

RUN & GUN TURKEY HUNTING TIPS

ADVENTURE JOURNAL

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SPRING 2016 | ISSUE 5

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By Audrey Pfaffe of Monarch Whitetail Nutrition, LLC.



editor's note

MOTHER NATURE KNOWS BEST

It's like she knows. Sometimes experiencing tough times makes the really good times that much sweeter and you appreciate them that much more. And Mother Nature does just that. She might put us through long, hard winters, but when those first signs of spring start showing up... man, it's one of the greatest feelings in the world isn't it?!



Spring is such an amazing time and there is SO MUCH to do. Actually I'm always so torn on how to spend my time since it's impossible to do it all! But that's what is great about it, there really is something for everyone, whether you are a hunter, angler, gatherer, explorer or just want to sit and take it all in.

And it seems no exception to wildlife either, as you can tell they are enjoying the weather, the new growth around them

and being busy little bees themselves.

I've always said I'm thankful for being a hunter for the fact alone that I would miss out on so many things if I weren't out there in the field for that reason. Spring turkey season is no exception. I would miss sunsets so gorgeous that I will remember certain ones the rest of my life, I would miss watching TONS of wildlife, (especially songbirds this time of year!) things you'd only expect to ever see on some National Geographic special on TV, and last but not least, this pride and tradition that comes with being a hunter. Something humans have been doing since the very beginning. If you stop and think about it, that's pretty cool and powerful.

Yes, my spring will be spent living for the vibration of a spit and drum and thunder of a close by gobbler, the feeling of a bass on the end of your line as you set the hook and your heart skipping a beat as you spot one of nature's little spring delicacies. And that is my idea of living life to the fullest.

Jennifer Pudenz

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*Information and
inspiration
for the outdoor
woman and
country lifestyle*

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on the cover



Read about the
2016 Spring Cover Girl,
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Featured photographer: Tori Killian



Cover Girl!

Meet
**Tessa
Shetter**

Her signature look is a pair of aviator sunglasses, stocking cap and long braid of hair while kneeling in a stream in her Simms waders, holding out the catch of the day, but what first caught my attention about our spring cover girl, **Tessa Shetter**, is this confidence she radiates in her photos with a cool smirk or smile... you just know she's meant to be fly fishing that stream!

At just 19 years old, Tessa is an Alaskan native who toughs out the long winters of the far North, which she says makes her appreciate her fly fishing time in the summer even more. Currently a college student at the University of Alaska Anchorage, she majors in business to help further her and her boyfriend's own photo and video company, KorVisuals. And they definitely put that camera gear to other good use!

I'm one of thousands following [@tessashetter](#) on Instagram as she continues to share amazing photos of her fly fishing adventures, currently sponsored by H&H Outfitters, Stanley Thermos and Postflybox. Check it out!





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Marquie >
Bromley

with a big walleye
through the ice!



< Brittany Bassett

with a
catch and
release
5-pound
bass!

> Joni Marie

hog hunting in Hawaii!



Liz >
Adams

harvested
her first
wild hog!



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~ Beth Abbott

harvested this beautiful dark-racked buck!



~ Erica Price

with a brown trout while pier fishing!

Kaitlyn >
Cleanthes

with her first bow kill!



~ Sarah Fromenthal

holding up her first turkey!

