Person: Add \$100

Call Todd at 204-955-2744



This huge cat was hooked by Aron Wiebe on the Red River in Selkirk. It weighed approximately 30 pounds

Inquire about our special "4 for 4" Family Package The "4 for 4" Family Fishing Vacation (2 adults + 2 youth)

Includes

- One day of fully guided Fishing for Cats with Todd on the Red , followed by,
- Three days of Fishing for Wall-eye and Small Mouth Bass at Quesnel Lake Caribou Lodge (private cabin accommodations, boat, fuel, first day guided, Sauna Quesnel)



TODD LONGLEY
the Rock & Roll Fisherman

Check us online at www.citycats.ca

A Moment With May

by May Cee

Another beautiful Christmas has come and gone...family, friends...wonders of His Love and there it was as I turned the corner into the kitchen early Christmas morn. The clean white table, the empty sink...

The night before, heavy laden with prepping hot serving dishes, then a sink full of dirty

dishes. Kind hearts extending themselves to lend a hand of care touching my heart deeply. I had a space to prepare the turkey...I lept for joy in thanksgiving. It truly is the little things in life that count I reflected...

"Order is the first need of the soul." ■

-Russell Kirk



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For additional information, check
our video link at
<https://youtu.be/HvJXd3kNT1M>



AFTER

Ray Schirle and his staff at Ray's Sandblasting and Custom Trucks have been specializing in cab conversions for over 15 years.

Starting with highway "tractors", Ray and his team of trained technicians convert these units to day cabs. Trucks which are retired from the highway, undergo a certified conversion at his shop. Stringent OEM Structural Standards are met to prepare these units for farm and local haul applications.

Through each step of the conversion, from structural to refinishing, quality workmanship is the shop's number one priority.

Ray is quick to remind his customers, "A quality job starts with quality parts. We use nothing but the finest." Ray is the Canadian Distributor for the industry's leading conversion kit and **bigtruckckparts.com**. Consequently, his customers have the added advantage of having these savings passed on to them.

Where Water Management Matters!

Some of the many benefits of Good Water Management on crop acreage. This all translates into a higher yield:

- Extended Growing Seasons
- Warmer seed beds in the spring
- Reduced stress and crop damage
- Reduced weed competition
- Increased plant nutrition
- Soil conservation



As Marlen Bergen, owner of Komb Ag Services, explains:

Our main objective with Water Management on farm land is to permit the effective removal of water and prevent crop damage. The second is reclamation. The ability to now crop high risk acreage translates into higher yields. The ROI is amazing."



Komb Ag Services do complete custom installations. Handling everything from *licensing* for your project to *elevation mapping*, *drainage planning*, *ditching*, *land levelling*, *dyking*, *excavation* and *installation*. Komb Ag Services also provides software and hardware with SD Drain, a simple **dynamic drainage solution** and **RTK hardware** for network corrections for all major GPS brands with **DigiFarm Virtual Base**. **Komb Ag Services** will provide assistance for you to complete your own work. As well, **Komb Ag** utilizes the **Pinnacle Earthmoving** technology for precision land levelling.

KNOWLEDGE. EXPERIENCE. TECHNOLOGY. RESOURCES.



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Marlen Bergen
marlenb@kombagservices.ca

ALTONA, MB

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Cooking Your Harvest

Combining the love of the great outdoors

The outdoors. This is what has consumed me for the better part of 40 years, to discover what nature has to offer.

From fishing on the Dauphin River as a young as I can remember, to hiking in the Whiteshell, hunting birds in the Interlake and camping as a family all over the province, this is what the outdoors means to me.

But what else makes this home province of mine so special?

On any given day I can target a variety of fish species within a 3 hour radius around Winnipeg. How about targeting massive sturgeon in Point du Bois?, casting giant Northern pike in Lac du Bonnet, targeting monster tiger and brown trout in Twin lakes, catfish rod bending tanks in Lockport and best of all Cranking up Lake Winnipeg “greenback” walleye, did I say why I love this province?

Then comes the fall!

My quandary in the fall is what do I chase, birds or fish? It seems like more and more weekends I am on the water fishing tournaments, just another addiction to feed. But there is always time to hunt in the best flyway in North America, mallards, green wing, pintails and my favorite species of all, canvasback!

This leads me to my next topic, cooking your harvest.

