

The Region's First Hunting & Safari Magazine - GULF

# L&S

hunting & safari

Polaris  
Scrambler XP 850

The Best  
New Knives  
of 2012

An African Journal  
Lion Bow Hunt  
The Rory Minjares Story

Hunting  
Pheasant  
in Romania

# Jacquelyn Gross

An Interview with an  
Extreme Huntress



9 772078 225005  
BHD 3 / QAR 25 / KD 2.5 / EGP 50





hunting season

# Game Bird Hunt for Body and Soul-Being at One with Mother Nature

by Evelina Aslund



It's 5.45 am and I quietly get out of bed. The cabin is cool in the morning as the fire in the stove has died during the night. The two guests are still asleep and I try to be as quiet as possible. I walk up to the window and pull the curtain aside to see what kind of hunting weather we have today. What I see makes me warm inside and it gives me a tingling sensation of well-being. I can't imagine a prettier sight! The lake is calm and reflects the morning fog that is resting above it. The Helags Mountain, with its elegant blue rim, looks extra majestic today, powdered with the snow from the overnight precipitation. I smile to myself and I'm reminded of why I've chosen this job. To wake up on the mountain on days like this when the Weather Gods are with us and Mother Nature shows off her best side. These moments of joy and well-being make up for all the hard work and make me want to continue to what I do - arrange hunting trips.

I get dressed in a hurry, get the stove going and light up a few candles on the table. I walk out in the entrance hall to check on my dogs, sleeping in dog cages during the night. They're excited and ready to go on a hunt as they haven't been hunting for a whole week. I let them out to stretch and I take a minute



on the porch, breathing and watching the mountain. It's starting to get light but the rays of the morning sun are not yet reaching our cabin. The grass is covered with frost - another sign that it will be a gorgeous day. Cold nights equal clear days.

Back in the cabin one of the guests, Suzan, is awake and is standing looking out the window. She is just as taken by the view as I was. Suzan just got her hunting license and this is her first hunt. A game bird hunt is the ultimate hunt for a beginner. It's a social form of hunting,

where you can walk together as a group all day and you don't have to be quiet or sneak. The dogs do their job by searching the ground and when they find birds they will indicate this and the hunters can get ready to shoot.

My second guest, Eva from Denmark, wakes up. She's has many years' experience hunting game bird, boar and deer, and this is the second time she has come hunting with me. In a few months' time she's going to Africa to hunt for zebra. However, Eva finds game bird hunting one of the most enjoyable ways of hunting, just because it is so sociable. And it is good physical exercise. The hunt involves hiking, often in very beautiful environments - another reason why Eva chooses to go on a game bird hunt every year.

After a nutritious breakfast, we prepare lunch and get ready to go. Before we leave I share my plan for the day and we go through security rules for handling guns, both whilst hiking and when shooting for birds. I also emphasize the fact that we will be shooting over dogs so they must always be aware of their location as the dogs' will be putting up the birds and so will be close to them.

At 8 am we're on our way. I'm bringing three dogs today as I know we'll be out all day, eight or nine hours in total. The grounds we're hunting on are owned by my family. >







## hunting season

It's about a thousand hectares and that is more than enough for a full season's good hunting. I start by letting the youngest dog, Shiva, work. She's extremely fast and it's difficult to imagine that she will be able to stop once she smells birds but she does. For the dogs to be able to work all day, I make them take turns and work in twenty minute sessions. Shiva is a good hunting dog but she doesn't find birds on her first session. The second dog to work is, Wilma, my English pointer. She's a bit slower than Shiva but still very quick despite her 8 years of age. After about twenty minutes Wilma stops and signals. This is exciting, especially for Suzan who's never been on a hunt before. What is it? Is it a flock of game birds or just one on its own? You never know. I repeat the security rules for shooting and then give the hunters the go ahead to load their guns and get into position. We walk side by side in a straight line behind the dog, one hunter on each side of me. Wilma is standing dead still on point, and there's no doubt she knows where the



birds are. When I advance in front of her, five game birds fly up out of the heather. Bang, bang, bang! Three shots and one bird falls. Yes! Great! It was Eva that shot one of the birds and Wilma happily collects the bird and proudly presents it to the huntress. Eva is very happy and so is Suzan even though she

missed. The excitement, joy and adrenaline in both are evident when they discuss what happened, how the birds flew up, what they were thinking about, how they made their shots...Wonderful! Wilma gets a big thumbs-up and now it's my dog Zero's turn.



Zero is extremely perseverant, very fast and strong when he hits the undergrowth. He disappears out of sight and I let Wilma go out again and after 15 minutes she's standing still again, signaling. Exciting! This time seven birds take off and Suzan finally gets to shoot her first bird, ever. She is so happy!

And this is how the day continues. The sun is shining, the wind is perfect, and nature is dressed in autumn colours and it is impossible not to enjoy life. The dogs are doing a good

job and I'm proud and happy that the intense stamina and discipline training is paying off. At noon we stop next to a stream for lunch, cooking it on a little burner that I carry with me. After lunch and 10 km of hiking we give ourselves a well deserved rest on the moss.

During the afternoon we are given several opportunities to shoot for birds. We miss some and we have a few hits, bringing three birds home at the end of the day.

It's almost 5pm when we get back to the cabin. The sun is shining and the sky is blue. We're on the porch cooling down with elderberry lemonade, sausage and cheese. Joints and muscles ache after about 16 km hiking on marshland and down the Stötliden Mountain. When I offer my guests a short stretch yoga session they don't turn it down.

When my guests are lying in their stretch position I remind them of the core message of yoga. Yoga is all about balance. Balance

between body and mind. I remind them to be in the presence and remember the moments of joy they've experienced throughout the day, to remember these memories whenever they might need them in the future. To create positive emotions within, we can consciously focus on positive and happy memories. A feeling is always created by a thought. If we're conscious of our thoughts, we can influence the way we feel.

After resting on the porch, it's time to visit the sauna down at the lake. Eva, the tough Dane, jumps in the 5 degrees C. mountain lake several times. We finish off the day with dinner in the cabin. Tonight we're having newly-shot game bird for starters, fjällröding or, salmon trout in English, for main and panna-cotta for desert.

After a day like this the guests fall asleep without the need for lullabies. 

