

Ice Fishing Derby

Pine Grove Programs held its annual Ice Fishing Derby on Wyman Lake on Saturday, February 15, 2025. Participation was down a bit from previous years because the event was unfortunately co-scheduled with the statewide High School Basketball Championships and high rates of Flu throughout the area. That notwithstanding, the event was still a great success. We are grateful to all who were able to make it. The weather though cold, cooperated in that the high winds that we had experienced the day before had settled down into a light breeze.

The Derby results:

Winning Fish Categories:

1st Brook Trout 1lb, 5.7oz-Sean Adjutant

1st Splake 1lb 10, 7oz-Scott Robertson

2nd Splake 1lb, 6.2oz-Rick Goodwin

1st Salmon 2lbs, 6.9oz-Denise LeBlanc

2nd Salmon 1lb, 0.6oz-Brandy Foster

Kids 1st Yellow Perch 10.2oz-Kennedy Dube

Kids 2nd Yellow Perch 6.6oz -Mason Wright

Kids Splake 11.4oz-Raign Clark

Large Door Prizes:

Lake Ontario fishing trip for 4 people donated by Hat Trick Charters-Russell Wheeler

Ice Auger donated by Tim Earle-Adrienne Baker

Mainely Handrails Custom Firepit-Brent Wright

Tie-dye Snowshoes [Maine Guide Snowshoes & Furniture](#)-Ryan Atwood

The following people won door prizes, but were not present at the drawing. Please phone or E-mail us to arrange pick up or mailing:

Robert Hutchinson, Riley Kirk, Bailey Pinkham, Adam Douin, Jeremy Porter, Carlton Cipriano.

Our thanks to all the vendors and donors who donated prizes to the program. Your generosity helps make the event successful.



Check Out Our
Monthly Podcast
On YouTube

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PINE GROVE INVITATIONAL PROGRAMS — 16th Annual —
Aug 28th-29th 3M Parks Golf Course

TO RAISE FUNDS TO SUPPORT

9:00 am Shotgun \$100 per player 4-man scramble

SILENT AUCTION! Bid to \$100 and get a guided trip.