SPRING





Tori Killian

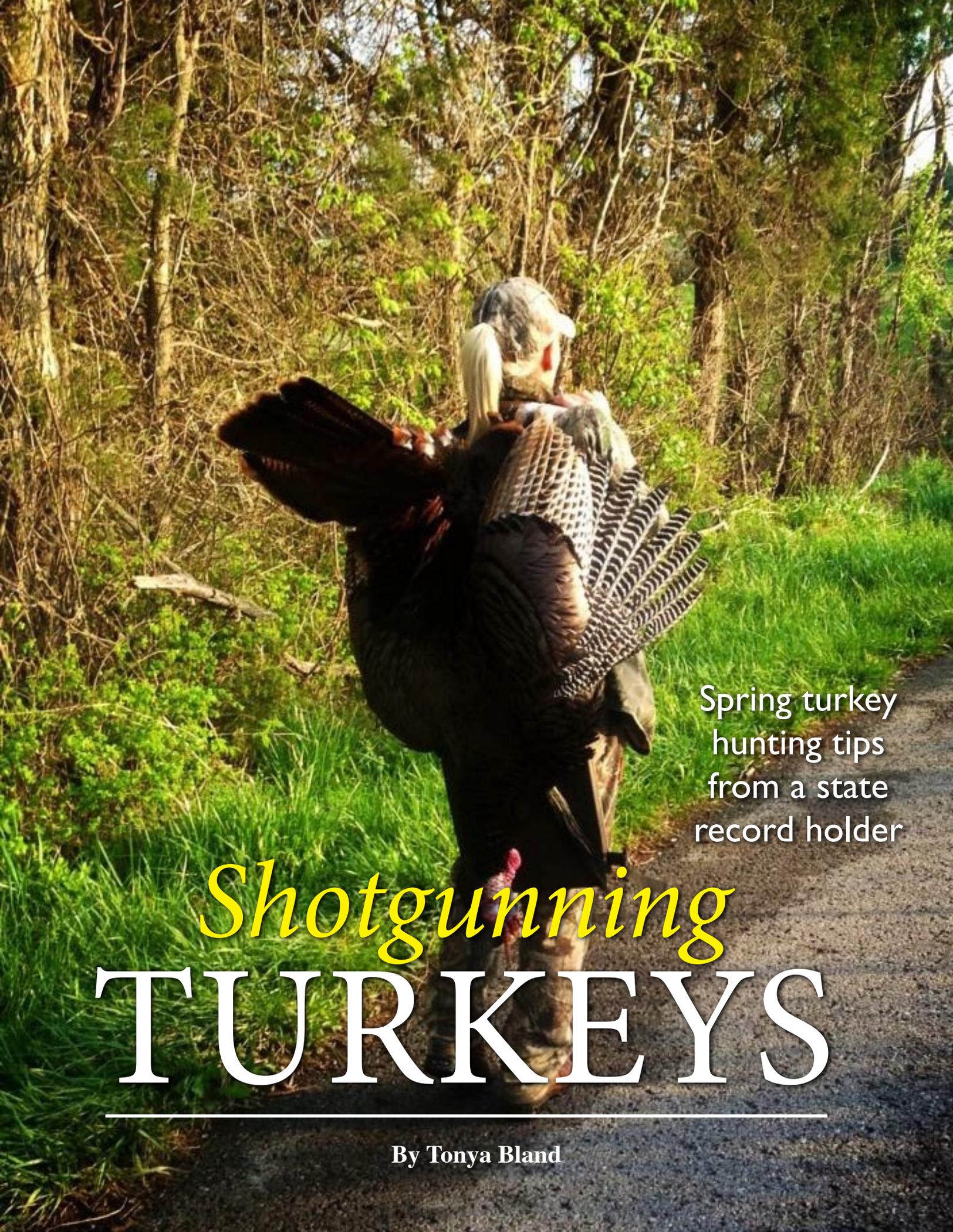
Featured
photographer

SPRING IN FULL BLOOM

Cherry Blossoms
photographed in
Maryland after
a long morning
of fishing

**“It is refreshing
to come back
to the ramp and
see sure signs of
spring despite
the lingering cold
temperatures.”**

See more of
Tori's photos
on Instagram
@torikillian



Spring turkey
hunting tips
from a state
record holder

Shotgunning
TURKEYS

By Tonya Bland

Playing hooky from school wasn't something my parents took lightly as I was growing up, but when it came to hunting season, I may have woke up 'sick' a few times eager to find myself set up against an oak tree waiting on a big tom to strut in. I had hunted hard for Kentucky's youth weekend with no luck, and left broken hearted, my parents couldn't say no to my 11-year-old puppy dog eyes when I wanted to continue the chase for my first turkey into the following week.



I could hardly contain my excitement that brisk, cool morning as my father and I hopped in the truck and took off down the road to catch the birds on the roost. The first setup was unsuccessful for the birds pitched out the other direction, but we still had a few tricks up our sleeve. That day, we snuck around that group of birds and patiently waited for them to come to us, and I killed my first jake.

As I grow older, looking back my father has taught me more than I could ever imagine when it comes to chasing long beards, and I learn more on every hunt we share together. I have learned a lot over the past 14 years of turkey hunting; here are some of my tips:

The Gun

Making sure your gun is going to kill the animal you shoot at with an ethical shot is the most important thing next to gun safety

before entering the woods. Patterning your shotgun with the right shot for turkeys and the range you are comfortable shooting is a must before learning the tricks and the trade of hunting turkeys.

By firing different loads through different chokes, you'll discover better patterns than others. While some makers simply call them

'turkey chokes,' these are essentially 'extra full' or 'super full' chokes that extend out of the muzzle and are usually ported. Traditional turkey loads run in size #4, #5 or #6.

Finding the right choke tube for your barrel and practicing at various ranges will increase your probability of an ethical kill.



Tonya currently holds the Kentucky state record for NWTF best overall typical Eastern Wild Turkey harvested by a female with a modern firearm.



Choke extending out of muzzle

getting cutting for those hard-to-get toms.

My best advice is to try out many different calls and figure out what feels good in your hand and what is easiest for you to work with and learn. Then, listen to the hens! Even as a beginner, if you sound like them, then you're in business. Even the worst sounding hen out there sounds good to a lonesome tom.

First thing in the morning, you don't want to tear down the woods with loud cuts and yelps; if you listen you will hear that first hen start to yelp, then you too should start your soft tree calling with some light purring and yelping. As daylight progresses, you can start to get a little louder and aggressive with a few cuts to try and convince the tom you are the dominant hen and he needs to come to you.

Spending time to find the best pairing between a specific choke and load in your shotgun will pay off.

When it comes to your pattern, you want at least 18 or more pellets on the neck and head of the bird at 40 yards; however, good shooting systems will place 30 or more across that kill zone. Whether practicing or when the time comes to shoot at a real bird, make sure not to aim for the head, but rather put the sight halfway down the bird's neck so you'll get pellets both high and low across the neck.

Calling

Many people get discouraged when trying out new calls or not having great success, but we have all been there, so don't give up. Find yourself an easy-to-use call, such as **Fan Collector Calls' Triple Tease**. This call can make every sound you are trying to make when calling a turkey, from a fly down cackle and soft tree yelps, to fighting toms and attention-



Calling is difficult for a beginning turkey hunter. Find what is comfortable and easiest for you to use.

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Locate the Birds

Besides patterning your gun, it's also important to pattern the birds. Pre-season scouting will help you know roughly where the birds are at different times of the day. Knowing their roost location(s), any fields they frequent and their strut zones are a few examples of areas to know to better your odds.

