



“When looking for a fishing trip, you have to do your research. First off, you need to know the area, what fish may be biting, where to go to catch such fish and what types of boats are available.”

Photos courtesy of Mia Anstine



ADVENTURE

Mia & the Little Gal: Our first south-of-the-border sport fishing adventure in Mexico

By Mia Anstine

Is there something about fun that entails work and waking up before the sun? In the life of Mia and the Little Gal (LG), it sure seems to be the case. Whether we are hunting or fishing, we do believe in the saying, “The early bird gets the worm.” This early-morning adventure was a first for myself and LG. We were super excited because Hank was taking us sport fishing.

We enjoyed a relaxing vacation in Puerto Vallarta, Mexico, and of course had to add in some hunting or fishing because after all, it's what we love to do. I asked some friends who are boat captains for advice on who to go fishing with and they offered some great suggestions. April in the Sea of Cortez is really not the “hot” time of year for sport-fishing. Some captains were booked, and

others were taking time off to spruce up and perform maintenance on their boats. Left to our own devices, we sent Hank to partake in the popular Mexico barter process and book us a fishing trip.

How to book a south-of-the-border fishing trip

When looking for a fishing trip, you have to do your research. First off, you need to know the area, what fish may be biting, where to go to catch such fish and what types of boats are available. You need to know if the fee includes going to those areas or not. In our case, Hank wanted a safe and smooth ride because he most

importantly wanted LG to have fun. He didn't want her turning green and being sick the entire time. He opted for a larger boat that would be more stable on the water. LG and I, of course, wanted to catch the biggest trophy fish in the sea, but since it was not season for giant marlin, we opted for anything bigger than what we had caught in our prior salt-water fishing adventures. With a few expectations set, we sent Hank on his way to barter for a Mia & the Little Gal-style fishing trip.

Hank met many people who offered fishing trips along the marina. Some would include bait, some not. Some had the fastest boat, some had the safest boat and others guaranteed the impossible. Then he met a man who knew a man. Through him, he booked a trip with Captain Alfredo Ocaranza Zuñiga. This captain is a native to the area and has guided sport-fishing on his own boat and others for nearly 40 years. Zuñiga is a 2-time champion in the International Tournament of Marlin and Fish Watches in Port Vallarta. More importantly, we learned his goal is for his clients to be successful in catching fish.

Alfredo and his first mate met us on the docks before sun-up. At a balmy 70 degrees, we were happy to not be bundled up in winter gear and excited to meet this famous captain. We briefly chatted about what we wanted to catch and before we knew it, the marina and other fishing boats were behind us.

We're off!

I have to add in another angle to this angler story. LG was extra happy to be going on this trip because her school science teacher had presented the kids with a contest for the week. He was going to give awards to the student(s) that caught the first fish, the most fish, the largest fish and the smallest fish. LG was off to work on winning this contest.

With lines in the water, we trolled for bait. (Refer to my prior statement, when booking a trip, ask if bait is included.) We wanted to catch as many fish as possible — from small to large. LG reeled in fish after fish, as she caught our bait. The first mate looked at us as though we were insane as we asked to take pictures with each bait fish that looked possibly smaller than the last. She and I decided he was probably used to men who only wanted to reel in record-breaking blue marlin. We giggled each time she pulled one in and he shook his head.

Before long we were chasing the flocks of sea-going birds and looking for "real" fish. We watched as we left other fishing boats in the "wake" and our captain raced to a feeding area. We could see fish rising around us and hoped it would not be long.

Then one took the bait. LG was positioned in her chair. She held the rod tight and heaved and ho-ed as she reeled in a fish. The fight was on. She pulled and tugged. She would bring the fish close to the boat and then her jaw would drop as the fish would take the line and run. Her determination exploded as she waited,

caught her breath and then began the fight again. Her little biceps bulged and she snarled and growled as she worked the fish in. LG kept pulling and tugging until the first mate finally told her to hold it. He brought the fish aboard and she grinned from ear to ear. She had caught her largest fish to date. A 40-pound jack crevasse.

With smiles, high fives and hugs, we went back to work. Work? Yes. I am calling it work. With all the activities we do we thought we were in pretty good shape. Good shape that is until you have to fight a huge fish on your line. Our biceps burned, legs looked for traction and our soft hands screamed. That LG is one tough gal!

