

## Junior Angler of the Month — Meet Averie Rose Bonin

Averie is 13 years old and lives near Port Rowan, Ontario, which is on the north side of Lake Erie. She was only seven days old the first time she went fishing with her dad and has spent many days on the water with him since then. He has been her mentor and taught her many things about fishing and boating.

Although bass fishing is her favourite, Averie is a multi-species angler and has caught northern pike, muskie, steelhead, walleye, lake trout, longnose gar and many types of panfish to name a few. She drives her own boat and named her first one “Stormtrooper”.



Last year, Averie started filming her first fishing TV show called “[Hooked](#)” which is now on [Bell Fibe](#). The show will also be airing on the [Sportsman Channel Canada](#) and the [World Fishing Network \(WFN\)](#) in the United States in the fall. She is part of the [Shimano](#) Canada field staff team and has other sponsors such as [VMC](#) and [Smith Optics](#).

Averie enjoys fishing with her family and friends and likes to participate in kids’ derbies. “The most important thing is to me when I’m fishing is to learn and have fun,” says Averie. She wants to get more kids involved in fishing and encourages parents to get their children on the water at every opportunity. Her constant message is, “Take a Kid Fishing!”.

Aside from fishing, she also plays competitive hockey. Averie is an excellent student and really enjoys her time in school. She is also a wonderful “big sister” to her brother Luke and her sister Clair.

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Want to learn more about our Junior Angler of the Month? Follow Averie’s fishing adventures through her social media channels:

[YouTube](#)

[Instagram](#)

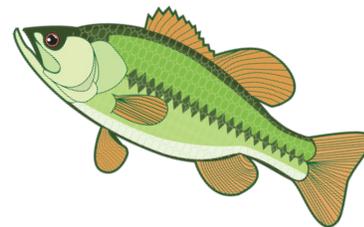
[Website](#)



## Life Jackets and Personal Flotation Devices (PFDs)

Each year, hundreds of Canadians drown in water related activities. 9 out of 10 of those people were not wearing a properly fitted and fastened life jacket or PFD.

A properly worn life jacket is designed to take an unconscious person from face down position to a face up position, to allow a person to breathe. Life jackets must be red, yellow or orange and must have a pealess whistle attached.



A properly worn, Canadian approved PFD (personal flotation device) is designed to keep you afloat in the water but cannot turn an unconscious person from a face down to a face up position. It is recommended that a PFD has an attached pealess whistle. Inflatable PFDs are not allowed for people under the age of 16 and/or under 80lbs and are only approved for certain boating activities which can be found in the Small Vessel Regulations.

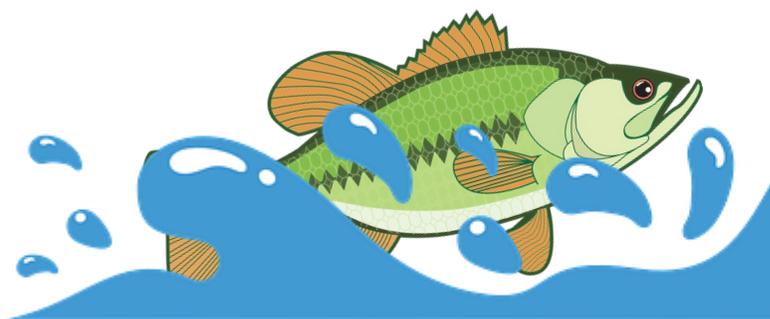
Things to consider when purchasing/using life jackets and PFDs:

- Make sure that you inspect the label and that it has the approval of Transport Canada, Canadian Coast Guard or Fisheries and Oceans Canada.
- The life jacket/PFD is approved for the water activity you are participating in.
- Make sure that you have the correct size and it fits comfortably.
- Women specific PFDs tend to fit women better than the unisex PFDs as they are made to contour a woman's body.
- It is recommended that you purchase a life jacket/PFD that has bright colors so you are more visible if you end up in the water.



Before you head out on the water, you should first check to make sure there is no obvious signs of wear that could impact the effectiveness or safety of your life jacket/PFD. Inspect for tears, rusty buckles, broken buckles etc. If it does not pass your visual inspection, it should be thrown away and replaced immediately. After you have finished your inspection, you should test your life jacket/PFD in water that you can easily stand in. Bend your knees and make sure you stay afloat and can easily breathe.

The law requires you to have one properly fitting life jacket per person on your boat, whether your boat has a motor or is human-powered. It is recommended that you wear a life jacket/PFD whenever you are on or close to the water.



## The Palomar Knot

~ A Basic and Easy-to-Learn Fishing Knot ~

One of the best first knots to learn is the Palomar Knot. It is a common and simple knot that can be used to attach a line to a hook, a lure or a snap swivel. It is one of the strongest and most reliable fishing knots and can be used with different types of lines such as fluorocarbon, monofilament and braid.

The Palomar Knot is a very strong knot when tied properly. You don't want your knot to fail and lose a fish!

