



'A Little Bit Country'

BY CAROL L. ALLEN

No, a lot country this September out at Lake Pleasant. Peoria Country Fest will feature everything from bull riding (the real deal) to rockin' music from four popular country bands: Justin Hitson & Southbound, Billy Shaw Jr Band, Ryan Bexley and Josh Roy. Grab your cowboy boots, bring the kids and celebrate your western heritage at this festive event. Camping might be just the ticket to round out the weekend; all the facilities are there at Lake Pleasant.

And, speaking of camping, Maricopa County Parks is inviting us to make use of their BOGO offer: Who's ready to enjoy a free night's stay in one of Maricopa County's regional parks? Starting October 1, the Maricopa County Parks and Recreation Department is bringing back its popular Buy One, Get One camping promotion. The promotion allows park visitors who pay the camping fee for one night, or more, at a participating desert mountain county park to receive one night of equal or lesser value for free during that same stay. Talk about a super staycation idea!

In some parts of our country, people are looking at September and after Labor Day as the end of summer. Technically perhaps, but in this sunshine state, most of the outdoor activities continue — in fact, in some cases pick up speed as the weather temperatures become more comfortable.

Winter, spring, summer or fall, we continue to enjoy the beautiful and diverse Arizona outdoors. Hope to see you there!

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LAND CRUISING

Sierra Vista can be just the ticket for a great mini-vacation.



MARC PHILLIPS, UNSPLASH

Country Music, Bull Riding To Make Waves At Lake Pleasant

Pleasant Harbor at Lake Pleasant and the City of Peoria will host the Peoria Country Fest on Saturday, Oct. 8, featuring live country music from four popular country artists and **live** bull riding. The event also includes food trucks, a beer garden, and mechanical bull riding. The Peoria Country Fest runs from 2 p.m. – 10 p.m.

Tickets are \$30.00 per person and \$10.00 for children, 12 and under. A limited number of VIP tickets are also available at \$75.00 and include a meal, designated seating and bathrooms, as well as private acoustical performances. Tickets can be purchased at www.pleasantharbor.com. Ticket prices **do not** include entry into Pleasant Harbor which is an additional \$7.00 fee per vehicle for this event.

No weapons, alcohol, pets, coolers, or

COUNTRY FEST, continued on page 19



The Country Crowd



Buckeye Rolling Out Red Carpet For Dove Hunters

West Valley community to host variety of fun activities.

Looking for a good dove-hunting spot on less than a tank of gas? Then head west on Interstate 10 to Buckeye, only 45 minutes from Phoenix, for exciting wingshooting action and fun activities when the season begins Sept. 1.

Buckeye: Fast-Growing City

The City of Buckeye, volunteers, and landowners who graciously provide access to hunters are all working together to offer the best in hospitality — from brewing up early-morning coffee at Cafe 25:35 (opens at 5 a.m.) and setting up several dove-cleaning stations, to giving discounts for lunch at participating restaurants on Main Street. Need a place to stay? Check out three new hotels in the area.

DOVE HUNTING, continued on page 19

Buy One, Get One

Promotion Returns To County Parks

Who's ready to enjoy a free night's stay in one of Maricopa County's regional parks? Starting October 1, the Maricopa County Parks and Recreation Department is bringing back its popular Buy One, Get One camping promotion! The promotion allows park visitors who pay the camping fee for one night, or more, at a participating desert mountain county park to receive one night of equal or lesser value for free during that same stay.

"This Buy One, Get One camping promotion allows our residents to enjoy the recreation of some of our most beautiful parks at a price that families can afford," said Chairman Bill Gates, District

CAMPING, continued on page 18



TOGO/UNSPLASH

September And Beyond: To Do, To Remember



SEPTEMBER 3

Youth Dove Hunt
Robbins Butte Wildlife Area Annual Youth Mentored Dove Hunt. 4:30 a.m. Sept. 3. This event is free to all youth (ages 10 to 17) who can safely handle a shotgun, accompanied by an adult and a certified mentor on site to provide the best experience. This event is sponsored by Youth Outdoors Unlimited. Register: www.youthoutdoorsunlimited.com.

SEPTEMBER 4

Area Dove Hunt
Arizona Wheelin' Sportsmen Annual Robbins Butte Wildlife Area Dove Hunt. 4 a.m. Sept. 4. This event is free to all with disabilities. Register: www.nwtf.org/events.

SEPTEMBER 5

Labor Day
Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. The three-day weekend it falls on is called Labor Day Weekend. Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the U.S. officially celebrated Labor Day.

SEPTEMBER 11

Grandparents Day
In 1973, the first Grandparents Day in West Virginia was proclaimed by



ROBERT LINDER/UNSPLASH

Governor Arch Moore. Their work culminated in 1978 when the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day.

SEPTEMBER 11

Patriot Day
In the United States, Patriot Day occurs on September 11 of each year in memory of the people killed in the September 11 attacks of the year 2001.

SEPTEMBER 18

Air Force Birthday
September 18, 1947: Until the Space Force, the Air Force was known as the most recent branch of the U.S. military to be formed, the Air Force is also the largest and most technologically advanced air force in the world. Initially part of the United States Army, the USAF was formed as a separate branch of the military on 18 September 1947 under the National Security Act of 1947.



SEPTEMBER 24

Condor Celebration
The Peregrine Fund and Bureau of Land Management at Vermilion Cliffs National Monument are hosting a celebration on National Public Lands Day, Saturday, September 24 by releasing captive-bred California Condors at 1 p.m. MDT (noon MST, northern-Arizona Condor Time) to take their first flights in the wild. The event



will be held in-person at Vermilion Cliffs National Monument for anyone interested in traveling to the area, and it will be live streamed via The Peregrine Fund's YouTube Channel.

OCTOBER 1-NOVEMBER 10

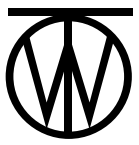
BOGO Camping
Buy One, Get One Camping Promotion Returns to Maricopa County Parks: To book a camping reservation and receive a free night, contact the parks at (602) 506-2930 or book your reservation online at maricopacountyparks.org. The promotion is valid for stays booked between October 1 and November 10, 2022.

OCTOBER 8

Peoria Country Fest
• *What:* Peoria Country Fest
• *When:* Saturday, October 8, 2022 2:00 p.m. – 10:00 p.m.
• *Where:* Pleasant Harbor at Lake Pleasant
8708 West Harbor Boulevard
Peoria, AZ 85383
• *Why:* 1-day Country Festival, w/ optional Weekend Camping Experience

OCTOBER 31 (AND MARCH 31)

Scholarship Deadlines
The Voice of Democracy and Patriot's Pen essay contests are due first – October 31st to the local Post (VFW Post 3513 c/o Carol Allen: Address: 7220 E Wilshire Dr, Scottsdale, AZ 85257 Questions? editor@azbw.com.) The Young American Creative Patriotic Art contest is due to your Auxiliary by March 31, 2023.



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Editor's Note: Please submit announcements for AZBW/WOT's calendar of events — "Downstream" — to editor@azbw.com. To guarantee placement, as room allows, items must be received by the tenth (10th) of the month prior to publication. Every effort is made to ensure accuracy, but we assume no responsibility for print errors or omissions. We also reserve the right to edit each item. Please include the name of the event, the date and time, the location, the organization, and contact information. You can also submit your event individually at westernoutdoortimes.com/classifieds.

Our waterways are ready, but are you?

To learn more about boating safely in Arizona visit www.azgfd.gov/boating or call: 623-236-7258

**Wear a life jacket.
Every trip.
Every time.**

Under state law, life jackets are required to be worn by children 12 years old and younger, but it's strongly urged that everyone wear one while on the water. Life jackets save lives.

Before heading out on the water, it's important that boaters check to ensure that their life jackets are in good condition and that they are the right size and fit for passengers. Look for:

- Any rips or tears
- Missing straps
- Broken fasteners
- Ensure that the flotation hasn't shifted.

Life jackets should be inspected each boating season due to the environment's impact on their materials and replaced if necessary.

Register Your Watercraft

Make sure your vessel's registration is current before heading out on the water! Skip the line and renew your watercraft registration online at www.azgfd.gov/boating



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Check Out Boating Infrastructure Grants By The Numbers

Here’s how to get boaters to stay and spend.

Many waterfront towns don’t make it easy for visiting boaters to stay and spend. It’s not their fault. Protected, safe harbors as well essential boating services such as fuel, utilities and bathrooms, are beyond the price tag for a local town, marina or boat club budget. However, a federal program first championed by Boat Owners Association of The United States (BoatUS) in 1998, the Boating Infrastructure Grant (BIG) program, has proven effective in attracting boaters and their

spending dollars by providing safe, transient dockage.

“In the 1990s, boat owners had a problem,” explains BoatUS vice president of public affairs, Scott Croft. “Many were new to the lifestyle, and while they greatly enjoyed boating, sailing, and fishing, they had nowhere to go if they wanted to travel by water. There wasn’t a lot of safe dockage to tie up to, preventing access to the local amenities such as restaurants, shopping and tourist sites.” A congressional survey of 12,000 marinas confirmed existing tie-up facilities weren’t keeping

GRANTS, continued on page 5



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BoatUS Foundation Tests Your Emergency Beacon Knowledge



The BoatUS Foundation offers GPS-enabled, 406-MHz Personal Locator Beacons for rent, as well as EPIRBs.

Take this four-question true-false quiz; rental beacons available.