Another key factor is you don't want to get too close to roosted birds, especially if daylight is starting to break, because they will skyline you and will pitch out the other way. Personally, I like to try and get in around 100 yards, sometimes closer, from the tree the birds are roosted in if I am hunting in the woods.

Getting in close will make it easier to get the gobbler to want to come to you, but being close also means you must try and limit your movement because the better you can see them, the better they can see you. These first few tips don't always work as turkeys are, of course, wild birds and definitely have a mind of their own. If things don't work out in your favor and the birds just do not want to comply, you always have a backup plan.

Backup Plan

If the birds pitch the other way, you want to try to get back around the birds so they will ultimately be coming into your setup again. Keeping your distance and keeping up with their location by calling every now and again will allow you to circle around the group of birds and put them back into your lap. Usually this first setup after them flying off the roost is the most important and successful because the toms are still wanting to gobble and they haven't forgotten about the hen they heard earlier that morning.

Even if this attempt is still not successful, the scouting you did preseason should help you know where they want to go and about what time they should be there. These few tips will definitely increase your odds.

Running & Gunning

Some toms aren't as easy to persuade as others so be prepared to get down and dirty if you really want to seal the deal. They don't always like to be called to, so when they don't



want to come to you after a few attempts of sitting and waiting, you go to them. This is my favorite technique called running and gunning.

You can't always rely on a call to do the work for you, so in order to close the distance between you and him, you crawl to him making sure to keep watch of the other birds around. This technique requires cover such as tall grass or brush, unless you are behind something such as a turkey fan or strutting decoy, which can be very successful if the bird you are after is a dominant bird. However, sometimes a less dominant bird will shy from an approaching fan or decoy. With or without a decoy, this method has helped me kill most of my turkeys.

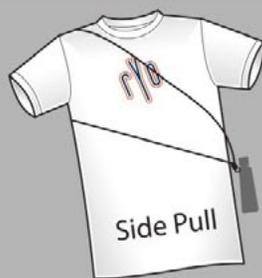
There is so much to learn about turkey hunting and it will take years to perfect your

skills and abilities, but each hunt you will learn something new, as you should. There is not a hunt I go on that I don't learn something. It takes time, effort and patience to be successful, so never give up. And don't forget to pass down what you learn to the generations to come and show them the importance of hunting and the same joy it brought to you when you harvested your first wild turkey.

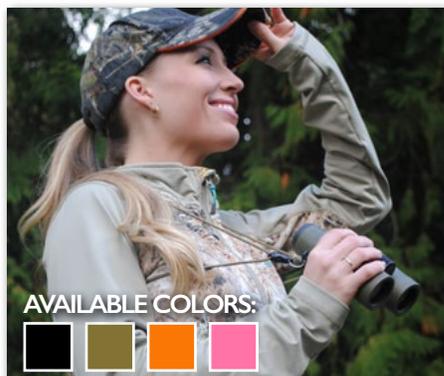
Tonya Bland currently holds the Kentucky state record for NWTf best overall typical Eastern Wild Turkey harvested by a female with a modern firearm, which also places 2nd in the nation for the same category. She is prostaff for Toxic Bowfishing, Fan Collector Game Calls and Surrender Outdoors TV as well as partners with Slay Odor Neutralizer.



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A woman with long blonde hair, wearing a camouflage hat and having camouflage paint on her face, is smiling. A brown dog is resting its head on the brim of her hat. The background is a blurred outdoor setting with a tree trunk on the left.

WOMAN'S BEST FRIEND

A great hunting dog starts with
the right training as a puppy

By Sloan Williams &
Samantha Williams Weaver



Samantha
and Sharkey.

Our passion for the outdoors developed at an early age, and dogs have been a part of our lives since the day we were born. We currently own our own training facility offering gun dog training, upland training, HRC event training, obedience, boarding, etc... and absolutely love what we do!

If there is one question we are asked the most, it would have to be, "We are getting a new puppy - what do we do?" And of course that one question involves a lot of other questions... house training, crating, how do we..., what if they... and the list goes on and on.

The most important thing to understand is you are bringing a puppy into your life and you need to make sure they fit into your schedule. If you take the time to teach them how to be a member of your family, they will bring you many years of happiness. We would like to share some tips on bringing a new fur-baby into your home.

BONDING - We like to get our puppies/or send them home on the 49th day for the bonding process to start. Spend as much time with them as you can so they get to know you and trust you. If you feel your life is too busy to spend much time with



your dog in the beginning, it may be best to wait. This is a very important step if you want your dog to do what you ask him in the future.

POTTY TRAINING - The best advice we have for potty training is to use the crate method. Anytime you are not able to supervise your new pup, put them in a crate. Whenever you take your pup out of the crate, take them outside to use the bathroom. Celebrate and tell them what a good dog they are when they ‘go.’ If they don’t go potty, put them back in their crate.

Take them back outside about 30 minutes to an hour later and repeat the process. Once they successfully ‘go’ outside, they may stay out with you as long as they are supervised. Take them out every couple of hours when they are not crated. They will eventually let you know when they have to ‘go’ by standing at the door.

CRATES - Many people feel they are punishing their dog by crating them. We never use a crate as punishment because the goal is for the crate to become their home and safe place. The size of the crate should not be too large for the dog - there should just be enough room for them to stand up and turn around. This will mean buying a few crates as they grow.