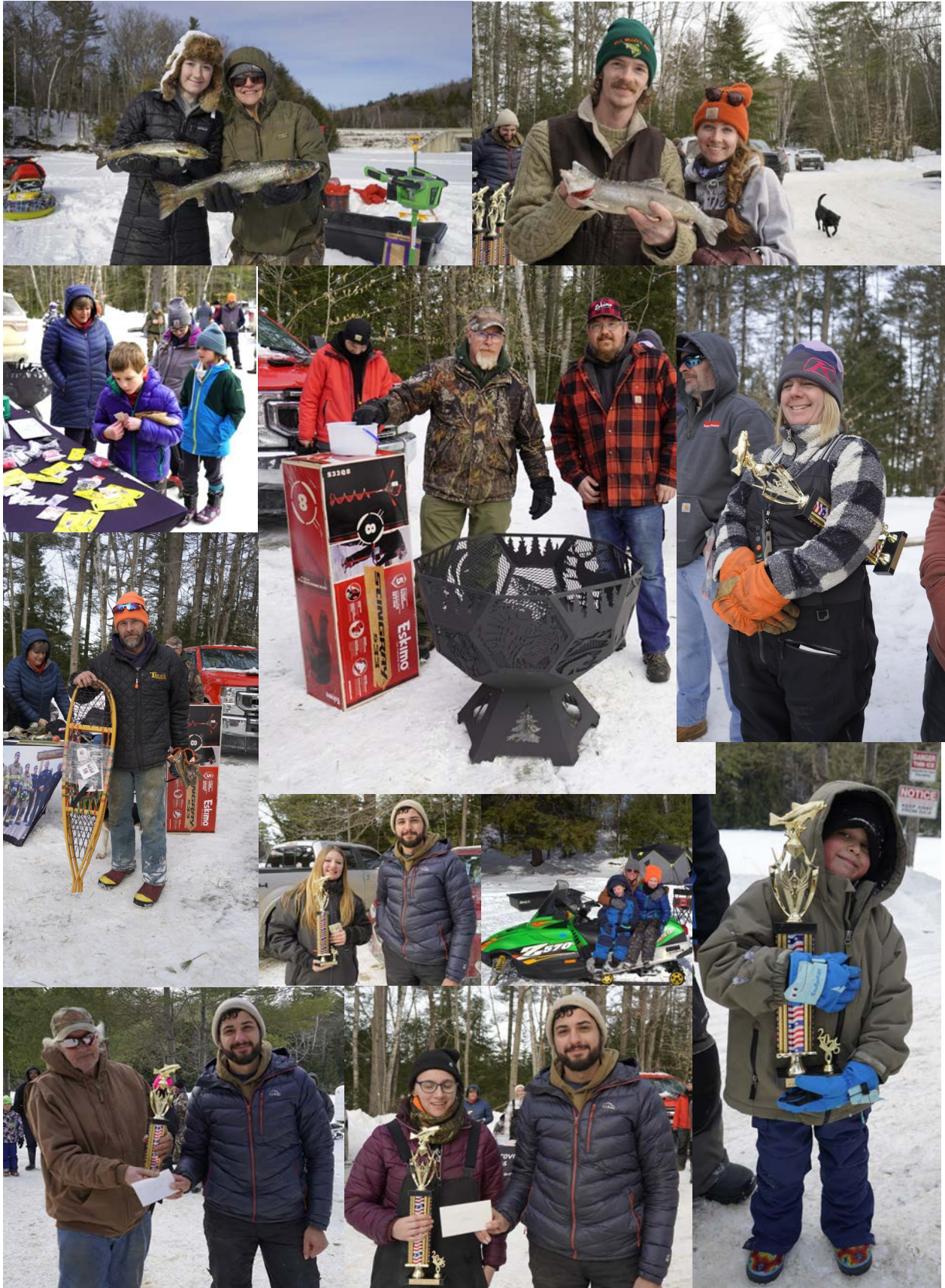
DOOR PRIZES! DEER HUNTING TRIP
3 Day Guided Deer Hunt, Meals & Lodging, Hunt for a year to come.
Outdoor Gear, Guided Trips, Gift Certificates & More

\$500 CASH
JOIN US
Prizes of \$500 cash and more prizes from Pine Grove Programs are up for grabs! All 180+ members, veterans, and first responders. All 180+ members, veterans, and first responders.

