

OUTDOORS

CALL OF THE WILD

The Journal welcomes ideas for stories about people in our community who have a unique hunting, fishing or outdoors tale.
Call the Journal at 285-7411

The ‘biggest and best’ Ice fishing derby is 1-4 p.m. Feb. 28

BY LAUREL BEAGER
Editor

The biggest and best ice fishing derby the Rainy Lake Sportfishing Club has ever organized is expected to take place Feb. 28.

That expectation is set by Dave Peterson.

“I really believe that,” Peterson said Thursday. “It’s shaping up to be probably the best derby we’ll ever have.”

He should know. Not only does he serve as chairman of the club’s derby committee and is a long-time board member, he said he’s attended every one of the 29 previous derbies.

“We’ve got perfect conditions: A nice main prize, fairly stable weather predicted and the ice is awesome,” Peterson said. “And it’s fun.”

The Rainy Lake Sportfishing Club’s 30th annual Family Ice Fishing Derby and Raffle is set to run from 1-4 p.m. Feb. 28 on Rainy Lake’s Sand Bay. Access by vehicle should be made at Rainy Lake Marine.

The draw of the derby may be stronger this year than in others, Peterson said.

“People are tired of being inside because it’s so cold — that might help push people to get out fishing,” he said.

“It’s shaping up to be probably the best derby we’ll ever have.”

Dave Peterson
RLSC Derby Committee chair

Peterson reminded anglers they must abide by the Rainy Lake walleye slot that calls for all fish 17-28 inches to be immediately released.

This year’s derby will offer designated fire pits where marshmallows may be roasted. As in the past, every kid gets a ticket for a free hot dog and this year will receive a special something when they register a fish.

Fish prizes, which have been donated by area businesses, will be awarded by a random draw of the fish entered. The prizes are not awarded based on size, as in the past.

The club’s Senior Fish House will serve as derby headquarters, with the Lion’s Club Food Wagon, fire pits and portable toilets located nearby.

Peterson encouraged folks to drill a hole for their neighbor if they need, and he said a club member at



FILE PHOTO

The weather for this year’s derby is expected to be a little milder than last year. But wind and cold last year didn’t keep Martin Hyatt off the ice.

the HQ will also drill holes for people who need them.

Ticket holders need not be present to win a derby raffle prize, he added.

Fishing on Sand Bay has been pretty good, Peterson said, noting he heard of a 17-inch crappie recently caught.

Peterson, an avid angler, suggested trying a plain hook with minnow on one line and jigging with an eighth-ounce glowing red or white jig.

Meanwhile, the derby serves as the club’s biggest fundraiser and helps to provide money for habitat projects, including the successful Rat Root River walleye spawning project, he said.

“That will add to our fish count coming up when the walleye spawn,” he said of the Rat Root project.

While grants were provided for some of the work for that project, the club was required to provide a percentage of the cost.

Derby proceeds also help to make improvements at the Rod Smith Memorial Kids’ Fishing Pond off County Road 93. The pond, which features covered picnic tables and two fishing piers, now offers young anglers a chance to catch largemouth bass and blue gill, in addition to the trout stocked there.

The pond is intended to give kids a chance to fish when their parents can’t or there is no lake access for them, the ability to catch fish when it may be difficult on the bigger lakes, and a place to hone their angling skills, Peterson said.

VNP 40th anniversary celebrated with poster

VNP STAFF REPORT

A new poster and postcard that highlights Voyageurs National Park’s 40th anniversary is now available for purchase.

Rays of sunshine illuminate a secluded campsite, tucked away in Voyageurs National Park. This 12-inch by 18-inch Works Progress Administration-style print is ready for framing.

This illustration commemorates the 40th birthday Voyageurs National Park and the 50th anniversary of Voyageurs National Park Association. Its creation involved many great park partners, including the artist, Tyler Nordgren; Voyageurs National Park Association assisted with the design; and Jefferson National Park’s Association printed the product.

Chief of Interpretation Tawnya Schoewe said the poster celebrates the anniversaries and park’s partnership.