Using a crate too large for your pup will allow them enough room to use the bathroom and get away from it. For the most part, they will try not to use the bathroom where they lay. We use the “kennel” command when we ask them to enter their crate. This key command means ‘enter’ - it is used to tell them to go through a doorway, into their crate, into a car, etc.

COLLAR/LEASH - We put a collar on

Click to watch training tip video!

our pups within the first few days so they get used to wearing it. They will scratch and try to get it off until they get used to wearing it. Once they are comfortable with the collar, clip a leash to the collar and let them drag it around.

As the leash gets caught on furniture or you purposely step on it, they learn to give to pressure. This will teach them not to keep pulling or trying to drag you as you walk them. If you plan on hunting with your dog, this will also help to implement the “heal” command.

****It is very important you never leave your dog unsupervised with their leash on, especially around stairs or anywhere they could possibly get caught and hang themselves.****



SOCIALIZING - Take your new pup with you to as many different places as you can. Bring their crate in case they need a break from being around a crowd. The more places and people you can introduce them to, the more relaxed they will be in different situations later on. You want to be able to trust your dog around small children as well as adults.

NOISES - Slowly introduce your dog to a lot of different sounds and noises. Storms and fireworks can be frightening to young dogs, and if introduced too quickly, they can develop a fear that will follow throughout their life and cause harm to them as well as your property.





Sloan introducing Spook to the water.

We suggest making noise while they are eating and their focus is on something else. Begin at a distance and then eventually move closer as you see they are not affected. Clapping your hands, dropping a pot or pan, etc. are good ideas to start with.

BASIC OBEDIENCE - Having a dog that is out of control is no fun, nor is it safe. It is important to begin obedience training immediately. We keep the commands simple... sit, here, heal and kennel. Keep in mind a new puppy does not have a big attention span, so keep the training sessions short (no more than 5 to 10 minutes at a time) and fun. Always try to end on a happy note and offer them plenty of praise for their good job!

The previous tips we shared are a good start for all dogs. If your new pup will also be a future hunting companion, make sure you begin with those tips and then start implementing some

of the following.

RETRIEVING - Getting your new pup excited about retrieving objects is a must. We use training dummies or bumpers to tease and get the pup excited. Give a “hup-hup” and then throw the dummy for them to chase. We do not try to steady our pups until later. For now, we just want them to get excited and go.

When playing with the bumpers, we only throw it for them a few times at each session, never wear them out or exhaust them during this phase. We always put them up wanting more. A narrow hallway with minimal distractions is the best place to begin your pup’s training. At this point, it doesn’t matter if they bring it all the way back to you - just keep them excited.

SWIMMING - Introduce your pup to water as soon as you can. Make sure the water isn’t too cold or they may learn to hate water very quickly! The best way to get your pup in

Samantha
running Bullet
on some marks.



the water is to get in the water and call them to you, let them follow an older dog into the water or if they are in love with the training bumper - throw it just past the water's edge for them to retrieve. Never force or drag a pup in as this will ensure you won't have a water dog!

BIRDS - If you plan on having a duck dog, it is important to make sure your pup is excited about retrieving something with feathers. If you have access to training birds or frozen wings, this will go far in getting your pup fired up about retrieving. Use the same technique as taught in retrieving. Give them a “hup-hup” and let them go.

GUN SHOTS - Use the same technique as above when introducing your pup to noises. It's best to start with a pop gun or a quieter gun at a distance while their focus is on something else, such as food or retrieving. Slowly move in as they become more comfortable. If they act scared, back off farther and start the process again slower.

BOATS - Getting your pup in a boat at a young age is also a good idea. Start off in a canoe or paddleboat before putting them in a boat with a motor. When you go to a motored boat, make sure to have someone else in the boat with you to make sure pup doesn't get

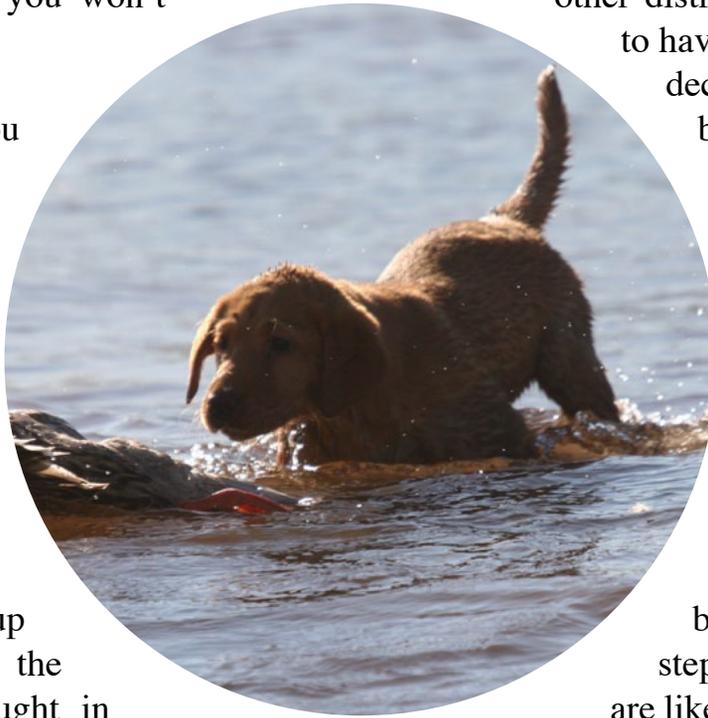
scared and jump out while you are operating the boat!

