

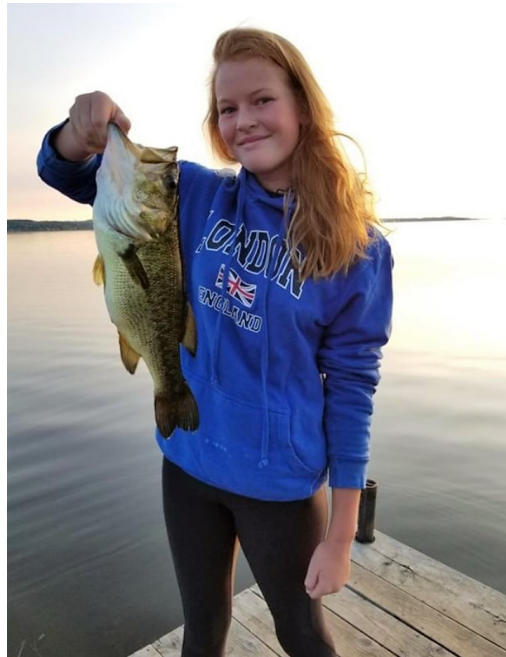


Newsletter

Junior Angler of the Month—Meet Natalie Cummings

Natalie fished as a little kid but didn't really "get hooked" until she and her mom participated in a Mom & Me Fishing Day in 2019 with Ontario Women Anglers. That was also the first time she learned how to take a fish off the hook by herself. Ever since then, she and her mom have been fishing together regularly and have had lots of outdoors adventures.

Natalie is 14 and will be going into Grade 9 this fall. She lives in Otonabee which is near Peterborough. "I have a couple of school friends that fish and my mom. That's it right now," says Natalie. "My favourite species to fish for is bass but I'm happy to catch anything to be honest."



Ever since last summer, Natalie's passion for fishing has grown and she is often up very early so she and her mom can get out on the water. One morning at 5:00, they went down to the public docks in Bewdley on Rice Lake. Natalie caught a 19" bass, her biggest fish ever. Before that, she had only caught pan fish (perch, sunfish, rock bass, etc.). She would like to catch a muskie someday and also a lake trout through the ice.

Natalie and her 15 year old brother live with their mom, Sara, who has a disability. It is sometimes challenging for single-parent families to have the resources and be able to take trips like other families. But, since she was 20, Sara taught herself a lot about fishing, camping and canoeing and passes on these skills to her children. She tries to inspire other families with limited resources to take their children out fishing and give them positive outdoor experiences. She is a very cool mom!

Natalie is interested in fishing in and volunteering at kids' derbies. She would like to get involved in a local junior fishing club in the near future and wants to help other children get involved in the sport.

"You don't need a fancy fishing rod and lures to get started in the sport. A worm on a hook works just fine," says Natalie. "I would like to tell kids my age that if you want to get involved in fishing, just go out and do it. There is a lot to learn but it is a lot of fun too".

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How to Spool Line onto your Reel

One of the most frustrating things that every angler has experienced is to have your reel end up in a total bad hair day mess! This happens when the line has not been put on the reel properly so it tangles so badly that it may take many precious “I would rather be fishing” minutes away from your fishing time. So here are the basics of how to spool the line onto your reel. Be patient with yourself as it will take some practice to get the hang of it! And that is ok!

The most important thing to do first is to make sure you talk with someone about what type of line you need to put onto your reel. There are many brands, types and strengths out there so talk with someone about what line will work best on the rod and reel that you own and for the type of fish that you are targeting.

The quickest and simplest way to get the line on your reel the proper way!

1. Attach the reel to your rod and thread the line down the rod starting at the top guide to the bottom one.
2. Make sure your bail is open. The bail is the half-moon shaped piece of metal wire on the top of your reel. Flip it up to open the bail. Then wrap the line around the reel two times and tie a knot to secure your line to the spool. Tie an overhand knot (just like tying your shoes) or if you like, try other types of knots. The uni-knot is the most common. Take a small piece of electrical tape and apply it over the knot to make sure the line does not slip on the spool!



3. Make sure to close your bail. Now you can ask a friend for some help! Your friend will need to put on some gloves to protect his or her fingers just to be safe. Find a pencil or screwdriver and insert it into the hole that is in the spool of line. Stand double the length of the rod apart from each other. Make sure the line stays tight between the two of you...but not too tight!

If you do not have a friend to help you, fill up a bucket with water and place the spool label side up. Stand back and reel the line in while pinching the line as it is coming onto the reel. The water keeps the spool flat and provides some resistance.

4. Now reel in your line. Have your friend pinch the line a little as it comes off the spool as this helps to keep the line tight while you reel it in. Make sure that you leave enough space that you can still see a tiny bit of the spool.

Looking for more help? Check out the videos below!