The proliferation of personal locator beacons (PLBs), whose diminutive size belie their enormous on-water safety advantage, are no longer thought of exotic rescue electronics. “PLBs are user-friendly and easy to maintain, and we are seeing more boaters using them as a mainstream

rescue device,” said BoatUS Foundation for Boating Safety and Clean Water Assistant Director of Boating Safety Ted Sensenbrenner.

However, do recreational boaters fully understand the difference between a PLB and its larger cousin, the Emergency Position Indicating Rescue Beacon (EPIRB)?

The BoatUS Foundation has a four-question true-false safety quiz to help boaters understand the benefits of each.

BEACON, continued on page 7



Havasu Has A Secret To Share

There is a vast network of launch ramps, alternatives to the busiest ones.

This never been easier to get out on Lake Havasu, thanks to a new launch ramp in the city and a summer has vast network of ramps stretching from Topock Gorge to the north and south to Bill Williams National Wildlife Refuge.

Want to know a secret? You can launch your boat in Lake Havasu at more locations than Lake Havasu State Park, Lake Havasu Marina or Cattail Cove. Read on to discover new and existing options to get you out on the water — faster and

SECRET, continued on page 7



FIND YOUR WAY

Fishermen, paddlers and UTV riders have one thing in common: They enjoy exploring new areas. To help them find their way in the outdoors, few magnetic compasses can beat the bracket-mounted TR-31 Trek from Ritchie Navigation. Offered in Breakup Camo and Shadow Grass Camo finishes, not only does it provide an accurate heading even when stopped—something a GPS can’t do—but it won’t break the bank while doing it. Contact local dealers or Ritchie Navigation, sales@ritchienavigation.com.

GRANTS

Continued from page 4

up with the demand for visiting boater facilities.

With a coalition of partners, BoatUS secured initial authorization harbor facilities funding for the BIG program in 1998. Since then, BIG has provided \$263 million for safe for transient boats greater than 26 feet in length for stays of up to 15 days. The program supports infrastructure such as piers, breakwaters, floating docks, bulkheads, mooring buoys, day docks, dinghy docks, slips, bathrooms, showers, laundries, recycling stations, fuel docks, utilities, navigation aids, limited dredging and other services.

Now funded by the Wildlife Sport Fish Restoration and Boating Trust Fund, BIG is managed by the U.S. Fish and Wildlife Service and administered locally through state boating agencies. Sport Fish Trust Fund monies come from taxes that boaters and anglers pay on motorboat fuel, fishing tackle and equipment, imported boats, and small engines.

BIG’s annual application deadline is typically in September. The application deadline for marinas, towns or boat clubs, however, varies from agency to agency, as do program requirements. A helpful applicant’s guide can be found at State’s Organization for Boating Access (SOBA). SOBA also offers a contact list of state boating agency contacts.

Here’s a look at the Boating Infrastructure Grant (BIG) program by the numbers:

6,500+: The number of transient berths across the U.S. that the BIG program has created since its inception in 1998. These benefit traveling boaters as well as economic development of local waterfronts and communities.

\$18 million: The amount of Boating Infrastructure Grant (BIG) funds an-

nounced March 30, 2022, to be provided to local governments, port agencies, public/private marinas and boat clubs in 20 states for the construction, renovation and maintenance of safe harborage for transient vessels. The next annual grant cycle for 2023 closes this fall.


426: The number of transient boat slips and berths that were funded in the 2022 BIG program “Tier 2” level, which is designed for larger projects. This included approximately \$15 million for 5,682 feet of side-tie transient docking space. “Tier 1” 2022 grants provided nearly \$3.4 million in funding for smaller projects in 19 states from Alabama to Washington.

20: The number of years that federal regulations require that a BIG project typically must be available to the public. This commitment to maintain the transient access for its useful life continues with the selling or transferring ownership

of a BIG-funded facility, which requires prior authorization. During that useful life period, reasonable public access at a BIG-funded facility must be maintained, along with BIG program signage indicating the funding source for the transient dockage. Facilities must be open during boating season — closing to the public for private events or not allowing tie-ups isn’t permitted, nor is leasing to nontransient ves-

sel operators or summer slip holders.

26: The target length in feet (and larger) of recreational boats which the BIG program is designed to attract. This is about the size of a vessel with three key onboard amenities critical for overnight stays or cruises: 1. a cooking facility, 2. a sleeping facility, and 3. bathroom or “head.” ■



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Check It Out: Your Essential First-Aid Kit

Whether setting out for a day, week, or longer, you need a well-stocked first-aid kit on board. Here are the essentials.

WORDS AND PHOTO
BY MARK CORKE

Checking life jackets, VHF radio, and flares before setting out for a day on the water should be a standard part of your predeparture checklist. But your first-aid kit is likely stowed and forgotten — as it seems you never need it.

If setting out for just a few hours, most boaters assume they're unlikely to suffer a medical emergency. Or they reason that they're not going far and can quickly get back to the dock, so why worry? But having basic supplies at the ready could save you a trip to the emergency room — or even a life.

We talked to Anne Marie Lennon, M.D., Ph.D., of The Johns Hopkins Hospital in Baltimore, Maryland, who sails an Ericson 33, about which first-aid essentials every boater should have on board.

"Of course, don't be slow to call for help if the situation demands it or the nature of the emergency is outside of your capabilities," she cautions. "But an on-board first-aid kit should be your first line of defense.

A good starting point is to purchase one of the larger kits available from a retailer like West Marine, to which I add a few extra items such as hand disinfectant, antacids, motion-sickness medication, and jellyfish anti-sting." You may want to add additional items based on your personal preferences, where you boat, and the needs of the crew.

Online Extra

Visit this article at BoatUS.com/Magazine or go to our YouTube channel at YouTube.com/BoatUS to learn how to call for help in an emergency.

1. **Scissors** — to cut bandages, surgical tape, and clothing away from a wound if removing the garment is impossible
2. **Safety pins** — to hold bandages or slings in place
3. **Tweezers** — to remove ticks, splinters, and other small foreign bodies embedded in the skin
4. **Syringe (without needle)** — to fill with saline and flush dirt from a wound, or as an emergency eye-wash pump
5. **Saline solution** — to flush wounds prior to applying bandages
6. **Fabric tape** — to hold dressings and bandages in place
7. **Elastic bandages** — provide both covering and support to injuries
8. **Triangular bandage** — to support and



- immobilize a damaged arm or shoulder
9. **Large adhesive pads** — to cover larger cuts and wounds
 10. **Instant cold pack** — temporary relief from minor burns and swelling from sprains and strains
 11. **Foil space blanket** — prevents shock by retaining body heat
 12. **Disposable gloves** — to wear during contact with bodily fluids — yours or anyone else's. Some people are allergic to latex, so stock nitrile gloves
 13. **Sterile absorbent pads** — to cover wounds and abrasions
 14. **Rolled gauze** — to cover wounds where an adhesive bandage is too small or extra absorbency is required
 15. **Adhesive bandages** — keep a selection from small to large and include round ones, and butterfly bandages to effectively close a deeper cut
 16. **Burn cream** — treats sunburn or galley burns. NOTE: Treat a significant burn as a medical emergency
 17. **Individually wrapped common medications** — for treating stings, heartburn, seasickness, diarrhea, and so on
 18. **Alcohol wipes** — to sterilize hands, clean scissors and tweezers before/after use, or to clean a dirty wound
 19. **Storage container** — keeps everything organized and easily accessible
 20. **First-aid guide** — essential reference. Read it before you need to use your first-aid kit
 21. **Aspirin** — if you suspect a heart attack
 22. **Ibuprofen** — general pain reliever
 23. **Acetaminophen** — general pain reliever for those who can't take aspirin or ibuprofen
 24. **Cotton swabs** — to clean delicate areas before applying a dressing
 25. **SAM splint** — to immobilize a suspected fractured limb
 26. **Antiseptic ointment or spray** — apply to minor scrapes and abrasions to prevent infection
 27. **Eye wash** — for flushing chemicals, fuel, dirt, and grit out of the eye. Can offer relief in cases of severe pollen allergies
- Hydrogen peroxide**
- Once a staple in first-aid kits and medicine cabinets, doctors no longer recommend using hydrogen peroxide to clean

Note: Site Six has a steep ramp leading to the water, so be careful — it tends to get slippery.

The long-awaited Havasu Riviera Marina opened for the first time in May. It was designed to help reduce the congestion at the Site Six and Lake Havasu State Park launch ramps.

Many of the resorts around Lake Havasu have private launch ramps. Some are free; others have fees. All are great options to get your boat on the water faster.

For a complete list of well over 50 available launch lanes, visit:

<https://www.golakehavasu.com/launch-ramps-marinas> ■

cuts and abrasions. It kills all cells at the wound site, both damaged and healthy, and may slow down the healing process. Dr. Anne Marie Lennon says, "If you want to clean an area, use alcohol wipes instead".

Four Tips For Safe, Healthy Time On The Water

- **Other Concerns:** When you think of first aid, cuts and bruises probably come to mind. But sunburn, heatstroke, and overexposure to the elements can pose serious health risks. Dr. Anne Marie Lennon of The Johns Hopkins Hospital says, "Overexposure to the sun puts you at real risk of skin cancer. Avoid sun damage by using the "slip, slap, slop" approach. Slip on a long-sleeved top, slap a hat on your head, and slop on some sunscreen, which you reapply every couple of hours."
- **Allergies:** Before heading out, ask if any crewmembers have allergies to medications, including simple pain relievers. Some people may be allergic to the adhesive on bandages or the latex in gloves, or may have been told to avoid certain pain relievers for medical reasons. If someone on board has a life-threatening allergy, know where to locate and how to administer an epinephrine auto-injector (EpiPen), if required.
- **Know How:** Make sure that more than one person knows how to operate the VHF radio to call for help in an emergency.
- **No Booze Until Docked:** Keep the booze locked up until you're safely anchored for the night or tied up at the dock. Alcohol tends to dehydrate and make you more prone to seasickness. Plus, it could slow reactions that could lead to an accident.