That beautiful day LG and I reeled in a total of 6 of those fish. We cheered and the captain, first mate and Hank laughed at us as we caught our "BIGGEST FISH EVER!" She ended the day with a total of 12 baitfish, and 4 jack crevalle; the largest was over 60 pounds. At school she won 2 of the 4 categories in her school contest, most fish and biggest fish.

What now?

Now, after burning biceps, excitement and fun, our bucket lists have grown. We are training for what we hope will be our next family vacation. We hope it will be a sport-fishing adventure including a chase of dorado, tuna and of course, marlin. Our work is never done, and of course the early bird gets a big fish.

What outdoor adventures would you like to see covered at The WON. Let us know! info@womensoutdoornews.com

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WONREVIEWS

Reviews rank high with us at The WON. We put gear through the paces, testing it and really using it for our outdoor activities and adventures. In fact, one seat-cover maker even called us and asked, “You’re not going to run over these seat covers, are you?” Know that if we see a problem with gear, we like to recommend changes. We will never run a review that isn’t 100-percent honest.



ShootingStarr: Beretta SV10 Perennia I

I had the pleasure of shooting the 20-gauge SV10 Perennia I shotgun with 26-inch barrels for the entirety of Michigan’s upland-hunting season this year. This 7-pound, over-and-under is a breeze to carry through the North Woods, and makes daylong hunting excursions, through thick cover, easier than if I carried a heavier shotgun. I also used the Perennia during more than 20 rounds of skeet and sporting clays, in preparation for upland season. Below are some of the reasons why this gun is perfect for any upland huntress.

[Read the full review.](#)



Marti Davis Afield: Beretta Nano review

Micro-compact, 9mm handguns are one of the hottest concealed carry items lately. I recently took the Beretta BU-9 Nano to the range and put it to the test. This wasn’t the first time I’ve shot the Nano. Back in June of 2012, at the Girls Gun Getaway, I had the opportunity to try Beretta’s first striker-fired pistol.

[Read the full review.](#)

Babbs in the Woods: Bugout gaiters kept her bug free!

It all started about two weeks before the official spring turkey season commenced here in Missouri last year. I had been out scouting and came back with multiple chigger bites on my ankles and lower legs. Although I sprayed Permethrin on my boots and jeans, the lil’ critters still climbed aboard my legs and chewed on me for a while. I still have the scars to prove their existence. About the same time, I received a press release regarding Insect Shield products, by Outdoor Research.

[Read the full review.](#)



WONREVIEWS

Babbs in the Woods: Bond gun cousin Walther PPQ M2 ready to protect

The PPQ M2 is a cousin to the Bond family of defense guns, in the family of P99s, but intentionally designed for the carry market and for those of us who like some of GLOCK's features, but might prefer a smoother trigger and slimmer grip. A redesign of the original PPQ, which featured a 2-sided paddle on the bottom of the trigger guard as its release, the new magazine release on the polymer-framed, striker-fire PPQ M2 appears in a standard side location *on both sides*.

[Read the full review.](#)



Reviews with Michelle B.: Frogg Toggs women's waders

Years ago, when I purchased my first pair of waders, they were only offered in men's sizing, and in limited "one-size-fits-all" styling. It was difficult to find a pair that fit properly. Today, however, the industry markets countless brands of waders cut for a woman's curves! My favorite brand for size and fit is Frogg Toggs®. The women's Canyon Togg wader series is designed for the female shape and is available in a range of sizes (small through x-large). The waders are expertly constructed to not bunch around the arms and chest.

[Read the full review.](#)



Michelle Cerino

A girly-girl who grew up in Ohio, happy playing with her dolls and barbies, Michelle Cerino, author of the column "[She Shoots 2](#)," sponsored by [Vertx](#), never thought she would lead the life she does now. A mother of 2 teenage boys, Michelle has been right there beside them hunting youth deer seasons, plinking pop cans with .22s and being involved in Boy Scouts since 2004.