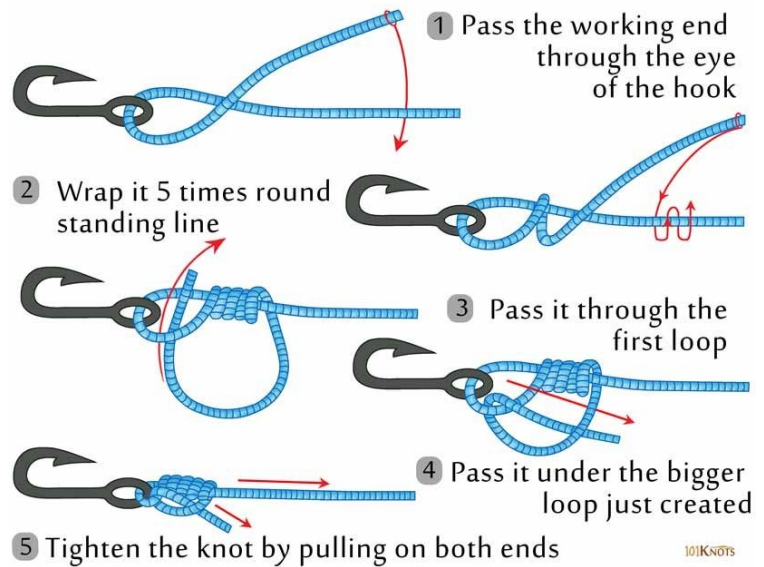
Learn how to spool a reel correctly by Shimano Australia [here](#).

Learn How to Tie the Uni-Knot by Salt Strong [here](#).

The Improved Clinch Knot

The Improved Clinch Knot is one of the most widely used fishing knots. It is a great knot for tying on hooks, lures and swivels. The Improved Clinch Knot is a fairly simple knot and has a strong hold. It can be used with most types of fishing line including: monofilament, fluorocarbon and braid. One of the most important things we need to remember about tying any knot is that it needs to be lubricated before pulling the knot tight. This is because friction can create weakness in the line and the knot can break. You can lubricate a knot with water or saliva. Either way, just don't forget to wet it before you tighten the knot.

Improved Clinch Knot Instructions



Do You Have a Mentor?

The definition of mentor can be many different things to different people.

When you think of the word mentor what comes to mind? A teacher? A coach? A friend? We all have different people in our lives that we may consider a mentor. A guidance counsellor or a sports coach who helped you get to a higher level of your sport

or perhaps just someone who has encouraged and cheered you on.

Mentors are people who help guide us and give us advice. They are also people who share their knowledge and help educate us.

A mentor can help you in many ways. They can help lead you down a path in education or they can help build a desire to learn a sport or a hobby such as fishing. They could be someone who gets you excited about a new fishing technique and shows you how to do it. They will share in your joy of learning and success when you are able to do these things on your own without their help and land that big fish!

Do you have someone you consider a mentor? If you have someone you enjoy fishing with, be sure to ask them to show you and to teach you what they know. I am sure they will be happy to share their knowledge.



Polarized Sunglasses

Preparing for a fun, safe day of fishing requires planning and should include making sure you bring your sunglasses. We all know to wear sunscreen to protect our skin from the sun but we sometimes forget about protecting our eyes from the sun's harmful ultraviolet (UV) rays.

The Canadian Association of Optometrists recommends wearing sunglasses that are 100% UV blocking against UVA and UVB rays (these are the two types of ultraviolet rays). Damage to our eyes can happen after exposure to sunlight reflected by snow, ice, water or sand.



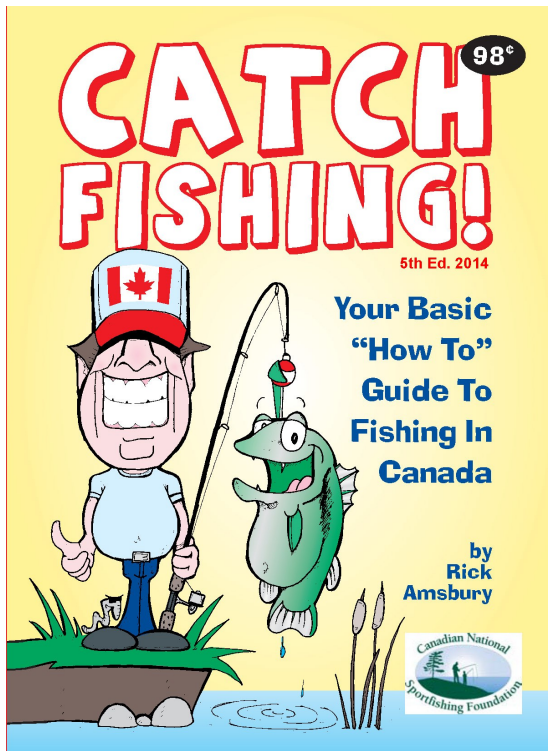
Wearing polarized sunglasses while fishing protects our eyes from UV exposure, flying hooks and debris, and helps to reduce the glare coming off the water. Polarized lenses are designed to eliminate the glare coming from the surface of the water and provide a clear view of the water and fish habitats.