Tip

Consider attending a first-aid course. The American Red Cross offers both online and in-person classes at a moderate cost (redcross.org).

Another Online Extra

Visit BoatUS.com/Cuts-Bite to learn more about taking care of onboard emergencies.

This article was reprinted with permission from BoatU.S. Magazine, flagship publication of the membership organization Boat Owners Association of The United States (BoatU.S.). For more expert articles and videos to make your boating, sailing, or fishing better, visit BoatUS.com. ■

BEACON

Continued from page 5

True or false? It's OK to use a PLB instead of an EPIRB for your boat.

False. "A PLB doesn't check all of the boxes," says Sensenbrenner. "Some boaters believe they can substitute a PLB for a vessel-specific EPIRB and have similar safety benefits. That is a mistake."

A PLB is designed to be small and easy-to-wear, and it has smaller batteries with a shorter lifespan compared to an EPIRB. Perhaps, most significantly, only EPIRBs activate automatically upon submersion. The best setup for heading into a remote end of the lake or to the wild end of the coast is having a EPIRB assigned to the boat, and individual PLBs for each crewmember.

True or false? The best place to attach a PLB is your pant belt loop, foul weather jacket breast pocket, or zippered pouch in a life jacket.

True. To get the full benefit of a PLB, it must be securely attached to the wearer's body. All of these attachment points are good as long as there is a firm connection — a clip, snap-ring, lanyard or other securing device. If you decide to connect it to an inflatable life jacket, ensure the PLB will not interfere with its inflation.

True or false? Cellphone communications have improved so much that a boater doesn't need a PLB to summon emergency help.

False. While cellphones are an acceptable secondary means of calling the Coast Guard, more boaters unfortunately use them today as their *only* way to seek emergency help. That's where the problems begin, especially when there is no working VHF radio aboard. Cellphones fail for a variety of reasons that a PLB won't. Unlike a cellphone, an accidental drop overboard, a dying or dead battery, or a lack of a nearby cell tower will not negatively affect your chances for rescue.

True or false? For PWC's (personal watercraft such as jet skis), a PLB is a better choice than an EPIRB.

True. That's because PLB's, unlike EPIRB's, are manually activated and do not activate upon getting wet, a common occurrence while riding personal watercraft. PLB's are also a great choice for paddle craft operators and adventurers.

The cost of a PLB starts at around \$300. For boaters who have a temporary need for a distress beacon such as a long-distance race, adventure regatta, offshore fishing tournament or summer cruise, the BoatUS Foundation offers GPS-enabled PLBs available for rent at \$7 a day and EPIRBs for just \$10 a day, and weekly rates available as well. Renting from the Foundation eliminates having to register the device with NOAA before your trip; your vessel's data is seamlessly provided to U.S. Coast Guard rescuers to help ensure a swift response if needed. ■

SECRET

Continued from page 5

more conveniently.

Here's a tip: avoid the most popular launch sites such as Lake Havasu State Park, Lake Havasu Marina, or Cattail Cove. Local favorite launch sites with less waiting time include Crazy Horse Campgrounds, Havasu Springs Resort (about 23 miles south of town), and Site Six across London Bridge on the island. The long-awaited Havasu Riviera Marina opened in May and has eased waiting times dramatically, according to Concannon.

Tutoring, Editing, Writing

As a college English teacher, editor, and writer of both fiction and non-fiction for many years, I am available online (or by U.S. mail) for tutoring, editing, proofreading, copyediting, and writing. I have skills in academic research at both high school and college levels and can also assist those working toward their GEDs, those who need help with resumes, and with both advertising and proposals.

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If It's September, It Must Be Dove Season

And it is! Predictions are that it will be a good one.

BY MARGIE ANDERSON

Don't forget that there is no limit and not even a season on Eurasian collared doves. You can shoot them any time, as many as you want. They can be hard to find outside of town, though, which is the biggest hurdle.

Eurasian collared-doves are bigger than white-winged or mourning doves, and they are much lighter in color. They've got dark wing tips and a square tail. When doves are flying in, you'll notice the tails much more easily than color, especially early in the morning when the light is low. Mourning doves have a sharp tail, white-wings have fan-shaped tails, and Eurasian's have square tails. This is very easy to see when they are banking or coming in for a landing.

Big Storms, Decent Rains

Big storms in late summer are typically what prompts the white-wing migration, so it's possible those numbers will be down this year because we've had an awesome, and late, monsoon season. We can only hope that they are around in good numbers!

Decent summer rains turned much of the desert green, resulting in good seed production, and cattle tanks have plenty of water, so conditions are good for the birds. This does mean that the doves are likely to be more scattered instead of concentrated around man-made water and food sources, but the good thing about that is that the hunters can scatter, too.



Mourning Dove

Best Bet: Scout

If you haven't done any scouting, you may be in for a shock if you normally hunt close to town. You might go out and discover that your favorite hunting area is now a shopping mall. The Gila Bend area is a decent bet for dove hunting, most times, but your best bet is to scout whenever you're out and about and watch for birds. Just remember that you can't shoot within a quarter mile of a residence.

If you've watched the birds early in the morning, you know that they follow almost the same "path" day after day. Doves use washes, tree lines, canals, and even fences like highways, flying over them in the same pattern to and from the roost and feeding/watering areas. We've had really good success by finding out-of-the-way waterholes in the desert. Sometimes those are only good opening day, though, so keep that in mind.

Also keep in mind that even within sight of the newer subdivisions you can find dove and even quail. Just make sure you're at least ¼ mile from any inhabited structure. An app like TopoMaps can



Eurasian Collared Dove

be very helpful because you can simply touch the screen and it will show you exactly where you are.

Position Before Dawn

Position yourself somewhere along one of these "pathways" before dawn, facing the roosting area. You don't have to do anything elaborate, just wear clothing that will blend with the background and stand in front of some brush so you don't stick out like a sore thumb. All you have to do now is wait for them to start flying over, (you can start shooting half an hour before sunrise) and pray that you brought enough shells.

Dove season is the perfect time to introduce a child to bird hunting. If you've found a spot that a lot of birds fly over in the morning, take your kid there in the afternoon and just have him or her face the other way and wait for the birds to fly over on their way back to the roost.

You Need To Know

Make sure to read the regulations booklet 2022-2023 Arizona Dove and



White-Winged Dove

Band-Tailed Pigeon Regulations. There are listings of places where dove hunting is not allowed, and you're responsible to know if hunting is legal where you are.

What you need: Adults 18 and older must have a valid hunting or combination license in their possession. Arizona Migratory Bird Stamp \$5.00(included with Youth Combination License). Youth ages 10 – 17 must have in their possession a combination license only. 2007-2008 Arizona Dove and Band-tailed Pigeon Regulations booklet (so you know the bag limits and sunrise times, and legal hunting areas.)

Seasons: September 1 – 15 mourning doves and white-wing doves. Bag limit 15 with no more than 10 being white-winged doves. Possession limit 45 total with no more than 30 being white-winged doves; November 18 – January 1 mourning doves only. Bag limit 15, possession limit 45; Year-round Eurasian collared doves, no bag or possession limit.

Sun rises between 5:57 – 6:09 on September 1. Earlier in the eastern part of the

DOVES, continued on page 10

AZ LAKES, AZ PROS: DAN WESTFALL,
JERRY LOUGHRANAT @ APACHE

Big Fish And Big Money Can Come On Crankbaits

When water temperatures start to go down and lake levels begin to rise, crankbait time is here again. Fish start moving up and getting a lot more active, and one of the best ways to find them is to start cranking around the same places you found them during the summer, but shallower. Long points that have good drop-offs to deeper water are prime early-fall areas.

Fishing Legend Danny Westfall Re: Crankbaits

Fishing crankbaits is easy, but still requires some effort and attention. You have to learn to feel a crankbait while you're fishing it, says fishing legend Danny Westfall, because a lot of times the fish just barely tick it. Some people like fiberglass rods for crankbaits because they have a lot of give to them, but others prefer a graphite rod so they get a better feel for the bites.

Throwing asilver or gold and black Fat Rap in front of the boat and reeling it in at a 45-degree angle from the bank is a killer technique at Roosevelt, and it always pays to bangyour crankbait into things like stumps and rocks--bass often hit just when the lure deflects off these obstacles. If you're not getting snagged now and then, you're probably not getting bit much, either.

Take With Grain Of Salt

When you're reading the box on a lure, depth claims should be taken with a grain of salt. In order to get a plug to maximum depth, you've got to make a tremendously long cast and even then, it won't reach its

maximum depth until it is 2/3 of the way back to you. Line diameter is a major factor in crankbait depth, but braided line is still not a good choice. The lack of stretch in braided line makes it far too easy for an angler to rip the lure right out of a bass's mouth before he has a chance to really take it.

Your best bet for getting a crankbait really deep is to use a long (7-foot) fiberglass rod spooled with 10-pound-test mono. Make as long a cast as you can, put the rod tip down, and crank at medium speed. Fast reeling will not get the lure to its maximum depth.