DECOYS - As your pup gets more confident and focused in retrieving, start to introduce other distractions. It is important to have them retrieve through decoys, so they don't become distracted or frightened... and also so they realize they are not to bring the decoys back.

While there is a lot more that goes in to training your new pet or hunting buddy, these are some basic and important steps. Remember puppies are like furry, wiggly children; they have short attention spans and respond much better to a patient teacher, so keep the training segments short and fun.

Until your pup fully understands what you are asking them to do, it is a waste of time to force or punish them. Never get frustrated, aggravated or angry with your new pup. They will begin to associate these emotions with their training. If you start early, offering them lots of patience and praise, you may just end up with the best friend of a lifetime!

*Sloan Williams and Samantha Williams Weaver are sisters from North Carolina and owners of S&S Outdoors professional dog training. Follow them on **Facebook** and **@s_outdoors** on Instagram for more training tips and videos.*



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WHITETAIL



A guide to maximizing your deer herd's potential and monitoring their health

NUTRITION

By Audrey Pfaffe

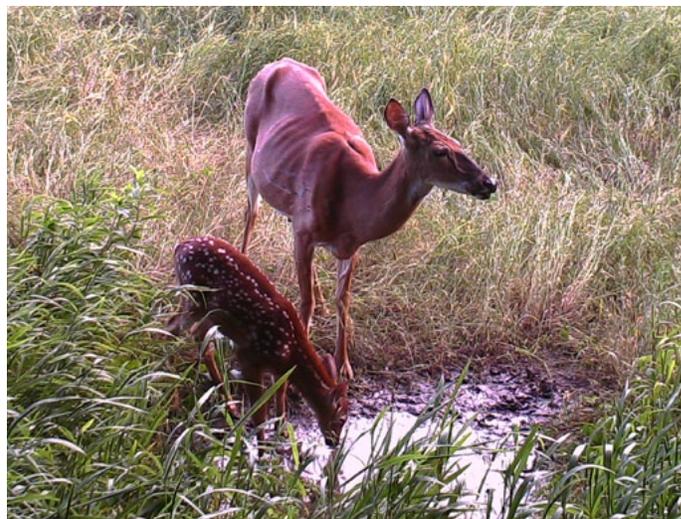
The season's over. The antlers have fallen, and the 'off-season' has begun. It seems like general knowledge to a deer hunter that spring and summer are for setting up trail cameras, putting out mineral and planting food plots. The next few months leading up to opening weekend come fall are consumed with the weekly routine of checking mineral sites, spraying, mowing and

managing the plots - but why? The answer lies within the nutritional fundamentals of a whitetail deer.

Minerals-The Basics

Sure, deer have been thriving, reproducing and growing antlers for many years before we realized the benefits of mineral supplements, but to those focused with growing larger antlers to harvest that buck-of-a-lifetime or concerned with their herd health and seeking additional health and reproductive benefits, mineral supplements are a no-brainer.

Every bag of mineral, regardless of the brand or which company produces it, has a nutritional breakdown of the mineral content inside. A ratio of 1:1 or 2:1 of Calcium to Phosphorous is ideal for a free-choice mineral, as they are the two main minerals that contribute to antler growth. Selenium is essential for reproductive and lactation health in does, and should run in a mineral mix at a rate of 18-20 ppm. Zinc is also very important for overall herd health as it strengthens hooves and aids in healthy skin and coat condition. Other minerals in a free-choice mix include Copper (Cu), Magnesium (Mg), Potassium (K), Manganese (Mn), Iron (Fe), and Cobalt (Co) to name a few, and each play their own role in a whitetail's well-being.



Minerals are important for all deer, not just bucks, especially does before and after giving birth.

Beneficial Salt-Fact or Fiction?

Contrary to what you may have heard, salt in a mineral mix is NOT a filler. In fact, salt is the only nutritional element deer cannot derive from their natural environment, making it the only mineral they will actively seek out.

Think about it: for those of you who live in regions with a lot of snow and ice in the wintertime, I'm sure you have experienced salt trucks and snowplows spreading a sand/salt mixture along the roadways to combat the nasty road conditions. You

may also then witness deer (as well as other animals) in the ditches and roadsides licking up the salty residue. This is because they were



Example of content list from the back of a bag of mineral commonly found in outdoor stores.



lacking sodium in their diet.

Besides being an attractant, salt also has a few nutritional qualities. While it regulates blood pressure and helps cells transfer liquid, it also aids the deer's body to absorb the other nutrients they ingest.

Some companies with very little salt in their mineral mix try to make up for it by adding scents and flavoring (which are beneficial in their own way). However, for an ultimate attractant, a mix of 20 percent salt or more is recommended. Or better yet, a mix of 20 percent salt and flavoring with scent!

Mineral Site Preparation

A well-managed mineral site is not only easy to achieve, but also low maintenance once it is established.

The ideal location should be on the ground

along a well-traveled trail or near a feeding area. It's also best to establish the site out of direct sunlight and in a mostly shaded area. By raking away leaves and sticks, you can ensure the mineral is applied directly to the soil below, preferably in a 2' x 2' area. The moist ground will absorb the mineral much quicker and will be a much more appealing lick for the deer, as dried out, crumbly soil will not be as effective.

Don't get discouraged if you don't see much action at your new mineral site right away. Most times it takes deer a couple weeks to discover it and get in the routine of a daily visit to the lick. But once they find it, they could very well hit it hard and hit it often! We have had knee-deep holes in our mineral sites in less than a month!