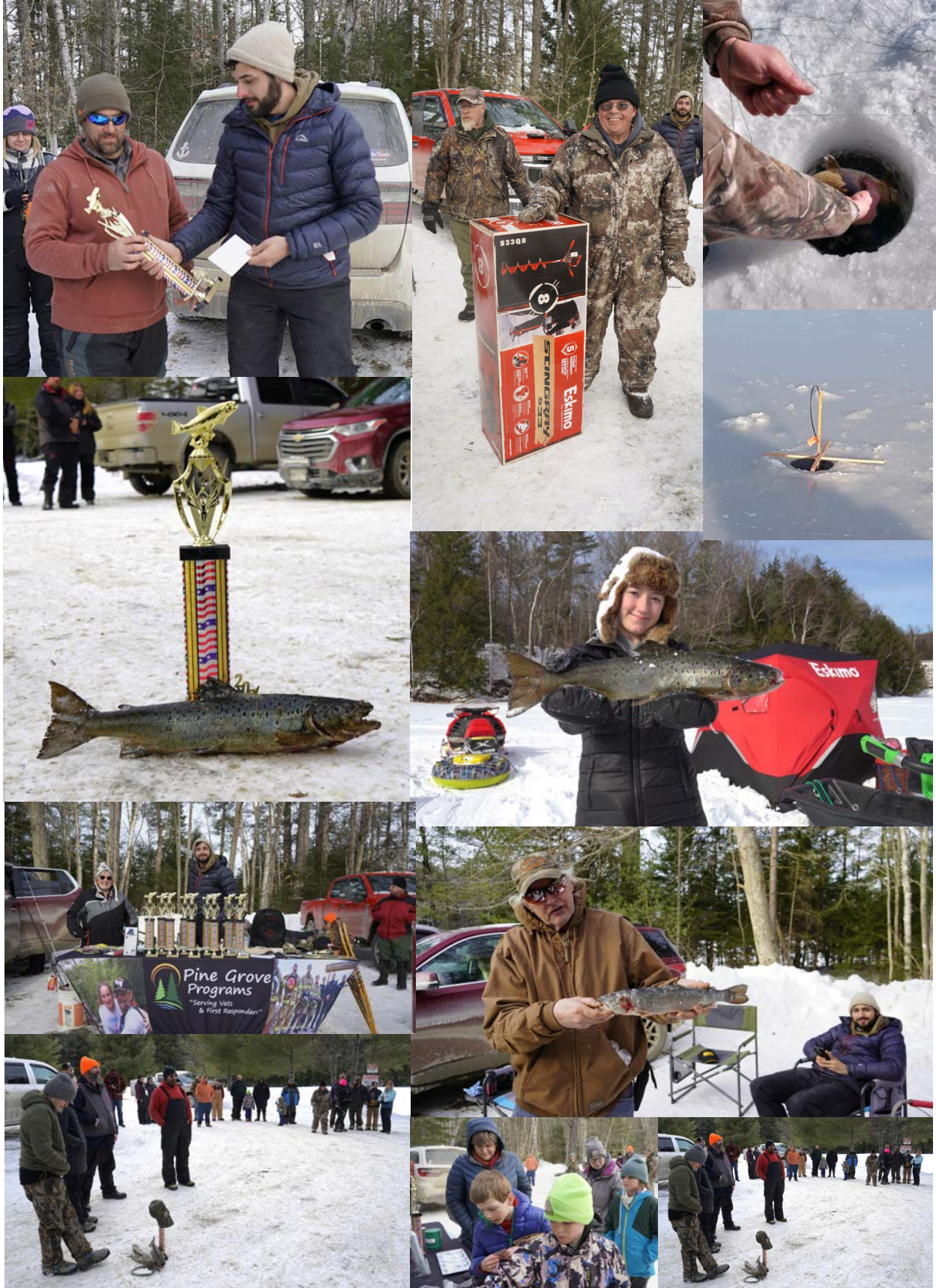
Hidden Sponsor \$150 - Company Name & Logo

For more information or to register, call: 207.487.5545
3M Parks Golf Course, 362 Highland Ave, Portland, ME 04107
Please make checks payable to Pine Grove Programs.

Ice Fishing Derby (Continued)



Ice Fishing Derby (Continued)



2024 - 2025 Coyote Night Hunt



The 2024-2025 Coyote Night Hunt received greater interest this season with more Veterans participating in the hunt. As your Outreach Coordinator, I have become a dedicated night Coyote hunter and have taken advantage of the opportunity to sit over program maintained baits. I harvested my first Coyote of the season on December 20, 2024. That Coyote, a 35 pound female, was taken from the

“Missing Shack.” The Coyote was harvested at 5:38 PM at about 130 yards from the shooting shack. By the end of January 2025, I had shot three Coyotes.



Missing Shack Bait

By the end of February, I had not added to the total due to a combination of weather limiting my forays and non-cooperative Coyotes when I was on the hunt. For example, On February 26, 2025, I spent 5 hours in the Missing Shack and was treated to an hour and a half of a Fisher coming to the bait. I heard several far away howls, but no Coyotes came in. When I left the shack, the sky was crystal clear and I was treated to a view of the stars that was close to being in a Dark Sky area. If you have never experienced the night sky like that, it is worth going out to a remote area to view. The Milky Way is incredible to see under