Being a professional Chef with 29 years of experience has its benefits when being creative in the kitchen. People ask me all the time, “what is the best way to cook geese or duck”? Let’s look at goose shall we? Should we cure it, have it smoked, grilled, make sausages, pastrami etc, the possibilities are endless, just DON’T throw it into the oven and cook it like the Christmas turkey!

The most important thing to remember is these are migratory birds of flight, they get lots of exercise, in other words, little or no fat and can be tough like heck when overcooked.

Now the question is, what is my

favorite recipe for cooking ducks?

Take a look at the following recipe, or better yet, before you make this dish, click on the link below to see how easy it is, you will never cook waterfowl the same again!

This website is called, “Share the Outdoors”, a fantastic link with absolutely everything you could possible imagine to do with the outdoors.

www.sharetheoutdoors.com/cooking

Maple-Bourbon Spiced Duck with Fall Roasted Vegetables

Duck Marinade

Four small duck breasts (Mallard, Canvasback, Teal), fat and skin removed

2 tsp (10ml) Cabela’s Maple-Bourbon seasoning (can use salt and pepper)

¼ cup (60ml) brandy

2 cloves garlic, finely chopped

1 orange, freshly squeezed

3 Tbs (45ml) Olive oil

Vegetables

Baby carrots, peeled cut in half

Small beets, peeled, cut in quarters

2 bell peppers, cut into quarters

Freshly ground black peppercorns

1 tsp (5ml) chopped fresh thyme

Kosher salt

Olive oil

Fried carrot strips for garnish

Pea shoots for garnish, optional

Marinate the duck in the above ingredients, place in fridge for 3 hours or overnight.

Cut and prepare all of the vegetables, toss in oil and seasoning and place on a parchment lined pan, preheat oven to 400°f.

The vegetables will take between 30-45 minutes, cook duck to be ready at the same time.

Remove duck from fridge, place on paper towel to absorb excess moisture. It is best to use a Teflon pan for cooking the duck, place on medium-high

heat, add a small amount of canola oil. Season the duck with Kosher salt, sear to golden brown on both sides, place

in oven and cook to an internal temperature of 130°f, will take around 7 minutes. When finished, remove from oven, place on a plate to rest. In the meantime, check seasoning and doneness for the vegetables, when finished place on serving tray. Rest duck for 10 minutes, slice thinly and place on top of the vegetables, pour remaining juices over top as well. It’s that easy!

Happy cooking. ■

Cameron Tait
Chef du Cuisine, Cabela’s
Pro Staff, Outdoor Canada
Culinary Editor

Jeff & Tara Miller
100 Acre Woods Photography



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A Family Business, Adapting Over the Years

Located in the rural community of Treherne, Manitoba, business owner George Adam runs a family business with his wife, Lynne, that has evolved over the years from its early stages as a bookkeeping and tax business, to a full service financial planning company. George's daughter, Jolene, and her husband, Curtis, have joined the business, putting the succession plan in place, giving clients peace of mind knowing that the business will continue to service their needs for many years to come.



George started his career in finance in the banking industry in 1969. After ending ten years of banking experience in and within the city limits, it was time for George to move back to his roots. After making that decision it became clear that he was destined to create a business specifically for the people in rural Manitoba. Now, thirty-four years later, Adam Accounting Service and Adam Lee Financial have evolved into a thriving full service business serving clients all across Manitoba.

It all began in 1982 with Adam Accounting Service, which started out as a bookkeeping and income tax business. Clientele quickly grew, with

their needs ever-changing. It became evident that clients were searching for tax knowledge to assist them with their investment decisions, especially when it came to buying RRSP's, and in later years with retirement planning. Adam Lee Financial was created to address these needs, now spe-

cializing in analyzing the entire financial picture with investment expertise being complemented by the benefits of tax

planning to save and defer taxes, provide a tax-efficient retirement plan, and to increase the overall estate. Expertise in the investment world combined with in-depth tax knowledge has provided the ability to develop comprehensive financial and estate plans tailored to a wide variety of client needs.

We look forward to what the future may bring, and how we may change and adapt with our clients' needs. Our clients become our friends as we work together on their path to retirement and beyond. Our family is dedicated to the well-being of our clients as we continue to mold to their ever-changing needs.