If you want to crank an underwater hump that's fifteen or so feet deep, stay back about thirty feet, make a 100-foot cast, and reel the lure down. It should reach its deepest point right about where the hump is. Keep your rod tip down, but don't point it right at the lure. Keep it off to the side, and when you get bit, just keep reeling to set the hook.

Lipless Crankbaits

Lipless crankbaits like Rat-L-Traps and Cordell Spots are easier to fish deep. Just let them sink to where you want them and move them slowly along. These two lures have different rattling sounds, so keep both in your tackle box. There have been times when fishermen will swear that Spots are filling the boat while Traps aren't getting bit, and vice-versa.

If you are fishing really deep, or the water is stained, or the sky is dark, try using one of the crawdad or fire tiger colored lipless lures. We were at Apache

CRANKBAITS, continued on page 10



BERNARD GAGNON

Apache Lake



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huntingfishing.com

Note: There are no changes to the site itself, our Facebook Page, Twitter Account or Facebook Group "The Sportsman's Advocate", Newsletter or the SRT Radio Show.

Take Good Care Of You So You Can Continue To Enjoy

BY JOHN ANDERSON

As I’ve gotten older, I’ve had some challenges as a hunter and shooter. Things like eye problems, aching joints, and less stamina can quickly get out of hand if you don’t do something about them early. I’m not going to admit my age here, but suffice it to say that I acquired my Pioneer Hunting License a couple of years ago!

Yet, here I am, plugging along! We still go hunting for doves, quail, blue grouse, and Coues. Margie and I go off-roading, camping, and hiking every week or so, and I can still keep up with my granddaughters on the trail. We also love to shoot sporting clays and target shoot.

Pre-Emptive Strike

Fact is, you don’t stay in good condition by accident unless you’re gifted with amazing genes. And truth to tell, I probably wouldn’t be in this good of shape if it wasn’t for having a great partner to



You have to stay strong if you’re going to be strapping the tent and mattress to the top of the Jeep!

encourage me. In fact, it was Margie who got me started going to the gym almost twenty years ago! Now we encourage each other.

So today I thought I’d share some advice on how to stay in the best condition that you can so that you can continue to enjoy hunting and shooting for as long as you want to. This involves not only



I can still keep up with my granddaughters, even on an all-uphill hike like Massacre Falls in the Superstitions!

exercise, but sometimes taking the right supplements.

I wish I’d gotten (and followed!) this advice forty years ago!

Eyes

The Arizona sunshine is a huge blessing that even we outdoorsmen often take for granted or even bad-mouth (summer temps, anyone?). You probably know that sunlight is damaging to your skin, but did you know it can hurt your eyes as well? I think we can all agree that eyesight is important for shooting and hunting!

Ultraviolet Light

Damage from ultraviolet light can not only cause wrinkles, it can actually sunburn your corneas or even cause or accelerate cataract development. In my case,

with macular degeneration, some studies show that age-related macular degeneration can be exacerbated by sun exposure, and Margie, who’s been a hunter since she was a kid, has early cataracts.

It may not be possible to prevent all eye problems, but there are things you can do to help your eyes. First, wear good sunglasses with 400 SPF UV-blocking protection. I wish I’d done that in my youth! Start now!

Blue Light

Blue light also damages your eyes, and that blue light is a given with any device that uses LED technology. That includes laptops, cell phones, tablets, flat-screen TVs, etc. Margie bought me blue-light-blocking screen protectors for my phone

FITNESS, continued on page 11



Hiring a personal trainer can keep you in great shape! This guy, Paul, became a good friend as well.

DOVES

Continued from page 9

state, later as you travel west. The regulations booklet for dove has the times for each day during season.

If you shoot a banded dove, you get to keep the band, but please report it. You can learn about the bird and where it was banded by submitting the band number at reportband.gov.

Robin’s Butte Juniors’ only dove hunt: September 3 - 4, 2022. Find details and lists of events at www.azgfd.gov/outdoorskills. Juniors-only Dove Hunt is for kids 17 and younger.

More Details

To get to Robbins Butte, take Highway 85 to about 7 miles south of Buckeye. Watch for signs on the west side of the road.

Registration is online at www.youthoutdoorsunlimited.com Please limit the number of adults who accompany each child.

Bring: Shotgun and plenty of shells, preferably non-lead. Also helpful: sunscreen, hat, shooting glasses, ear protection, water, chairs, blaze orange or highly visible shirt, hat, or vest, and a cooler to bring the birds home for dinner.

Lunch will be provided free. ■

CRANKBAITS

Continued from page 9

with Dan Westfall one time when we happened upon a man in a little aluminum boat. Westfall is one of those guys who talks to everyone he comes across, and it paid off that day.

This man told us that he had been fishing Saguaro, Canyon, and Apache for several weeks, and that he was just killing ‘em by slow-rolling a fire tiger Rat-L-Trap in twenty to twenty-five feet of water. He was just cruising the shorelines and making sure his lure contacted the bottom every time he passed over a point. He had lost quite a few lures, he said, but it was worth it because he caught impressive numbers of fish every day, even when others were getting skunked.

Jerry Loughran At Apache

A big wobbling deep-diving crankbait fished over the flats can be a real producer, too. At Apache, Jerry Loughran throws big orange Wiggle Warts on the flats for giant smallmouth, and Dan Marzano works the flats at Roosevelt with a white Poe’s 400 for similar results. When fish are up on the flats, they are usually there for just one reason--to eat. Take advantage of it and feed them a crankbait. The deep-diving lures will crash against the rocks and make a racket that will draw the fish for long distances.

Another flats technique that has produced for me is to burn a small Rat-L-Trap. If you want a limit in a hurry, throw a small silver Trap right up on shore, then crank it back as fast as you can reel. I’ve

done this at Roosevelt and Pleasant, and it gets the fish almost every time. Every now and then a big one will hit it, too.

Woodens Wobble Wider

In general, wooden lures have a wider wobble and plastic lures have a tighter wobble. The colder the water, the wider you want the wobble. You can make a wooden lure rattle by drilling a small hole, inserting a glass rattle, then sealing and painting the hole.

Bass that are heavily pressured or really spooky can often be caught by burning a deep-diving crankbait through them. They don’t have time to make up their mind about it--they either slam it or let it get away. If the fish really have lockjaw, you can fish a tiny lure like a Rebel Critter on light line with a spinning rod. A tiny slip-sinker on the line will get the lure down deeper and make it easier to cast.

Finding Fish In The Fall

In the fall you can often fish a deep-diving crankbait all day long. Fish move up early to feed shallow, then move out deeper as the day goes on. If you are catching fish at a certain depth, follow the contours around at that depth and keep catching them. If the bite turns off, move out deeper or shallower and look for the fish. They’re still around, they’ve just moved to a different depth.

Finding fish in the fall can be an easy proposition once they get active and will start chasing a crankbait. Make sure you have good hooks on your plugs, and check your line often for fraying. Big fish and big money sometimes come on crankbaits, and this is the time of year to start plugging away. ■

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FITNESS

Continued from page 10

and tablet. Blue light can also disrupt sleep and can even reduce your metabolism, making it harder for you to stay in hunting condition.

If you have an iPhone, you can reduce blue light by turning on Night Shift by going to Settings > Display and Brightness > Night Shift. On a Samsung try settings > display options > blue light filter.

Eye Vitamins

You can also buy special eye vitamins. My doctor at Retinal Consultants had me on I-Vits, but he's re-doing the formula so he recommended Bausch+Lomb Preservision AREDS 2 in the meantime. It's actually been proven to substantially reduce the risk of macular degeneration in adults over 50. A good eye vitamin should have lutein and zeaxanthin. Another good one is Eye Science Macular Health Formula. I-Vits had Lutein 10mg, Zeaxanthin 2



Functional training helps strengthen the muscles you use most for what you do. Step-ups, for instance, are great for guys who hunt and walk up a lot of hills.



Sometimes you need to carry your little hunting buddy. Strong legs help!

mg, Vitamin C 500 mg, Vitamin E 400 IU, Copper 2 mg, and Zinc 25 mg. I take the AREDS 2 in addition to ginkgo biloba, Alpha Lipoic Acid, and Bilberry. You can find a lot of info about these helpful supplements online, and be sure to ask your doctor before taking any of this stuff.

Glasses, Vitamins, And Hat

In addition to sunglasses, vitamins, and other supplements, a hat is a great way to protect your eyes and the delicate skin around them from the sun. A hat with a wide brim that can protect your ears and the back of your neck is preferable.

(Side note: I didn't know I had macular degeneration until I went for an eye exam to an actual doctor. I was seeing strange bends and humps in things and had no idea what it meant. The eyeglasses guy in the local strip mall totally missed it, in spite of looking into my eyes. Look up Amsler Grid on the internet and find out about that.) <https://www.brightfocus.org/macular/news/amsler-grid-eye-test>

Joints And Muscles

Working out at the gym is one of the best ways to stay in shape for me, but I have buddies who do all their work solo at home. When the gyms were closed, Margie and I bought several different kinds of bands, as well as a doorway chin-up bar. I installed a handicap grab bar vertically near the doorway to attach bands to, and we were able to get some excellent workouts at home.

I also built step-up stools for both of us, so between those and the bands we were able to stay in shape for the duration. Still, we were really happy to be able to get back to the gym. If you're on Medicare with an Advantage plan, you probably have a free gym membership thrown in. Take it! If you're not sure what to do, start with some classes.