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Audrey refreshing an established mineral site.

recommendations on application amounts and when to reapply. But the general application rates are one mineral site per 40 acres, and add 10 to 15 pounds of mineral to the site every 4 to 6 weeks. You can of course, adjust your own rates depending on your herd size and how often they visit the site. A mature buck will consume 1 to 2 ounces of mineral per day if allowed. Like taking a daily vitamin!

Trail Cameras

Mineral sites are a great place to set up a trail camera. The mineral draws in deer so you'll tend to have more in front of the camera than when setting up on a trail alone. This also lets you see what deer are visiting the mineral, how often they are visiting and give you a way of better monitoring the herd and their health.

When choosing a camera for your site, choose an infrared trail camera so you don't have a white-flash that is more likely to spook deer. You can strap it around a small nearby

tree or use a tree or ground stake trail camera mount. Once your camera is set up, make sure to knock down any weeds and break twigs out of the way that could falsely set off your trail camera on windy days.

Changing Nutritional Needs

As the year progresses, so do the nutritional needs of a whitetail. Physiological and hormonal changes (breeding, pregnancy and lactation, antler growth) and seasonal changes (spring growth, summer heat, snow and freezing winter temperatures) have a huge impact on a whitetail deer's diet and needs.

Spring: The does are either still in their gestational period or are just starting to give birth to their fawns. They need some nutritional support, much like a pregnant woman taking prenatal vitamins. Additional selenium and zinc are highly beneficial during this time, as selenium is directly related to reproduction and lactation. Bucks are in the beginning stages of antler growth, and additional calcium and phosphorous will help them get off to a good start.

Summer: Though the does have given birth by now, they are still eating for two (or three or four!) and benefit greatly from additional vitamins and minerals. During the summer, it is not uncommon to see both does and their fawns visiting a mineral site multiple times a day. Bucks are in their bachelor groups and are most likely living the good life. Their only focus at this point is growing their antlers and replenishing their weight lost during the rut and winter. Another thing to keep in mind is the increase in water intake from all the plentiful summertime leafy greens in their diet. This creates a drop in potassium and salt levels that must be replenished.

Fall: Fawns are mostly weaned and a whitetail's main focus is to stock up on food and nutrients before the upcoming rut and winter. The bucks have shed their velvet and only hard, shiny, magnificent antlers remain. During the rut, bucks will rarely eat food or a visit mineral site, as breeding is their only focus. Does however, show little change in their feeding routines during breeding season.

Winter: Regardless of sex or age, survival is the name of the game! Deer are far less concerned with minerals and are much more focused on high-energy food sources. Many deer are recovering from injuries as well, either from fighting or being hunted. However, they will revisit a mineral site from time to time, so don't neglect replenishing a site just because there is snow on the ground.

With better insight into what deer need nutritionally at any given time of the year, we can be better prepared in the off-season to build a better deer season. Food will, for the most part, always be first priority. By being able to target those nutritional needs, you can strengthen your deer herd from the inside out. Big bucks stem from a healthy herd, with a proper nutrition program at the source!

Don't forget to check your state and local game laws regarding baiting and feeding of deer!

*Audrey Pfaffe and her husband are owners of **Monarch Whitetail Nutrition, LLC**. Audrey is an outdoor enthusiast who loves bowhunting and is also prostaff for Outdoor Eyeblack and ScentCrusher.*



The American Woman Shooter is a lifestyle magazine that celebrates women in the firearms industry, partners with sister groups, unites women, & educates women on firearm safety.

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FISH.





Fly Girl

Fishing and gear tips
from an Alaskan native
fly fishing angler

By Tessa Shetter

FISH.



Growing up in Alaska, it is not uncommon to know how to fish by the age of 3, the very age I caught my first silver salmon. Alaska is the state of all things big and beautiful... mountains, rivers, fish, animals – everything. Winters are rough and long, but when summer comes, the sky's the limit and so is the sunlight! With nightfall somewhere around 3 a.m., it is possible to have literally all day to accomplish your goals, which in my case is an extreme advantage when it comes to fishing.

Now, even though I've been fishing much of my life, I find this little hobby of mine is still a daily learning experience that I have by no means mastered yet. However, I've picked up a few hints and tips along my journey so far that I can share. So from me to you, happy fishing, and may the fish gods be with you!

During the Seasons

Early summer, around May to June is in my opinion, the best time to hit the lakes. The fishing regulations in Alaska revolve around the spawning of salmon and trout, so from certain dates you cannot fish some of the

creeks or rivers – allowing the fish time to do their business. During that time, we put our raft to use on the lakes and get to testing out all the flies we tied during the winter (which is a lot since fly tying is our cabin fever cure).

Lake fishing is perfect for beginners to practice fly fishing, especially since it is calm and slow moving. I recommend practicing out of a boat or raft, but definitely not a wobbly canoe. Do I have stories!

When it comes time to fish creeks and rivers midsummer, we still use our flies, but also begin transitioning into the use of painted beads. You can find pre-painted beads in any outdoors shop, but (since we have plenty of time in the winter) we go the extra mile and paint a topcoat of different colors over our store-bought beads. OPI nail polish is my paint of choice, and seems to be the fish's too.

It's important to note when the salmon are laying their eggs in the rivers and streams, those wily trout and char like to sit behind them and eat the eggs as they float down. It can be tricky using beads because the fish will notice the slightest change of color in them. However, once you get a bead that catches their eye, you will be in business! It really comes down to trial and error, but keep at it and the trout will let you

know when you've come up with the right bead because they will grace you with their presence on the end of your line with every cast.