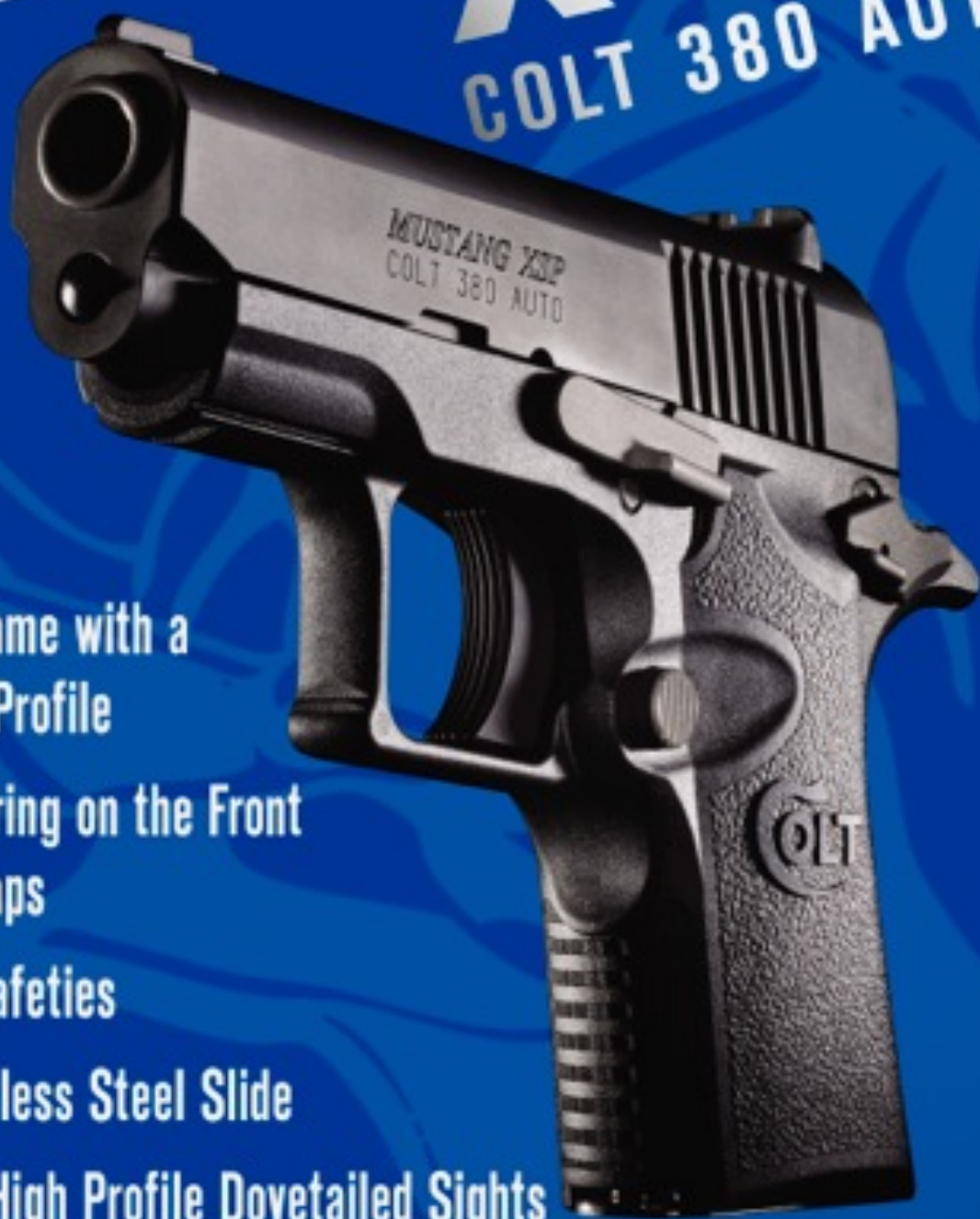
Michelle is the president of Chris Cerino Training Group LLC, a firearms training company she built with her husband, Chris, in 2011. She manages the business, keeps the website and Facebook updated and assists in instructing civilians and law enforcement. Her path in the firearms and outdoors industries is ever progressing. She is writing, hunting, competing and doing contract work for major manufacturers. Read more about [Michelle at The WON](#).



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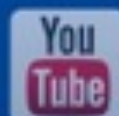
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Michelle Bodenheimer



An experienced huntress, Michelle has pursued big game, upland birds and waterfowl throughout North America and Africa. Although Michelle loves to hunt and shoot (both rifle and bow), her biggest passion in life is sharing her love for the outdoors with others.