Fitness Class

Margie's trainer asked us to come to a

FITNESS, continued on page 18



Mochi and I both need to be able to cover a lot of ground when hunting for quail.

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'THE WIND BENEATH MY WINGS'

Watch California Condors Take Their First Flights In The Wild

This will happen during the 27th annual public condor release — in-person and live-streamed!

VERMILION CLIFFS, Ariz. - The Peregrine Fund and Bureau of Land Management at Vermilion Cliffs National Monument are hosting a celebration on National Public Lands Day, Saturday, September 24 by releasing captive-bred California Condors at 1 p.m. MDT (noon MST, northern-Arizona Condor Time) to take their first flights in the wild. The event will be held in-person at Vermilion Cliffs National Monument for anyone interested in traveling to the area, and it will be live streamed via The Peregrine Fund's YouTube Channel.

The Arizona-Utah California Condor conservation effort is a cooperative program by federal, state, and private partners, including The Peregrine Fund, the Bureau of Land Management in Utah, the Bureau of Land Management's Vermilion Cliffs National Monument, Arizona Game and Fish Department, U.S. Fish and Wildlife Service, Grand Canyon and Zion National Parks, Utah Division of Wildlife Resources, and Kaibab and Dixie National Forests among many other supporting groups and individuals.

Partnership Of 27 Years

This is the 27th year the partnership has marked National Public Lands Day with a public release event at Vermilion Cliffs. In 2020, due to COVID-19 restrictions, the team took the celebration online reaching more than 10,000 viewers of the event. Because of that success, the event will be live streamed again, for the third year in a row, in addition to the in-person event.

"The Bureau of Land Management is excited once again to host the annual Arizona/Utah California Condor National Public Lands Day event at Vermilion Cliffs National Monument. The BLM, alongside other state and federal agencies are privileged to work together with The Peregrine Fund in the recovery of this great species. We are excited to host this event in-person (on site) as well as virtually so that the scope and reach of this incredible and successful collaborative effort can continue to inspire people around the world," says Bureau of Land Management Vermilion Cliffs National Monument Manager Brandon Boshell.

113 Condors Now In The Skies

Condor Reintroduction Program Director for The Peregrine Fund, Tim Hauck says, "We currently have 113 California Condors flying the skies of northern Arizona and southern Utah. We're excited that the population continues to grow and are monitoring several nests with young birds that have hatched in the wild this year. Adding these captive-reared birds to the wild flock helps to increase genetic diversity and overall success of the program."

Because the condor team is unable to predict exactly when the birds will choose to leave their release pen, the live stream event will have a picture-in-picture set up

with a camera trained on the release pen and will include videos and interviews with the condor biologists and conservationists who work with these massive birds! Viewers will also be able to ask questions and have them answered live by the condor team.

Those who will be attending the event in person will have the opportunity to talk with condor biologists, learn about the birds and their habitat, and enjoy a festival-like atmosphere while waiting for the birds to take their first flight off of the cliff. Details about attending the event in-person are below.

To VermilionCliffs

The young condors hatched at The Peregrine Fund's World Center for Birds of Prey in Boise, Idaho and several partner organizations, including the Oregon Zoo, Los Angeles Zoo, and San Diego Zoo Safari Park and were transported to Vermilion Cliffs National Monument for release to the wild.

The historical California Condor population declined to just 22 individuals in the 1980s when the greater California Condor Recovery Program was initiated to save the species from extinction.

As of May 2022, there are 113 condors in the wild in the rugged canyon country of northern Arizona and southern Utah and the total world population of endangered California Condors numbers more than 550 individuals, with more than half flying free in Arizona,

Utah, California, Mexico

Set a reminder to join the live stream of the condor release on The Peregrine Fund's YouTube Channel!

(The live stream begins at 12:30 p.m. Mountain Time)



If Attending In Person —

- Driving directions: Take Highway 89A from Kanab or Page to the Vermilion Cliffs (from Flagstaff take Highway 89 to Highway 89A). Turn north onto BLM Road 1065 (a dirt road next to the small house just east of the Kaibab Plateau) and continue almost 3 miles. If traveling from Utah, please note the differences between time zones as the event begins at 1 p.m. MDT (noon MST, northern-Arizona Condor Time).

- Bring: Spotting scope or binoculars, sunscreen, hat, ample water, snacks, a chair, and layered clothing as the closest facilities to obtain supplies are 40 minutes away from the remote release site.

- Details: Informational kiosk, shade structure, and restroom at the site. The event will follow the CDC guidelines in place for outdoor gatherings at the time of the event. • Map: <https://on.doi.gov/3dW2f4m>

For More Information

For more information about this California Condor recovery project: <https://peregrinefund.org/projects/california-condor>

Contacts

Joëlle Baird, Grand Canyon National Park, (928) 606-3154
Tim Hauck, The Peregrine Fund, (588) 747-5885
Shaula Hedall, U.S. Fish and Wildlife Service, (928) 266-5451
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There’s Tons Of Outdoor Fun Around Sierra Vista

Check out the river that runs “backwards.”

BY MARGIE ANDERSON

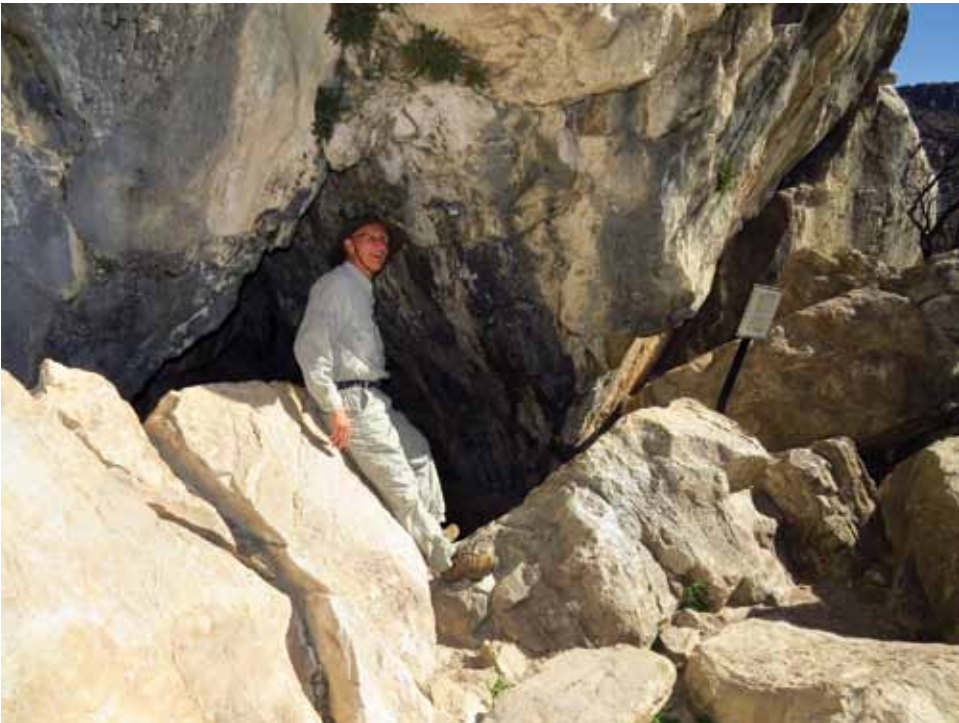
We have a tendency to head north most of the time when we leave town, but we have learned the error of our ways. There are a lot of great places to visit in the southern part of the state, and the area around Sierra Vista is no exception. From a river that runs “backward” to creek preserves and mountaintop campsites, there are tons of things to see and do around there.

Sierra Vista, Canelo, Elgin Loop Drive

This one will take you most of the day but you’ll see some spectacular county and you can visit Parker Canyon Lake and enjoy a picnic lunch in the shade! Start in Sierra Vista and head south state Highway 92. Around three miles from the Mexico border 92 curves off east, but you’ll want to make a right onto South Coronado Memorial Parkway just after 92 is headed east.



Pronghorn Near Elgin



John at the entrance to Coronado Cave. We didn’t try to go in!



The Trail To Coronado Cave

Coronado National Memorial is a road and a National Park. The road goes through Montezuma Pass where I highly recommend you stop and stretch your legs and enjoy the view. But I’m getting ahead of myself! You’ll want to stop at the Ranger Station/Visitor Center on the



Try on some Spanish armor at the Coronado National Memorial Visitor’s Center.

way and find out more about the Coronado Expedition, try on some Spanish armor, and find out about visiting Coronado Cave.

Coronado Cave

If you’re valiant, go to Coronado Cave. The trail is well-marked and is about a quarter mile past the Visitor Center. Then there’s a half-mile uphill hike to the cave, which is rated moderate to moderately strenuous. We did it, but when we got to the cave I totally chickened out. For one thing, we had no gear with us and the entrance is a very steep clamber down boul-



The area around Sierra Vista is beautiful country.

ders – I couldn’t see myself being able to get out! We had no flashlights either. So not a good idea.

If you want to go in the cave, I strenuously urge you to visit the nps.gov site and search for Coronado Cave. They have an excellent page about visiting the cave and even a video and some great photos of the inside. A few miles before the Montezuma Pass the pavement ends, but the road is a good gravel road. It stays gravel until you reach Parker Canyon Lake.

We stopped at the pass where there is ample parking, and walked along some paths that climb the hills. Even from the parking lot you get amazing views, and you can see both sides – east and west. The beginning (or end!) of the Arizona Trail passes through here, and there are benches to sit on while you take in the views. The girls loved it here.