“Tyler’s art really captures the Voyageurs National Park experience,” she said in a news release.

The poster is now available at the Jefferson Na-



CONTRIBUTED ILLUSTRATION

Illustration commemorates the 40th anniversary of the creation of Voyageurs National Park.

tional Park Association bookstores in all three park visitor centers. The poster is also available online at www.jnpa.com.

Voyageurs National Park Association helped to establish the national park in 1975 and today is dedicated to protecting, promoting, and enhancing Voyageurs for generations to come, said the news release. Learn more at www.voyageurs.org.

birthday of Voyageurs National Park and the 50th

MOTIVATED AGENT!

ISLAND VIEW REALTY

435 3RD STREET
INTERNATIONAL FALLS,
MN 56649
PHONE: 218.285.7060
FAX: 218.283.8480

Call Me Today To List Your Home Or Schedule Your Showing!

HEATHER MCBRIDE
REAL ESTATE AGENT
CELL: 218.410.1969
HEATHER@ISLANDVIEWREALTY.COM
WWW.ISLANDVIEWREALTY.COM

Take time to wish this handsome guy a happy and healthy 75!
(Feb 24th)

-Your family

We love you!

Timberpins
Bowling Lanes

Open Bowling Daily!
KARAOKE NIGHT
Friday and Saturday 9:00 pm
“FRIENDS & FAMILY”
Sunday Special
Bar, Food, Arcade, Pool

OPEN 4PM DAILY NOON ON WEEKENDS!
Phone 218-373-2695
12 Shorewood Drive

A CHANGE OF HEART

Think you could set aside a favorite recipe’s flaws—such as extra salt, sugar or unhealthy fat—and try a healthier version? It can be easier, and tastier, than you think.

It’s why we’re here with you—during Heart Month and beyond—to share heart healthy ideas for the entire family. Fact is, food choices can make or break your cardiovascular health over time. So start small, keep trying and find the healthy foods that fit you best.

Get more recipes and tips at EssentiaHealth.org/Heart

Banana Bran Muffins

1 cup mashed banana (about 2 medium bananas)	1 tsp. vanilla
1 cup unsweetened shredded bran cereal (like All-bran)	1 cup whole white wheat flour
¼ cup buttermilk	3 Tbsp. sugar
2 large egg whites	1 tsp. baking soda
2 Tbsp. canola oil	1 tsp. baking powder
2 tsp. molasses	½ tsp. cream of tartar

Preheat oven to 400°. Spray muffin tin with nonstick baking spray or line with muffin papers. In a medium bowl, stir together the first 7 ingredients. Set aside for at least 5 minutes to soften bran. In a large bowl, combine flour, sugar, baking soda, baking powder and cream of tartar. Stir: Make a well and add the banana mixture, stirring just until blended. Spoon into prepared muffin cups. Bake for 15 minutes or until center springs back when lightly touched. Cool for 5 minutes before removing from muffin pan.

EATING WELL

12 servings

1 muffin, serving size

Taste the love: more whole grain, less sugar

“Try whole grains, rather than refined ones, to get vital fiber and nutrients,” says Bonnie Brost, Essentia Health cardiology dietitian and certified diabetes educator.

“Use whole white wheat flour, not all purpose flour, for this recipe. **And enjoy!**”

INTERNATIONAL FALLS CLINIC

Essentia Health
Here with you

FIND DEALS
in
The Journal Classifieds

THE AEOA IS LOOKING FOR DRIVERS FOR ITS Medical and Rural Rides program in International Falls.

Reimbursement is 57.5 cents a mile from when you leave your driveway until you return to your driveway. Drivers must have a valid driver's license, a dependable vehicle, insurance and a clean driving record.

Contact Martin Lepak 218-410-9755
martin.lepak@aeoa.org

Arrowhead Economic Opportunity Agency, Inc.

I WANT YOUR Unwanted or broken gold & silver jewelry.
Come on in and see Rob today!

283-4701 324 3rd St., Int'l Falls
Celebrating 30 Years!