Michelle's writings and photography have been published in a number of outdoor journals including *On Target*, *The Gun Dog Journal*, *The Shooting Channel* and *African Hunting Gazette*. Michelle has also been a repeat contributing guest on "Outdoor GPS," a live hunting and fishing television program broadcast on Comcast SportsNet NW. [Learn more about Michelle](#) and check out her reviews at The WON.

Marti Davis

Marti Davis started hunting 16 years ago in southwest Missouri. She currently lives in Willard with her husband, Jimmy, and their



mini daschund, Maggie. Hunting and the outdoors isn't just a pastime for Marti, it's her lifestyle. She enjoys hunting, trapping, fishing, scouting, working on food plots, riding an ATV and even brush hogging – although it's not at the top of her "favorites" list.

Marti is on the pro- and field-staffs for Mossy Oak camouflage, Knight & Hale game calls, Moultrie Products and HerCamoShop. She also loves sharing her passion and introducing new hunters to the sport. Marti truly believes we must pass on our great hunting heritage.

Marti pens the column "[Marti Davis Afield](#)" at The WON, sponsored by [HerCamoShop](#).

Molly Smith

She's a teenager, a writer and a competition revolver shooter. Molly Smith also serves as the junior captain for Team Smith & Wesson, and competes in pistol competitions at local and world-class levels.



When she's not competing, you might find Molly assisting with classes in safety and techniques for women through a program called Guns and Ladies. She also volunteers with programs such as Honored American Veterans Afield (HAVA), and wrote about the life-changing experience she underwent after attending an event in Tennessee for her column at The WON, "[Millisecond Molly](#)."

As a senior in high school, Molly looks forward to the next phase in her life. Follow Molly at The WON and also, at her fine blog, [The Molly Minute](#).

Julie Golob

A self-proclaimed daddy's girl, Julie Golob found her love for shooting at a young age.

What began as a father/daughter weekend hobby, turned into an accomplished career. After claiming over 50 world and national titles, champion is not her only accolade. Julie is also the captain of Smith & Wesson's highly successful shooting team. She is the author of [SHOOT: Your Guide to Shooting and Competition](#) and is also an outdoor television personality.



An avid hunter, this Prós Hunting and Field Apparel's pro-staffer has a passion for the outdoors and cooking wild game. She loves sharing her hunting experiences and venison recipes on her blog [JulieGolob.com](#).

Last, but certainly not least, Julie is a loving wife, and a mother to 2 beautiful little girls. She is committed to balancing her passion for competition with her dedication to her family. Read her column "[Julie G.](#)" at The WON.



“Goose hunting, much akin to all waterfowling, is difficult. It’s muddy, it’s exhausting and it can be downright annoying if the birds aren’t cooperating. But when the birds are plentiful and your shots connect, it’s one of the most rewarding hunting experiences you’ll ever enjoy.”

Photos courtesy of Writing Huntress



Ask Writing Huntress: Goose hunting for beginners

Dear Writing Huntress,

I’m trying my hand at waterfowl hunting this year and need some help. The only other kind of hunting I’ve done was deer hunting with my 20-gauge pump shotgun. Do you have any basic guidelines for a newbie goose hunter? Is my 20-gauge enough to kill a goose? How do you cook goose meat?

Sincerely,
Overwhelmed in Ohio

Dear Overwhelmed,

First off, take a big, deep breath. Then take another. Are we cool, calm and collected yet? Good!

Secondly, allow me to commend you on your choice to begin waterfowling! I, much like you, started out my waterfowl hunting tenure with Canada geese, because they are easy to identify and they weigh 9-12 pounds — easier to shoot than a 3-pound duck.

My first goose-hunting adventure occurred some 4 years past. My (now) husband and his buddy, Devin, were in attendance. Our home state of North Carolina had just opened its early Canada goose season in September, a time of year that is best classified as “still summer” as opposed to “almost fall.”

The mercury hovered around 100 degrees the entire hunt, with a balmy 87 percent humidity. I, eager to impress my comrades, had gone a little crazy with the camouflage face paint. It ended up dripping in multicolored rivers down my bare arms only minutes into the hunt. I got stuck retrieving decoys and never once shot my gun. It wasn't until months later that the stars aligned to allow my first goose kill.