Parker Canyon Lake

Parker Canyon Lake makes a great place to stop and eat lunch. Bring your own pr buy some snacks at the Parker Canyon Lake Marina. There are campgrounds and picnic tables, and plenty of trees for shade. It’s a beautiful lake and has some good fishing. You can rent boats and kayaks, get a license, buy baits – the whole deal! Check out their webpage at www.parkercanyonlake.com.

From the lake we drove on through Canelo and Sonoita, then headed east on 82 then south on 80 to get back to Sierra Vista.

SIERRA VISTA, continued on page 15



Parker Canyon Lake




Montezuma Pass

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Parker Canyon Lake



One Of The Buildings
In Ramsey Canyon

SIERRA VISTA

Continued from page 14

Ramsey Canyon/ Patagonia
Sonoita Creek Preserves

While you’re in Sierra Vista, be sure to make time to visit two gorgeous Nature Conservancy sites, Ramsey Canyon and Patagonia-Sonoita Creek Preserves. Ramsey Canyon is just south of Sierra Vista – just take 92 south out of town and turn west on Ramsey Canyon Road. Ramsey Canyon has a little visitors center with a store, and great trails. The main trail follows Ramsey Creek and crosses it now and then with little wooden bridges. There are old building along the trail, as well as a big fireplace. Great photo opps.



Coues Deer At Ramsey Canyon

Coues Deer

We saw a lot of Coues deer at Ramsey Canyon, and they actually came pretty close to us, which was a treat. There is a splash place for kids, and at the end of the main trail there’s another trail that goes up the mountain and reaches beautiful views. They are closed on Tuesdays and Wednesdays all year. Open 8-5 March through October, and 9-4 November through January. It is gorgeous here, so you don’t want to miss this place!

Snails, Butterflies, Birds

The Patagonia Sonoita Creek Preserve is 873 acres protecting one of the few remaining permanent streams in Arizona, Sonoita Creek. There are beautiful, easy trails that follow the creek and wander through the meadows, and you’ll see a huge variety of birds in addition to an amazing riparian habitat. It is an example of the rare Fremont cottonwood-Goodding willow riparian forest. There are trees there over 100 feet tall and 130 years old! We and the girls had a great time hiking around and making friends with the snails, butterflies, and birds!

Town Of Patagonia

Patagonia-Sonoita Creek is open Wednesday – Sunday 6:30 am to 4 pm October through March, and 7:30 – 4 the other months of the year. It is just southwest of the town of Patagonia. We visited Patagonia after going to the Preserve, had a great coffee and snacks, and then let John buy us some mugs and hats in some of the cute stores! It was so much fun!



Up At Carr Reef
Townsite Camp-grounds



Carr Canyon Road
#368 Scenic Drive

Way up in the Huachuca Mountains southwest of Sierra Vista is a flat area (sort of) called Carr Reef. There is a narrow, winding road that goes clear up there. The first mile or so is paved, and after that you’ll need high clearance. It’s steep switchbacks with no guardrails, but the views from the road just keep getting better and better as you climb. You’ll come to Carr Canyon Picnic Area and a campground too. There are a lot of hiking trails up there, and you’re in a beautiful forest.

History Of Gold, Silver Mining

The girls absolutely loved it up there – we wandered all around and explored the forest, and hardly saw another soul. This was in March, and the road is closed from around December 15 to March 15. It’s operated by the Sierra Vista Ranger District of the Coronado National Forest. There is a rich history of gold and silver mining in the area. Reef Townsite Loop Trail begins at the recreation area along with two campgrounds. From the Reef you can connect with a bunch of trails that go all over the Huachuca Range.



On the Loop



San Pedro River Near San Pedro House

San Pedro River

The San Pedro Riparian National Conservation Area contains 40 miles of the upper San Pedro River. This river is one of the few rivers that flows from south to north – it begins in Mexico. It’s a big river, but the area is home to a lot of different birds and animals.

San Pedro House

There are several different places to access the river, and one of the most popular is the San Pedro House, which is about 9 miles east of Sierra Vista on 90.



It’s got a little bookstore and information center with bird feeders that attract a lot of gorgeous birds, and there is a great trail from the San Pedro House to the river. We had a good time hiking around through the trees. The river itself is not very big, and in a lot of places you can hop over it, but there are several channels. It’s a fun place to take kids to.

Don’t Forget Tombstone And Bisbee

There is a lot more to do and see around Sierra Vista, like Tombstone and Bisbee, vineyards, and lot of beautiful country and trails to explore. Next time you’re trying to decide where to go for a little vacation, be sure to check out Sierra Vista! ■



SCHOLARSHIPS AVAILABLE

Pass This On To The Students You Know

Each year the Veterans of Foreign Wars (VFW) and its Auxiliary invite students to enter and express their appreciation of our veterans in writing, in recording, or in an art form.

EXCERPTS FROM A LETTER
FROM LAURIE SPARWASSER
SCHOLARSHIP PROGRAM CHAIR

Hi! My name is Laurie Sparwasser. I am thrilled to chair the Scholarship Program again this year for President Marvie's "Boots on the Ground for Our Veterans" year. I really love this program of the VFW Auxiliary as I enjoy working with our students in the community.

This program shows us how the young people view Americanism and Patriotism with these scholarships. It is a way for them to reveal their views on these attributes to this great country.

The programs within Scholarship Program are the same as in the past – Continuing Education, the Young American Creative Patriotic Art contest, Voice of Democracy, and Patriot's Pen.

The Voice of Democracy and Patriot's Pen essay contests are due first – October 31st to the local Post (VFW Post 3513 c/o Carol Allen: Address: 7220 E Wilshire Dr, Scottsdale, AZ 85257 Questions? editor@azbw.com.)

The Young American Creative Patriotic Art contest is due to your Auxiliary by March 31, 2023. .

• The theme this year for the Voice of Democracy Essay is "Why is the Veteran Important?" A copy of the application is

below for you to print, [fill in, and/or] hand out to students.

• The Patriot's Pen essay contest theme this year is "My Pledge to our Veterans". The application for this contest is also below for you to print.

Hopefully, we can get this information to the students ... as soon as possible. It takes time for the students to get their ideas together, and the Voice of Democracy essay requires them to record their essay on a flash drive.

New This Year

There will be separate judging for 3-D art this year, so every auxiliary can send ... a 2-D and a 3-D entry for judging. The National award is for the best promotion of the 3-D art contest. There is a form available at www.vfwauxiliary.org/resources to complete. ... The 3-D part of the Young American Creative Patriotic Art contest is really being stressed this year. There is also an additional escrow fund set up for the 3-D program. The form must be returned to me by March 31, 2023.

Applications for the Continuing Education Scholarship and the Young American Creative Patriotic Art Contest are listed below for you to print.

Our National President's theme is "Hands that Serve, Hearts that Care".



Laurie Sparwasser

This program is geared to students in school, but taking the time to work this program shows we care and serve our communities.

VFW Auxiliary Continuing Education Scholarship

Note: The Continuing Education Scholarship is **only** an Auxiliary-sponsored scholarship. The application form is due to National by February 15, 2023.

The VFW Auxiliary is pleased to present scholarships to assist members who wish to further their education by pursuing a college degree or a career direction at a vocational/technical school. **Access the entry form here:** https://vfwauxiliaryil.org/wp-content/uploads/2022/07/FILLABLE_Continuing-Education-Scholarship-Application.pdf

Patriotic Art Scholarship

This is a scholarship contest that recognizes up-and-coming artists and encourages patriotism in youth. **Access the entry form here:** https://vfwauxiliaryil.org/wp-content/uploads/2022/07/FILLABLE_VFW-Auxiliary-Patriotic-Art-Brochure-and-Application.pdf

Patriotic Written Essay Competition

2022-2023 Theme "My Pledge to Our Veterans." Student Entry Deadline: October 31, 2022 PConducted nationwide,



this VFW-sponsored youth essay competition gives students an opportunity to write essays expressing their views on an annual patriotic theme. Make sure that [essays are] submitted to the VFW Post (VFW Post 3513 c/o Carol Allen: Address: 7220 E Wilshire Dr, Scottsdale, AZ 85257 Questions? editor@azbw.com.) before the contest deadline of Oct. 31, 2022. **Access the entry form here:** <https://vfwauxiliaryil.org/wp-content/uploads/2022/07/Patriots-Pen-Entry-Form-Fillable.pdf>

Voice Of Democracy

What is the Voice of Democracy Program? Since 1947, the Voice of Democracy has been the Veterans of Foreign Wars' (VFW's) premier scholarship program. Each year, nearly 80,000 high school students compete for more than \$2 million in scholarships and incentives. Students compete by writing and recording an audio essay on an annual patriotic theme. This year's theme is, "Why Is The Veteran Important?" Why Should I Enter? Prizes and scholarships can be awarded at the Post, District, state and national level. Department (State) winners receive an all-expense-paid trip to Washington DC, to tour the city, be honored by the VFW and its Auxiliary and receive their portion of \$156,000 in national awards, the top scholarship being \$30,000. **Access the entry form here:** <https://vfwauxiliaryil.org/wp-content/uploads/2022/07/Voice-of-Democracy-Entry-Form-Fillable.pdf>

For More Information

vfwauxiliaryil.org > scholarship-2
Editor's Note: We thank Laurie Sparwasser for this valuable information and hope that you will be sure to share it with any eligible students you know. I have added some local information in case you need it: (VFW Post 3513 c/o Carol Allen: Address: 7220 E Wilshire Dr, Scottsdale, AZ 85257 Questions? editor@azbw.com.) Thank you. ■

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This Is Home For Many Homeless Vets

MANA house is for Marine, Army, Navy, and Air Force vets who need a helping hand.