Polarized sunglasses come in a variety of styles and are sold in most tackle and fishing/outdoor supply stores. Just like other sunglasses, the cost of polarized sunglasses varies. You can find a pair that would provide good protection and clarity starting as low as \$30.00. Wearing polarized sunglasses just makes good fishing sense and fish become easier to locate which hopefully makes you a more successful angler!

Catch Fishing Booklet

Catch Fishing! by Rick Amsbury is a very useful fishing resource for anglers of all ages and abilities. You can order paper copies or download the booklet, in French or English, at this website:

<http://www.catchfishing.com/booklet/>



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National Fishing Week Giveaway Winners

We hope everyone is having a great summer so far and spending lot of time fishing and in the outdoors. Thank you to all the parents, grandparents, aunts and uncles that sent in their children's fishing pictures for the giveaway. Congratulations to the three winners, who were chosen in a random draw, and will be receiving a new fishing rod!

Wellington D. – age 3 – from Sydenham

Hadley K. – age 9 – from Milford Bay

William A. – age 4 – from Little Britain

To learn more about National Fishing Week, visit:

<http://www.catchfishing.com/>

To find out about licence-free fishing days and events in Ontario, visit: <http://www.ontariofamilyfishing.com/>



Wellington D.



Hadley K.



William A.

Celebrating Nat



Shawn L.



Sam L.



Seth L.



Thane L.



Olivia B.



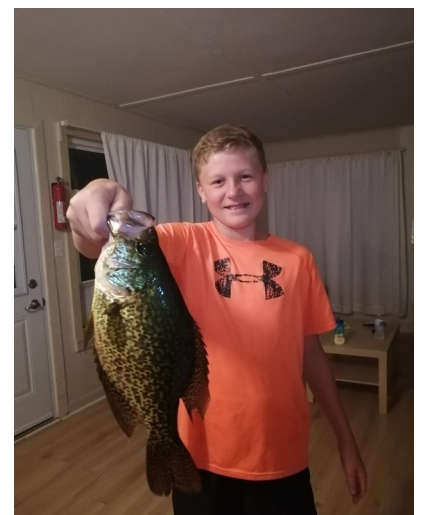
Amelia M.



Maisie B.



Seth L.



Lincoln B.

ional Fishing Week



Lucas P.



Matthew L.



Maddox B.



Jackson A.



Julienne D.



Lincoln C.

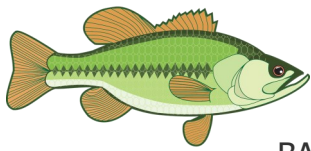


Cecilia B.



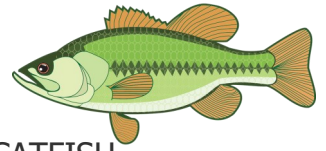
Julienne D.

Thanks to all who entered
the National Fishing
Giveaway! Check out
these great entries!



BASS
CRAPPIE
PIKE
TROUT

Ontario Fish Species Word Find



CARP
MUSKIE
SALMON
WALLEYE

CATFISH
PERCH
SUNFISH
WHITEFISH

H	N	N	P	P	L	C	W	H	N	K	P	K	T	V
S	B	B	S	R	U	W	H	N	S	A	F	K	R	W
I	X	F	V	O	A	C	I	B	K	I	T	A	O	Z
F	R	U	K	L	B	C	T	K	X	P	F	D	U	V
T	F	N	L	A	H	J	E	Q	G	I	E	N	T	T
A	D	E	S	C	E	I	F	O	N	S	G	R	U	S
C	Y	S	P	I	E	E	I	P	P	A	R	C	C	S
E	H	S	K	T	U	M	S	A	L	M	O	N	S	H
E	R	S	Z	F	U	I	H	I	E	K	I	P	C	N
J	U	W	A	N	I	N	P	I	N	I	L	K	S	S
M	R	R	G	L	R	J	K	N	Y	G	Y	N	J	A
X	B	Q	V	U	P	Y	J	S	J	C	V	F	V	K
H	V	Y	J	P	J	C	K	Y	F	E	Q	F	U	P
F	H	M	A	S	T	R	C	V	Q	D	I	M	V	N
P	T	E	G	K	O	H	P	V	H	I	Y	L	S	J

Junior Angler of the Month

Are you a young female angler (17 yrs old or younger) and would like to be our next Junior Angler of the Month? Do you have photos and a fishing story you'd like to share? If yes, please contact us at jclub.owa101@gmail.com

We Want Your Fishing Pictures!

We are adding a fishing pictures gallery in future issues and are looking for young ladies to send us their fishing pictures (with parents' permission).

Don't miss an issue!

Subscribe to the OWA Junior Club newsletter by visiting: <https://www.ontariowomenanglers.ca/jr-club>