Moral of the story? Goose hunting, much akin to all waterfowling, is difficult. It's muddy, it's exhausting and it can be downright annoying if the birds aren't cooperating. But when the birds are plentiful and your shots connect, it's one of the most rewarding hunting experiences you'll ever enjoy.

Without further ado, let's delve into The Writing Huntress's basic guidelines for newbie goose hunters.

Chapter 1: Know your goose

Bird identification is key. In some cases, it's a matter of keeping or losing your hunting license if you accidentally shoot an out-of-season bird, or one that is federally protected.

Your best bet is to do a lot of studying before season — focusing on characteristics of different kinds of geese, from their honks, the way they fly, to what each one's silhouette looks like from 30 yards away. Visit your local Game and Fish office to procure information about the kinds of geese in your area. When you're there, ask if you can talk with a game warden or wildlife biologist, if one is available, about your identification questions.

Lucky for you, Overwhelmed, you're focusing on Canada geese, one of the most easily recognizable geese in North America. Even though you may be comfortable visually identifying a Canada goose from a Snow goose, be sure to be absolutely positive before pulling the trigger.



Chapter 2: Shoot that 20!

Contrary to popular thought, you are completely able to kill a goose with something other than a 12-gauge, semi-automatic shotgun. How do I know? Simple, I killed my first goose with a Mossberg 500 youth-edition 20-gauge. At the time, it was the only gun I felt comfortable enough to shoot, so I used it the entirety of my first goose season, with great success.

Now, while your gun is able to shoot a goose, you still need to practice. One of the best ways to prepare for shooting flying objects is to go to the nearest skeet or sporting clay range. There, instructors can teach you how to shoot at clays moving in all sorts of directions, so that by the time webbed feet are landing on top of your blind, you'll be ready.

Chapter 3: Bacon-wrapped gaggle of geese

Many a skeptic claims that geese taste too gamey, and they're not versatile enough to warrant shooting. These claims are utterly false. Canada geese are not only delicious, but also malleable enough to work into any dish.

My husband and I live in the Prairie Pothole Region of North Dakota, which means we kill a lot of geese, which means we eat a lot of goose. Besides making goose breakfast sausage, summer sausage, jerky and other types of sausage-esque products, we practically live off of bacon-wrapped goose poppers.

To make the mouthwatering bites, just breast out as many geese as you have handy. Once they're breasted, you can soak the breasts in milk for a few hours or overnight, depending on how much of the gamey flavor you feel like eliminating. Take the breasts and cut them into palm-sized medallions. Then, place a piece of cheese and a jalapeño in the middle. Roll the goose, then wrap it with a piece of bacon, secure the whole combination with a toothpick, and throw them on the grill. Once the bacon and goose are cooked, you're ready to eat!

Remember that goose hunting is multi-faceted and the learning never ends, so be sure to keep your eyes open for seminars, speakers or outdoor shows in your area. Good luck and please report back to The WON on how your season goes!

Happy hunting,
WH

Lisa, Writing Huntress



The Writing Huntress (WH,) known to her friends and family as Lisa Jane, is a freelance outdoor writer who currently dwells in an igloo in North Dakota. Her homeland of western New York is where she killed her first deer and where her passion for hunting was born. WH has a weakness for animal shelters and sad dogs.

Hence, her icehouse is currently run by 4 rescues that use their previous, abused lives to their current couch-adorning advantage. Her husband is an admitted quackaholic and present-day farmer who drives in continuous circles, row after row in his tractor about the vast prairie.

WH's favorite color is dinosaur-printed camouflage. Her most beloved animal to hunt is the jackalope. When she's not taking pictures, waiting on wild game or tweeting from 20 feet up, WH can be found, quill-in-hand, crafting the next "[Ask Writing Huntress](#)" column by antique oil lamp in her hand-hewn, coal-heated, log cabin. Learn more about [Lisa at The WON](#).

Brita Lewis

The youngest of 3 girls, Brita Lewis became her dad's hunting buddy at the age of 9. She loved it. "I remember going to sit with him a lot and then one day realizing that I wanted to have my own gun. I wanted the challenge," she said.