Below are two links you can use for instructions on how to tie the Palomar Knot:

[www.animatedknots.com/palomar-knot](http://www.animatedknots.com/palomar-knot)

[www.netknots.com/fishing\\_knots/palomar-knot](http://www.netknots.com/fishing_knots/palomar-knot)

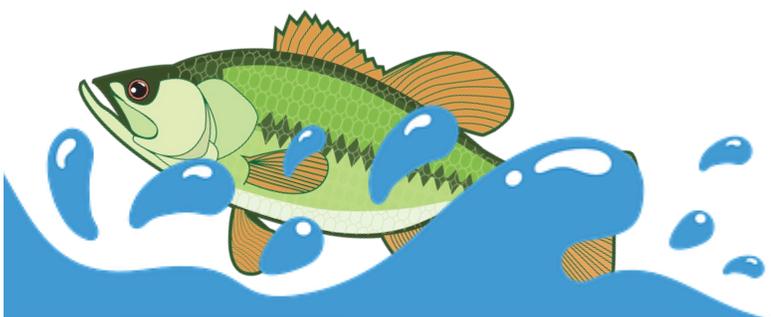
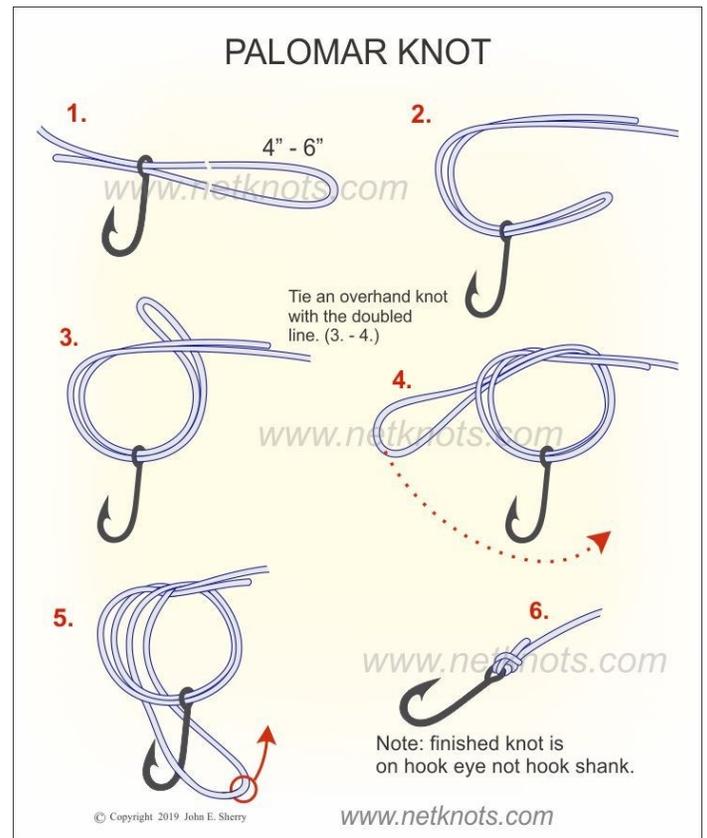
Taken from the animated knots website (link above), directions for tying a Palomar Knot are:

1. Form a loop in the end of the line.
2. Pass the loop through the eye of the hook. With the loop, tie an overhand knot.
3. Pass the loop over the hook and down around the knot.
4. Lubricate (wet the line) and pull the standing and tag ends to tighten the knot. Trim the tag end with scissors or clips. This wetting of the line before cinching the knot is important.

Be sure that when the hook or lure is passed through the loop, that all parts of the knot cinch up together.

It is a good idea to laminate some diagrams of knots from this website and keep them in your tacklebox. This way, you'll have them with you if you forget how to tie them.

Remember... tying knots takes practice. Be patient and keep trying!



Big thank you goes out to **Fay Ster** for creating our new logo for the OWA Junior Club!

**Ontario**  
Women Anglers  
Junior Club

## Tinkering in your Tacklebox

Organizing your tackle box is a very important task and if you love fishing, then you will love tinkering in your tackle box. A great tip in helping to keep your tackle organized is to use these small, clear, plastic jars, which you can find at most Dollar stores. You can store your small weights, hooks, bobber stoppers and jig heads in them. Place them upside-down in the tackle tray so you can see what's inside each container and you can also write on the lid with a sharpie pen to help you identify what is inside. If you keep your tackle box organized, it will make it easier to grab the few things you will need for the day and you won't have to carry around all your gear all the time.



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*For more information about organizing your tackle box, check out this*

[\*\*Beginner's Guide to Tackle Management\*\*](#)

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## Welcome to Ontario Women Anglers Junior Club

### 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 [\*\*jrclub.owa101@gmail.com\*\*](mailto:jrclub.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\*\*](https://www.ontariowomenanglers.ca/jr-club)

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*What is the best time to go fishing? Take Me Fishing's [\*\*interactive website\*\*](#) will help you decide the best time of day to fish depending on the season*

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