But when is the BEST time to go? Well, here in Alaska and in my experience, the best trout fishing is from early to mid-August. If you really want to get the most bang for your buck, that's when to hit the river.

You've got to be ready because it's incredible how fast-paced the fishing gets during late season! If you can cast more than five times and don't get a hit, it's freak out time and on goes a new bead. Then you get back in action and start getting those fish on the line. They are there and they are hungry, you just have to be on your 'A' game and ready to adjust. As soon as you do, they will reward you in kind.



Click to watch a short video of Tessa working on tying a fly!

What to Look For

Whatever time of the year you fish, and whether you are wading in the water or floating in a raft, it is important to know what to look for in water movement. I tend to aim for the areas of the water where trees have fallen over, and if there are no trees, I like to cast close to the banks. No matter what river or state you are fishing, fish enjoy the shade and security trees and banks offer.





Tessa Shetter with a rainbow trout while fly fishing an Alaska stream.



FISH.

time until it floats right past that spot. Try to look ahead at what is coming up in the creek or river, and be sure to cast at the beginning of each rapid.

Now on the contrary, deep and flat-water areas can be rewarding as well. A lot of times, the big and heavy fish like to sit at the very bottom of these waters. Casting near the middle of the water is usually where it's deepest, which means a lot of line needs to be let out in order for it to sink to the bottom.

Instead of using my normal two small-sized weights, I like to put on one bigger weight along with a small weight so it will sink better. However, these fish can be lazy or just not hungry, so sometimes the waters may seem completely empty. But if you're lucky, these deep waters will land you a hog!

The Gear

When people ask me what kind of gear they should use, most of the time I tell them to use whatever is most comfortable to them. Between my 4wt fly rod and my 7wt fly rod, 99 percent of the time I use my 4wt. I personally prefer to use smaller rods when fishing smaller water systems. That way I have a better sense of feel to what my setup is doing

In smaller and shallower waters, I like to put two small weights about 6 to 8 inches above my hook. You have to be careful though; one wrong move and you can snag on a stick and lose your fly. Wherever I intend to cast, I always start by letting out line that will be a couple feet short from where I actually want my fly to be. That way I can slowly and safely keep adding more line in the direction I want it to go.

The fast, rapid waters are where food particles get kicked up for fish to eat. I like to call these feeding lanes, and it's one of my favorite kinds of waters to float my line through. If you are wading in the water, you practically have an unlimited amount of casts you can throw in it. But, when floating in a raft or boat, there's only a certain amount of

Bear track along a creek in Alaska.





Tessa releasing a beautiful rainbow trout back into the stream.

in the water, especially if I'm only fishing for trout. Fly fishing for big Kenai rainbows, salmon and steelhead is a completely different story. That's when I like to whip out the 7wt for those bigger, more aggressive fish.

For my fishing setup, I use my 4wt Temple Fork Outfitters rod with a Sage reel. We also have a 4wt rod made by Rugged Creek, which is an awesome rod that runs stiff so it can also be used for salmon as well.

I wear women's Simms waders that have Gore-Tex, so they are extremely reliable and comfortable. I also suggest wearing polarized glasses. It is a huge advantage when fly fishing

as it allows you to see clearer into the water so you know where you should and should not cast. Nobody likes a snag!

Everyone experiences fishing in different ways, but I hope that you enjoyed it from my perspective. Tight lines!

Tessa Shetter is an Alaskan native college student studying at the University of Alaska Anchorage, co-owner of KorVisuals, a photo and video company, and a fly fishing angler currently sponsored by H&H Outfitters, Stanley Thermos and Postflybox. She is the cover girl of this issue. Check out her full bio on page 6.



Gardening
with

Higher Standards

*Building a raised
garden bed &
strawberry patch*

By Jennifer Pudenz ~ Sponsored by Duluth Trading Company

I had been dreaming of my own strawberry patch for a while, but on my husband and I's acreage, we had some issues that continued to hold back the planning process. However, there is this house I admire as I drive by on my way to work each day and I couldn't help but love the looks of their raised garden beds in the back yard. They have such a clean, crafty look to them! While the idea of a raised bed for my strawberries came out of sheer looks, it ended up being the perfect problem solver. Check out how a raised bed can help out your garden!

Raised Beds for All!

One of the best things about raised beds is how they really can be for anyone. Whether you have all the space you could ever need or just a tiny backyard, a raised bed can be a great addition to your garden or create a great garden for you. That house I admire is in town and they have lawn in between their boxes with

enough room to put a mower through. Where we have large garden areas fenced off on our acreage and chose to put our boxes inside.

Problems Solved

The first issue we had with trying to plan a strawberry patch was just where to put the thing. With our large garden areas, and my

husband and I enjoying planting completely different plants, we found ourselves completely changing our garden layout every year. And strawberries grow back each year... Also I love to plant all sorts of vining fruits and vegetables that would easily take over strawberries if they had the chance.

A raised bed solved these issues for us as the box was going to mark off this designated permanent area just for our perennial strawberries. And the raised box was also going to keep the other vining plants from taking over the strawberries.

Our next issue was runoff. When it rains here, we really get the runoff draining heavily through the garden areas, creating some deep crevices and leaving debris. However, a raised bed solved this problem, as the strawberries would be kept up out of the runoff.