For Brita, hunting is more than a thrill to enjoy with good friends. It's part of a focus on close-to-nature, sustainable living. "I like to be as self-sufficient as possible, and I'm a locavore," Brita says. She calls her philosophy "WildThrive," and she's dedicated a Facebook page and website to sharing natural ideas anyone can use in everyday life. [Learn more about Brita](#) and her column "[Wild Thrive](#)".

WONDERFULFARE

LG's Deer Jerky

By Little Gal

6 pounds of fresh game meat (beef is OK, too)
 1 C. of brown sugar
 ½ C. of soy sauce
 ¼ C. of Worcestershire sauce
 ¼ C. of Jerk sauce
 ¼ C. of Liquid Smoke
 2 tsp. of garlic powder
 2 tsp. of sea salt
 2 tsp. of fresh ground black pepper

Directions:

Cut meat into thin strips, approximately 1 inch wide. Remember to trim off excess fat. Place meat inside a large plastic bowl. Crumble and sprinkle brown sugar over meat. Stir meat and brown sugar. Measure and pour the following ingredients over the meat: Soy sauce, Worcestershire, Jerk sauce and Liquid Smoke. Sprinkle garlic powder, sea salt and pepper over the entire mixture. Seal the container with the lid and shake the mixture to ensure the meat is completely coated by all of the ingredients. Place the sealed bowl in the refrigerator for at least 24 hours, allowing it to marinate.

After at least 24 hours have passed, use a dehydrator or oven to dry the jerky. If you are drying the meat in the oven, set it to 150 degrees Fahrenheit. Spread the marinated meat on a rack or cookie sheet and place the meat in the oven for 7 hours. Note: drying meat too rapidly in the oven may cause it to become tough. If you are using a dehydrator, spread the marinated meat on the drying trays and run the dehydrator for approximately 4 hours. Test the jerky for desired texture. When the jerky is dried to your liking, seal it in Ziploc bags or other air-tight containers. Keep refrigerated.

Bear Meat Stroganoff

By Britney Starr

1 bag of wide egg noodles
 1 pound ground bear (or venison) meat
 1 tablespoon paprika
 ½ teaspoon salt
 ½ teaspoon pepper
 ½ cup chopped onion
 1 clove of garlic
 1 can sliced mushrooms
 1 can cream of mushroom soup
 1 tablespoon Worcestershire sauce
 1 cup sour cream

Directions:

Boil water in a large pot and cook the egg noodles. Drain when cooked and set aside. While noodles are cooking, brown the bear meat in a frying pan. When cooked, remove the meat from the pan and add paprika, salt and pepper to the meat. Set meat aside. Sauté onion, garlic and mushrooms (drained) until golden brown. Add cream of mushroom soup and Worcestershire sauce to the onion, garlic and mushroom mixture. Simmer until the mixture thickens. Combine cooked bear meat with the thickened cream-sauce mixture. Add sour cream before serving. Top egg noodles with stroganoff and enjoy!

Fried Morel Mushrooms

By Camo Mom

1 pound morel mushrooms
 1/2 cup oil for frying
 2 eggs
 3/4 cup milk
 1 (4-ounce) packet saltine crackers, finely crushed
 Salt and black pepper to taste.

Directions:

Heat the oil in a large skillet over medium heat. Beat the eggs and milk in a shallow bowl. Coat the mushrooms in the egg and milk mixture, then roll them in the cracker crumbs. Place the coated mushrooms in the heated oil. Cook the mushrooms until they are golden brown on the bottom and then flip them over. Remove them from the pan to drain on a paper towel. Season with salt and pepper to taste.



WONDERFULFARE

Venison Ragu

By Michelle Cerino

1 quart canned venison
2 tablespoons olive oil
2 garlic cloves
1 can beef stock
1/2 cup red wine
1/2 cup heavy whipping cream
1 can white beans
Fresh green beans
Gnocchi

Cut venison into cubes. Sauté garlic in olive oil. Add meat to oil and brown. Put meat in crockpot and cover with beef stock and dry red wine. Set your crockpot to low or high, depending on what time you want to serve the meal.

Cook gnocchi 20 minutes before you are ready to eat. Remove everything from crockpot and put in a large pot. Bring to a simmer and add heavy whipping cream until it reaches desired consistency. Then add your white beans and fresh green beans. Cook until green beans are tender crisp. Add your gnocchi and serve.