Far too many veterans are homeless. At MANA House, we offer a safe place to start over for veterans experiencing homelessness in Phoenix. Once they reach stability and move on to permanent housing, we do our best to send them off equipped with a Welcome Home Kit. Learn about these kits, the important role they play in veteran housing success, and how you can help. <https://www.catholiccharitiesaz.org/.../welcoming/> <https://manahouseaz.org/about-us>

Formerly known as Madison Street Veterans Association, the MANA (Marines, Army, Navy, Airforce) House is a peer-support organization of homeless and formerly homeless veterans. We help support veterans rebuilding their lives by providing support from our staff and partners.

Vision

Alone, the challenge of homelessness is daunting. Together, no one is alone and



we can overcome any obstacle. Together we can bring an end to veteran homelessness.

Mission

MANA House is a peer-run organization of homeless and formerly homeless veterans offering personal, individualized basic resources, community and advocacy for all veterans.

Values

- We listen, accept and understand. We create success by practicing these core values:
- Teamwork
 - Duty
 - Service
 - Self-worth
 - Camaraderie

VETS, continued on page 17

History

May 2008 – Fourteen veterans begin to manage their own space in the Mens Outreach Shelter (MOS) on Madison Street in downtown Phoenix.

Summer 2008 – Madison Street Veterans Association (MSVA) is created as a peer group and serves as an inspiration to other groups in the shelter who organize around their own defining bonds.

Fall 2008 – The group meetings at MOS became too large, so they moved to Lodestar Day Resource Center. LRDC agrees to become the fiscal agent for MSVA.

November 10, 2008 – Phoenix Vice Mayor Michael Nowakowski donates a new U.S. flag to the MSVA group. They retire their tattered old flag to American Legion Post 41 for proper burial.

December 2008 – Catholic Campaign for Human Development provides seed money of \$700. Soon after, Colonel Joey Strickland of the Arizona Department of Veterans Services provides a \$5,000 grant.

February 2009 – MSVA volunteers for a veterans stand down event assisting with traffic control, cleaning the area and tearing down after the event.

May 9, 2009 – Congressman Harry Mitchell and Col. Joey Strickland cut the ribbon on the Madison Street Veterans Association Outreach Center at 233 South 11th Ave in Phoenix.

May 1, 2010 – MSVA opens MANA House, a transitional living facility at the YWCA building in Phoenix, which houses 49 homeless veterans.

June 2010 – Representatives go to Washington D.C. to the National Coalition for Homeless Veterans to share their own successful experiences, look for grant money and to do program research.\

October 2010 - MANA House is approved for grant and per diem funding by the Veterans Administration. Grant funds used to remodel the kitchen and replace the flooring.

November 2011 - MSVA receives first place award for its entry in the Phoenix Veterans Day Parade.

December 15, 2011 - Terry Araman, Director of the MSVA, is recognized as a “Champion of Change” and invited to the White House to speak about ending veteran homelessness.

January 20, 2012 - Rededication and open house of the newly remodeled Veterans Outreach Center.

October 1, 2015– Catholic Charities Community Services incorporates MSVA into their programs and oversees its development, taking over for Lodestar Day Resource Center. The program is renamed to Catholic Charities MANA House.

August 2018 – The first residents move into the Catholic Charities MANA House new, expanded facility on Holly St. near the I-17 and McDowell. The new facility has space for up to 76 veterans, nearly double the number at the previous facility. It also offers an industrial kitchen and dining room, large enough for all residents to enjoy meals together and build comraderie, plus a computer room, a day room with books, games and a pool table, and laundry facilities.

Partners


- ADM Group
- American Legion
- The Arizona Cardinals
- The Arizona Diamondbacks Foundation
- AZ Dept. of Veterans Services
- Be Connected
- Del E Webb Foundation
- Fry’s Food Stores
- The Home Depot Foundation
- Human Services Campus
- Jewish War Veterans
- Military/ Veteran Resource Network – Resources

- USAA
- The Phoenix IDA
- Southwest Veterans Chamber of Commerce
- Target Corp
- The Thunderbirds
- Valley of the Sun United Way
- Veterans Chamber of Commerce
- Veterans of Foreign Wars

- Walmart/Sam’s Club
- Wells Fargo

More Information


Location and phone: 2422 W.Holly St., Phoenix,Ariz. 85009, (602) 254-6785
<https://www.catholiccharitiesaz.org/subscribe-to-our-newsletter> ■



Marine Corps Birthday Ball

THURSDAY, November 10, 2022 - 6:00 PM (1800)

- DINNER \$10 – ADVANCED RESERVATIONS REQUIRED (tickets at the post)
 - Info call: DOROTHY CALLAWAY (602)359-0642
- Annual address from the Commandant of the United States Marine Corps.
 - Cake-cutting ceremony
 - Music by The Bagpiper and DAVE.
- **Proper attire is requested – PLEASE – No tank tops, shorts, or flip-flops.**



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FITNESS

Continued from page 11

Senior Fitness class that she was begining to teach, so because we really like her, we went. We were afraid it would be lame, but she kicked our butts! It was set up so you could make it easier or harder depending on what level you’re at, and a class like that can give you a lot of moves to start with.

Joints can be a real problem as you get older. Mine are fine, knock on wood, but Margie struggles with knee problems and is adamant about not having surgery. We bought her a personal trainer for six months, (Courtney at VASA), and she has done wonders. The key is to strengthen the muscles around the problem joint without damaging the joint any more. This is something you need to discuss with a professional.

These May Help

Every trainer I’ve ever had has recommended Glucosamine and Chondroitin to support joint health, and even our veterinarian told us to give it to our old dog when arthritis began to slow her down. Some brands also contain things like turmeric, which has anti-inflammatory properties and might help arthritis.

Multivitamins

My doctor also recommends a multivitamin to all of his patients, because these days it’s rare to get all you need from your diet alone. Even the best diet in the world can be missing some key minerals and/or vitamins. If you’re a senior, they make special vitamins, and Margie and I also take gender-specific vitamins.

Vitamin D has gotten a lot of press since Covid-19 reared its ugly head. It seems that people with Vitamin D deficiency are 14 times more likely to have a severe or critical case of COVID-19. Also, the mortality rate for those with insufficient vitamin D levels was 25.6%, compared to 2.3% among those with adequate



I may be a “Pioneer”, but I can still put in a long day behind a hunting dog!

levels. <https://health.ucdavis.edu/news/headlines/what-is-the-link-between-vitamin-d-levels-and-covid-19/2022/02>

Think Again

You might think that because you spend so much time in the outdoors, you get plenty of Vitamin D. Think again. Do you wear the recommended sunscreen, sunglasses, and hat? Long sleeves? All of those block the sun, so you’re not getting a ton of Vitamin D there.

As for us, Margie is vegan so the only milk in our house is almond milk, meaning we don’t get Vitamin D from milk either. Our doctor recommended taking 1000 mg of Vitamin D per day, which is a tiny little capsule.

Bottom Line:
Talk To Your Doctor!

If your eyes, joints, muscles, or whatever are giving you trouble, go to the doctor! I can almost guarantee that it won’t get better on its own. Ask specifically about recommendations for supplements that could help, and let him or her know

the foods you normally eat. You may be surprised at what he/she recommends. And be sure to shop around because prices for vitamins and supplements are all over the place. Also, personally, I will **never** buy any vitamins or supplements (even for my dog) that come from China.

For Your Four-Legged Buddy

If you have a furry hunting buddy, ask your vet about supplements for him or her too. Our veterinarian recommended Welactin for Mochi – it’s an Omega 3 supplement that helps her skin and coat. For the most part, good high-quality dog foods have all the vitamins and minerals a dog needs. We give Mochi Purina Pro Plan. She loves the shred varieties!

This article wasn’t meant to diagnose or help you treat any conditions – I’m just giving you my experience, and since everyone’s body is unique, you need to ask for professional advice before taking any supplements or vitamins. I’m definitely not a professional – I’m just an old guy who wants to stay healthy and strong as long as possible! ■

CAMPING

Continued from page 1

3. “There is no better place to staycation and enjoy quality time with your family.”

“As prices continue to rise on goods and services, our agency agrees it is more important than ever to continue the Buy One, Get One campaign this fall. With the evening temperatures starting to cool down, everyone is eager to return to the outdoors and enjoy time with their family and friends. The Buy One, Get One promotion allows visitors to extend their stay an additional night on us so they can continue to enjoy quality time with their loved ones,” said R.J. Cardin, Maricopa County Parks and Recreation Director.

To book a camping reservation and receive a free night, contact the parks at (602) 506-2930 or book your reservation online at maricopacountyparks.org. The promotion is valid for stays booked between October 1 and November 10, 2022.

Participating Parks

1. **Cave Creek Regional Park.** Located north of Phoenix, this park offers the illusion of being miles away from civilization. The campground has 55 individual developed campsites.

2. **McDowell Mountain Regional Park.** Nestled in the lower Verde River basin, this park is a desert jewel in the northeast Valley. This park has 76 developed campsites perfect for RV or tent camping.

3. **Usery Mountain Regional Park.** Located on the east side of the Valley at the western end of the Goldfield Moun-

tains and adjacent to the Tonto National Forest, this park offers 74 individual developed campsites. Sites can accommodate an RV or tent camping.