Another issue was later when summer heat and drought started to kick in. We get so dry at times that you can fit your whole hand down into cracks in the ground! We do our best to keep everything watered, but sometimes you just can't.

However, the raised bed helped with this issue too. We were able to fill the beds with good topsoil and then top them off with mulch. If you have poor soil in your garden area, you can improve this within your bed to help the plant roots thrive. The mulch then helps stop

Strawberry plants planted in the raised bed.



Shopping for different kinds of strawberry plants!

water in the soil from evaporating in the heat of the day, keeping the strawberries moist longer.

Let's Get Started!

You can create your raised bed at any dimensions to fit your space. One thing to consider is to not make them so big that you can't reach weeds or produce in the middle. I chose to have two raised beds, each approximately 6-1/2' x 4' in dimensions.

When it comes to the boards themselves, you want to make sure you use thick enough boards to last. We bought pre-treated (to help against rot) lumber 2x8 boards, which actual dimensions are 1-1/2" x 7-1/4." This gives them nice height as a raised bed and thick enough they aren't going to easily warp.

You'll want to leave enough space around the outside of the boxes to walk and reach those delicious berries inside. I left approximately



Mulch added to retain moisture and help keep berries clean.

two feet around all four sides. If using a garden tiller for weeds or mower for grass in between, be sure to measure those so you leave enough room to fit. You can also put mulch or rock on your paths or lay stepping stones.

Use outdoor wood screws strong and long enough for the boards you choose. Instead of cutting your board ends at a 45-degree angle so they fit together, cut your board ends flat and overlap one over the other to make your corners stronger.

On the inside edges of the box, hammer long metal stakes into the ground until they will no longer stick up out of the top of the box. Especially stake well on both sides of the corners for support. We used 1/2" re-rod.

What's great about DIY projects is you really can get by with bare minimums or you can go all out - it's up to what time, effort and money you want to spend, and raised beds are no different!

You can keep it simple and just fill with dirt, or you can add liners to help against weeds, irrigation to help with watering, and nets to help against pests.

While you can use a raised bed for something other than strawberries, and you don't have to plant strawberries in a raised bed, the two go great together.

I planted a variety of strawberry plant types as this gives you berries throughout the growing season as well as different sizes and tastes. I was amazed at the results! The plants quickly filled in the

boxes and I had beautiful strawberries not only through the summer, but even enough in October to make one last pie!



October 25th pickings in Iowa!!!

*Jennifer Pudenz just loves being outdoors, whether it is gardening, taking care of her chickens, or hunting and fishing. This article was sponsored by **Duluth Trading Company**.*



Varieties planted:

Junebearing: 'Allstar'

Everbearing:

'Earl May Extrasweet'

'Eversweet'

'Fort Laramie'

'Fragaria'

+Recipe



*Wild Turkey Meatballs
with mushrooms and asparagus
on Alfredo pasta*

By Melissa Lindsay ~ Serves 6-8 (makes 12 meatballs)

wild turkey, garlic, cilantro,
eggs, salt, pepper

Ingredients:

1 lb. wild turkey ground breast meat
3 cloves fresh garlic
1/4 c. fresh cilantro
2 eggs
1 tsp. salt
1 tsp. pepper
4 tsp. cayenne pepper
1/2 c. cornflakes, finely crushed
12 cubes of mozzarella cheese
2 T. shredded Parmesan cheese
~~~  
2 c. of chopped mushrooms of your choice (this recipe used white button & cremini)  
2 c. of chopped asparagus  
2 T. butter  
Salt & pepper, to taste  
~~~  
2 jars of Alfredo sauce
1 pkg. of spaghetti noodles

Directions:

- Preheat oven to 350 degrees F.
- Mix first eight ingredients together for the meatball mixture.
 - Form 12 equal-sized balls and stuff each one with a cube of mozzarella cheese. Place in a greased dish and sprinkle with Parmesan cheese.
 - Cook for approximately 45 minutes.
- Add veggies, butter, salt and pepper to a frying pan and sauté for 10 minutes on medium-high heat.
 - Add Alfredo sauce and turn heat down to medium (I took out a few veggies to add to the top for display purposes)
- Cook pasta, and when all is ready, plate and enjoy!



Click to view ["The Other Spring Bounty"](#) on how to find wild asparagus for this recipe!

mozzarella, Parmesan cheese,
mushrooms, asparagus

+More inspiration

Redefining Life

ASHLEE
LUNDVALL

After a paralyzing ranching accident in 1999 when she was 16 years old, Ashlee Lundvall's biggest fear was that she would no longer be able to enjoy the outdoors. Thankfully, through family support and personal determination, Ashlee discovered that by redefining her life, she could not only experience the outdoors in a new, adapted way, but also encourage others to push aside boundaries and challenge themselves.



Click to watch one of Ashlee's speeches.

Ashlee Lundvall is a motivational speaker and unique ambassador for the outdoors. She earned the title of Ms. Wheelchair USA with her platform of making the outdoors more accessible to everyone. She's an ambassador for the 2.2 million people in the United States who depend on wheelchairs for day-to-day tasks and mobility and for the Americans in wheelchairs who are participating more in outdoor sports and activities. She brings an unusual perspective on who can hunt, fish, hike, canoe and kayak in the great outdoors.

In 2015, Ashlee was awarded the Wyoming Trustee Award for her "dedication to the triumph of the human spirit every day, year in and year out." She is a peer mentor for Craig Hospital, and her first book, *A Redefined Life*, was released in this February.

www.ashleelundvall.com



+last shot



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