Easy Peach Cobbler

By Marti Davis

2 (30-ounce) cans sliced peaches
1 yellow cake mix, dry
1 can lemon-lime soda

Drain and cut peaches into bite size pieces. Into a 12-inch Dutch oven, add the peaches. Pour cake mix over peaches, then pour soda over the cake mix. Stir to mix completely. Bake at 350 degrees for 45-60 minutes. When cooking outdoors use 16 briquettes on top and 8 briquettes under. Rotate oven and lid every 15 minutes. Serves: 8-10

For Dutch oven cooking and cleaning tips visit [Marti Davis Afield: Dutch oven cooking](#) at [Women'sOutdoorNews.com](#)



Mia Anstine

Mia Anstine is a guide and co-owner at [Wolf Creek Outfitters, Inc.](#) She spends nearly 150 days per year hunting, fishing, shooting and learning. Mia aspires to make the world a better place through education, mentoring and sharing her passions.

As a child, she spent her time near the river in front of her home and hiking in the hills behind. It is there that she began her adventures and learned to respect the outdoors. Now, she hopes to share all of that with you through writing about experiences while raising her daughter to love and respect the outdoors and shooting.

Mia pens the column "[Mia & the Little Gal](#)" at The WON. She is proud to be sponsored by, write for and represent Girls with Guns Clothing, Beretta USA, *Western Whitetail* magazine, Prois Hunting & Field Apparel, HerCamoShop and TenPoint Crossbows.

Sara Ahrens

Sara Ahrens is a police sergeant in Illinois with 17 years of experience. Highlights of her career include assignments in Training, SWAT, Bike Patrol, Vice and Patrol. Sara ran training for 4 years, and some of her responsibilities included analyzing officer's use of force and developing training based on those trends, running the firearms program as the Range Master and the maintenance of all weapons.

A veteran, Sara served 11 years in the US Army and Army Reserves. She is an avid hunter, and as a result, can be found on the pro-staff of Prois Hunting and Field Apparel for women. Sara participated in the third season of the History Channel's "Top Shot" and has appeared on several episodes of the Outdoor Channel's "Shooting Gallery". In addition to writing "[OffBeat](#)", sponsored by [Armed in Stilettos](#), Sara contributes to Beretta USA's blog. Learn more about [Sara at The WON](#).



13 IN 2013

Not an easy thing to do ... to choose 13 things we did in 2013 out of hundreds. Take a look and see if TeamWON met the challenge of bringing news, reviews and stories to you about shooting, hunting, fishing and adventure.

How to become a champion

Vera Koo gives insight on what it takes to be at the top of your game in competitive shooting.

Keeping fit with archery is catching fire

Keep your bow arm ready to go all year round with these great exercises and tips from Mia & the Little Gal.

Order in the Supreme Court

When most girls were relaxing with friends by the pool, Molly Smith was the California Girls State Supreme Court Chief Justice.

Be sure to mind your p's and q's

Michelle Cerino lets us in on the unwritten rules of etiquette in 3-Gun matches.

Do you see what she sees?

Sara Ahrens helps us identify the signs of a dangerous situation.

Layering is the look for hunt success

Writing Huntress shows us go-to-layering system for staying warm and comfy on the hunt.

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13IN2013

Packing a powerful little punch

Big things come in small packages when Barbara Baird shares what she likes about her S&W snub-nose revolver.

Get a shotgun!

Don't just take Joe's word for it, read about self-defense shotguns in this article by Britney Starr.

Don't drown the fun!

Read this informative post by Michelle Bodenheimer on personal flotation devices.

Keep it safe. Keep it FUN!
Julie Golob offers tips for taking kids to the shooting range.

On the front lines in the battle for life
A moving account of Kathryn Maroun's fight against Stage 3 neurological Lyme disease.

Noodling in the Soup
Ever want to know how to noodle for a catfish? Learn how with this piece by Brita Lewis.

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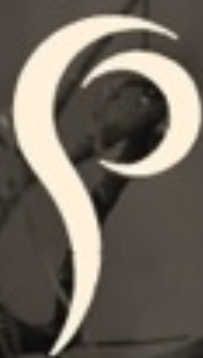
You'll want to get a whiff of this

Marti Davis offers up advice on how to get the stink out and control your scent for a successful hunting season.

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