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CT Taylor's

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CT Taylor's Honky Tonk Bluz & Country draws on influences from country, blues and southern rock genres. Collectively, the core members have amassed many years of experience in the music industry which includes both live stage and studio. Their broad repertoire, along with a special talent to change up and tailor each set for the audience and occasion, has made them extremely popular. This band has a chemistry that is undeniable and continues to grow and evolve its unique and distinctive sound.

Based out of Winnipeg, and serving all of Manitoba, **CT Taylor's Honky Tonk Bluz & Country** is guaranteed to be the energy you are looking for with your special celebration or company event. Affordable, live, professional entertainment, home grown right here in Manitoba.

A fresh sound. Music tailored to your event.

For advance booking and enquiries call
CT (Chris) Taylor
204 795-8627

WE'VE COME A LONG WAY!

G Gone are the days of burying old cars into the ground to act as a medium for effluent distribution in septic fields. Manitobans recognize it is time to move beyond outdated and unsustainable ways of dealing with sewage in favor of responsible sustainable methods. New Regulations brought in by Manitoba Conservation reflect this reality. These regulations include requiring a minimum two-acre lot size for the installation of disposal fields and preventing septic fields in a number of sensitive areas including Crown land & cottage developments. A three-kilometer wide corridor along the Red River between Winnipeg and Selkirk and the abandonment of existing sewage ejectors when a property is sold are new measures. As these rules & regulations have been updated and implemented in Manitoba, cases are currently under review for another round of additions, necessitating the need for education. In today's regulatory landscape the "licensed" septic installer has to undergo a full week of training by an accredited College. This course is the minimum standard required to receive certification from Manitoba Conservation and be allowed to install septic systems in the Province of Manitoba. Numerous other courses are also

available for the installers to advance their working knowledge in newer treatment technologies. This education provides the installer with a good understanding of the complexities involved in installing a proper wastewater collection system. One of the most important aspects in the designs system is soil evaluation. Proper evaluation of the soil characteristics will ultimately provide for a proper system design and ensure the longevity of the system.



As newer treatment systems are introduced and the installer is educated as to the design parameters, new and innovative practices are being allowed in the Province of Manitoba. Formerly a site with a failing system and limited property for a new system would have had to install a holding tank, an expensive proposition for a family. Some of the newer advanced secondary treatment systems may be allowed under a variance from Manitoba Conservation,

saving the homeowner thousands of dollars in pump out charges. These systems can also, by way of a variance be installed on properties that are under the two acre minimum, as long as it was subdivided prior to the year 2009.

Currently, homeowners selling a property are becoming aware that the disposal system on their property may be an impediment to the sale, of which banks and insurance companies are acutely aware. Lawsuits are becoming more common as the result of the failure to disclose such problems prior to the sale of the property. Having the system inspected by a certified wastewater installer will alleviate future problems.

With the advancement of on-site waste water technology, many sites that were previously unviable are now appropriate for development. Careful evaluation by a knowledgeable installer can save a considerable amount of money and grief when trying to develop or upgrade a property.

In conclusion it is up to the property owner to ensure that whether it is a new system or an existing system, careful consideration of all the facts by a certified installer can save a lot of time and money going forward. The following organizations can provide the information you require to make an informed decision.

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 Ralph Jenner Cell: 1-204-228-3276
 Email: rjenners@emcoww.com
 Doug Taylor Cell: 1-204-791-4110
 Email: DJTaylor@emcoww.com

Brandon Contacts:
 Randy Woods Cell: 1-204-751-0687
 Email: RWWoods@emcoww.com
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 Email: Mhuskisson@emcoww.com

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 Fax: 1-204-728-1441

Manitoba Conservation

<http://www.gov.mb.ca/conservation/envprograms/wastewater/index.html>

OWSIM Inc. (Onsite Wastewater System Installers of Manitoba Inc.)

<http://www.owsim.com/index.html> EMCO Waterworks <http://emcoww.com/>



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Matt Falk

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BOOKING:
Book your group's cabin for the weekend of August 19-21st. Contact Carol at 1.877.305.5526, or info@qlakelodge.com




Matt is one of the freshest, quickest, high-energy, comics that I have seen. There is something very likable about Matt's stage presence that just draws in an audience and once drawn in he makes them laugh, and laugh hard.

— Leland Klassen



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