4. **White Tank Mountain Regional Park.** At nearly 30,000 acres, this is the largest regional park in Maricopa County. Most of the park is made up of the rugged and beautiful White Tank Mountains on the Valley’s west side. The park offers 40 individually developed campsites for tent or RV camping.

Guidelines

Visitors interested in taking advantage of this offer must —

1) Contact the park(s) directly at (602) 506-2930 or book reservations online at maricopacountyparks.org.

2) To receive the offer, you must use one of the following coupon codes:

a) 1Free (valid for one free night during a one to seven-day stay) or

b) 2 Free (valid for two free nights during an eight to fourteen-day stay).

3) Reservation extensions: Extensions are eligible for the Buy One, Get One offer if booked during the identified promotion dates, either in person or online.

4) Offer valid for designated camping spaces, not valid for primitive camping, group campground reservations, or unit fees.

5) Rain checks will not be issued if space is not available.

6) Reservations booked before the August 16, 2022, launch of the promotion are not eligible and will not receive a refund or credit.

7) Offer not valid at Adobe Dam Regional Park, Estrella Mountain Regional Park, Hassayampa River Preserve, Lake Pleasant Regional Park, San Tan Mountain Regional Park, and Spur Cross Ranch Conservation Area.

8) The offer is only valid for camping stays between October 1 and November 10, 2022.

Maricopa County
Park Systems

At approximately 120,000 acres, Maricopa County is home to one of the largest regional park systems in the United States. The parks are located throughout the county and within a 45-minute drive from downtown Phoenix. Some restrictions do apply. To learn more about Maricopa County’s regional park system, visit www.maricopacountyparks.net.

Maricopa County
Parks & Recreation

From hiking on a barrier-free trail to horseback riding along a creek, Maricopa County Parks offer visitors the best of the Sonoran Desert. At approximately 120,000 acres, Maricopa County is home to one of the largest regional park systems in the United States. All trails within the Maricopa County Park System are for non-motorized use only. The twelve parks in the system circle the metropolitan area and are within a 45-minute drive from downtown Phoenix. For more information on the park system, visit <http://www.maricopacountyparks.net/> or phone (602) 506-2930. ■

COUNTRY FEST

Continued from page 1

pop-ups are allowed. However, unopened plastic water bottles, lawn chairs and blankets are welcome. Only clear bags will be allowed. Festival attendees are encouraged to buy tickets in advance.

Camping Weekend

For those wanting a camping weekend experience, both full hook-up campsites (electric, water, sewer, and internet access), as well as dry camping spaces are available. All reservations require a three-night minimum stay. Showers, convenience store, pool and clubhouse amenities are available to weekend campers at Pleasant Harbor RV Resort.

Pleasant Harbor offers an array of watersports and lakeside activities featuring the world’s largest floating waterslide (H2-Whoa!), recreational sailboats, jet skis, kayaks, boat cruise and paddle board rentals.

In addition to the many onsite food trucks at Saturday’s event, Dillon’s Bayou Restaurant, located at Pleasant Harbor Marina, is open throughout the weekend

for breakfast, lunch, and dinner.

Grab Your Cowboy Boots

“The Peoria Country Fest is a great opportunity to enjoy live music, bull riding and delicious food with all the fixings at Lake Pleasant, a Peoria gem and one of the best lakes in the state,” said Peoria Councilmember Brad Shafer. “Grab your cowboy boots and hat and join the fun on October 8!”

Pleasant Harbor at Lake Pleasant is less than a 45-minute drive from downtown Phoenix and the closest entry to the lake for most Phoenix-area residents. Located in the City of Peoria, Pleasant Harbor is open to the public 24 hours a day, 365 days a year. For more information about the Peoria Country Fest, tickets, or camping, please visit www.pleasantharbor.com or call the Pleasant Harbor events line at 623-203-5173.

Encapsulating: The Bottom Line

What: Peoria Country Fest
When: Saturday, October 8, 2022 2:00 p.m. – 10:00 p.m.
Where: Pleasant Harbor at Lake Pleasant, 8708 West Harbor Blvd., Peoria,

AZ 85383

Why: 1-day Country Festival, w/ optional Weekend Camping Experience

Who: Four popular country bands: Justin Hitson & Southbound, Billy Shaw Jr Band, Ryan Bexley and Josh Roy

How: Purchase tickets or make camping reservations online: www.pleasantharbor.com

Tickets: Adult: \$30.00; Children: \$10.00 (12 and under)

VIP: \$75.00 (includes meal, designated seating and bathrooms, as well as private acoustical performances)

Parking: \$7.00 (per vehicle) (Additional fee for RV’s/boats)

Camping: 623-235-6140 (call to reserve your campsite)

More Info: Pleasant Harbor Event Line: 623-203-5173

Getting There

Pleasant Harbor at Lake Pleasant, located in the City of Peoria, is less than a 45 minute drive from downtown Phoenix and conveniently located off Carefree Highway and 87th Avenue (8708 W. Harbor Boulevard, Peoria, AZ 85383). Visitors exiting the I-17 freeway, travel west on Carefree Highway, or take 99th Avenue

North from Bell Road to Carefree Highway and then west to 87th Avenue to Harbor Boulevard.

About Pleasant Harbor

Pleasant Harbor, located on the southeastern shores of Lake Pleasant, conveniently adjacent to the metropolitan Phoenix area, is open to the public 365 days a year and located in the City of Peoria.

The full-service marina, features Dillon’s Bayou restaurant, boat and slip rentals, as well as Jet Ski, kayak, paddle boat, and sailboat rentals. Additionally, the marina features H2-Whoa! – the world’s largest floating water slide and is home to *The Phoenix*, a 150-passenger boat cruise providing tours of majestic Lake Pleasant.

Pleasant Harbor also includes an RV Resort with 253 full hook-up sites, 60 partial hook-ups and dry camping sites featuring amenities such as a club house, pool and Jacuzzi, bocce ball, basketball, shuffleboard, horseshoes, laundry facilities, showers, convenience store and picnic grounds. For more information, visit www.pleasantharbor.com or call the Pleasant Harbor RV Resort at 623-235-6140 or the Pleasant Harbor Marina at 623-235-6130. ■

DOVE HUNTING

Continued from page 1

Buckeye is a fast-growing city, ranking fourth nationally by the U.S. Census Bureau. As a result, crops have shifted more to cotton and alfalfa since the dove-hunting heyday of the 1940s to 1980s, when barley, milo, wheat and oats filled the vast fields. Still, the partners are working together to continue past traditions, embracing growth and new opportunities. Robbins Butte, Powers Butte and Arlington wildlife areas offer plentiful fields that flocks of mourning and white-winged doves find so attractive. A lucky hunter might even see a deer or javelina foraging in those fields.

AZGD And Partners

The Arizona Game and Fish Department (AZGFD) and partners like Valley of the Sun Quail Forever have been working hard to bring back doves through the many projects implemented at Robbins Butte. The increased availability of food (more than 200 acres in crop production growing wheat, barely, oats, sunflowers, milo) and water (more than 2 miles and soon to be 7) for doves and other small game species shows a promising future for higher numbers of doves. It all means more opportunities for hunters and wildlife viewers.

As an example, more than 780 vehicles visited Robbins Butte Wildlife Area from Sept. 1-7 — that’s more than 2,000 people. Even with last year’s opener being on a Wednesday, the check station

on Robbins Butte recorded 140 hunters, with an average harvest of eight doves per hunter. The mentored youth hunt included 61 hunters with 74 doves harvested. The Arizona Wheelin’ Sportsmen event resulted in several hunters harvesting their bag limit within the first few hours.

Not Just About Doves

Of course, dove season isn’t just about the doves. It’s really about the traditions, families and friends, and community. Buckeye and AZGFD have been collaboratively working for the past several years to promote, expand and celebrate the opportunities for outdoor recreation in Phoenix’s West Valley, with a focus on the season opener of the dove hunts.

This Year’s Events

Robbins Butte Wildlife Area Annual Youth Mentored Dove Hunt. 4:30 a.m. Sept. 3. This event is free to all youth (ages 10 to 17) who can safely handle a shotgun, accompanied by an adult and a certified mentor on site to provide the best experience. This event is sponsored by Youth Outdoors Unlimited. Register: www.youthoutdoorsunlimited.com.

Arizona Wheelin’ Sportsmen Annual Robbins Butte Wildlife Area Dove Hunt. 4 a.m. Sept. 4. This event is free to all with disabilities. Register: www.nwtf.org/events.

For more information and hunting area maps, visit buckeyeaz.gov/dove. ■



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Bartlett Lake Marina has a boatable surface area of 2,815 acres - more than Canyon Lake and Saguaro Lake, combined. Fed by the pristine waters of the Verde River, Indians of this valley spoke descriptively in their legends of the river's "sweet waters."

Outdoor enthusiasts frequent Bartlett Lake for a variety of recreational opportunities, including shoreline camping in Arizona's natural desert terrain. While in this part of the Tonto National Forest, visitors may see mule deer, bald eagles, javelina, coyotes, and many indigenous desert plants, including the majestic saguaro, mesquite trees, and blooming ocotillo.

BOAT RENTALS

Bartlett Lake Marina we are ideally located 17 miles northeast of Carefree and only one hour from Phoenix. Our marina offers a range of well equipped comfortable pontoon rental boats. All safety gear and full instruction are included. We welcome novices! You can trust our rental boats to keep you and your family safe while exploring the surrounding bays. We have a number of different pontoon boats for your party needs. We also offer a variety of packages from full day rentals, and weekend rental packages.



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