

NDG&F June 13th Newsletter

Watchable Wildlife Photo Contest

The North Dakota Game and Fish Department's annual Watchable Wildlife Photo Contest is now open, and the deadline for submissions is Sept. 30.

The contest has categories for nongame and game species, as well as plants/insects. An overall winning photograph will be chosen, with the number of place winners in each category determined by the number of qualified entries.

Contest entries are limited to digital files submitted on disk or via email. Contestants are limited to no more than five entries. Photos must have been taken in North Dakota.

By submitting an entry, photographers grant permission to Game and Fish to publish winning photographs in North Dakota OUTDOORS magazine, and on the Department's website, gf.nd.gov.

Photo disks should be sent to Watchable Wildlife Photo Contest, C/O Patrick T. Isakson, North Dakota Game and Fish Department, 100 N. Bismarck Expressway, Bismarck, ND 58501-5095.

Send emailed digital photos to photocontest@nd.gov. Photographers will need to supply the original image if needed for publication.

Photo disks will not be returned. All entries must be accompanied by the photographer's name, address, phone number and email address if available. Other information such as photo site location and month taken are also useful.

BOW Program Announces Schedule

The North Dakota Game and Fish Department's Becoming an Outdoors-Woman program is announcing its schedule for 2016.

A new paddleboarding event is set for July 7 at Harmon Lake in Morton County. Participants will experience an evening on the water using a stand-up paddleboard. Equipment and gear is included in the \$30 registration fee. [Register online](#) at the Game and Fish website, gf.nd.gov.

The annual summer workshop is Aug. 5-7 at Lake Metigoshe State Park, Bottineau. Participants may take several programs including archery, canoeing, introduction to firearms, fly-fishing, basic shotgunning, hiking, plant identification and trapping. Workshop fees of \$100 cover instruction, program materials, use of equipment, all meals and lodging. [Registration information](#) is available on the Game and Fish website.

A canoe trip is scheduled Sept. 10-11 at Lake Metigoshe State Park. The two-day workshop will include instruction and significant time on the water. Workshop fees of \$75 include instruction, use of

equipment, meals and lodging. Prior paddling experience is recommended. Registration for this event will open in late June.

BOW workshops are designed primarily for women with an interest in learning skills associated with hunting, fishing and outdoor endeavors. Although open to anyone age 18 or older, the workshops are tailored primarily to women who have never tried these activities or who are beginners hoping to improve their skills.

More information is available by contacting Brian Schaffer at 701-328-6312, or email bschaffer@nd.gov.

Handle Fish with Care

North Dakota's open water fishing season has many anglers hoping to land that elusive trophy fish. While hooking a wall-mounter is important for some anglers, others simply enjoy the thrill and return the fish back into the water.

Catch-and-release is effective only if released fish are handled carefully. The following precautions will enhance the likelihood of a released fish remaining healthy:

- Fish should be caught from depths less than 30 feet.
- Land the fish quickly. If possible, don't play the fish to exhaustion while attempting to bring it in.
- A needle-nose pliers or similar tool should be used to remove the hook.
- When removing the hook, don't squeeze the fish or hold it by its eye sockets, and avoid contact with the gills.
- If the fish is hooked deep, cut the line close to the mouth.
- If possible, hold the fish in the water while preparing it for release, including while handling it to remove the hook.
- Don't throw the fish into the water. When releasing it, place it into the water and move it slowly back and forth until it becomes acclimated.