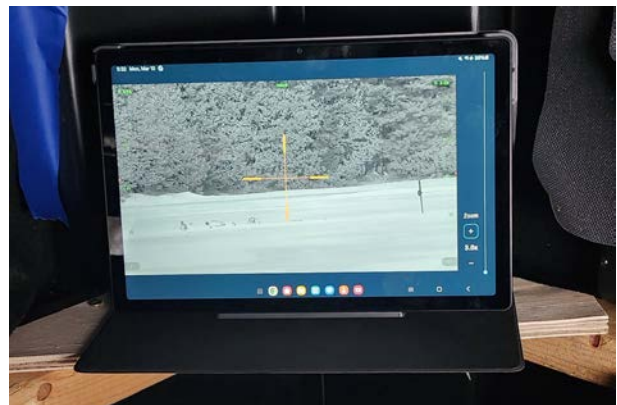
those conditions.

Early March was likewise difficult as my hunt nights were characterized by cold and blustery conditions. Seems like the Coyotes stayed curled up with their noses under their tails out of the wind instead of venturing out to the baits. On March 8, Bob Howe put a fresh chunk of bait out where I was hunting. No Coyotes showed. By Monday night, two days later, that 50 pound chunk of bait was already gone. Obviously, the Coyotes took advantage of Maine’s no hunting on Sunday rule. Like I have said before, Coyotes are smart.

March 11, 2025 saw me again in the Pond Shooting Shack. With the advent of daylight Savings time, darkness came an hour later which resulted with me having to start later and hunt later into the night. I observed only one Coyote that night as he briefly came out of the woods on the other side of the pond about 200 yards distant. The Coyote peered for a second toward the bait and quickly exited back into the woods. It did not offer a good shot opportunity and it was the only Coyote activity I saw all night.

For those who might think hunting Coyotes over bait is a “fait accompli” it is not that easy. On any given night, they may not even be in the area, and if in the area, they may be on another kill or not interested in coming in to the bait.

A note on technique: I have closed off all the windows in the Pond Shack with dark cloth so no light is visible from outside. This allows me to use a tablet to view what the scope sees which makes it easier to watch for the Coyotes without the need to be peering through the scope throughout the night.



Night Hunt Infra-Red (IR) Illuminators

If you are new to night Coyote hunting, you can easily become bewildered with the technological choices available to you. There are those hunters who choose to use traditional optical scopes and red or green spotlights to illuminate Coyotes. This can get you into the hunt for several hundred dollars.

The next level up the price range is to select one of the day/night scopes that rely on Infra-Red (IR) Illuminators to light up the Coyote after dark. These combinations typically will cost between \$500 to \$1,000 depending on options chosen.

The next level is to go with thermal vision scopes that can run into several thousands of dollars.

Today, we will look at the mid-level priced day/night scopes and specifically address Infra-Red (IR) Illuminators. The available Day/Night scopes generally have similar capabilities, so personal preference will determine which you choose.

Infra-Red (IR) Illuminators are simply flashlights that project an Infra-Red spectrum light beam which are not visible to either humans or Coyotes. Generally, there are two choices in 850 nm or 940 nm bandwidths (nm = nanometer). The 850 nm is brighter and has longer range than the 940 nm option. Some hunters select the 940 nm as they believe that the LED Light Emitting Diode which can be seen as red in color can be seen by the Coyote if they are directly in line with the illuminator tube. The 850 nm because it is brighter and longer range has a diode that appears brighter. The verdict is still out on whether the additional diode

brightness has any effect on Coyotes. In my experience, it does not make a difference. I prefer 850 nm.

When you buy a day/night scope, it typically will come with a basic IR Illuminator that will have a fairly limited effective range, say out to 150 yards. Beyond that, you will have difficulty to clearly identify what quarry you are looking at. Better IR Illuminators may extend range out to beyond 1,000 yards with identification possible beyond 400 yards. So why is that important? At the longer ranges, you can spot the eyes of your prey, even if you cannot identify what animal you are seeing. This gives you more time, makes you aware sooner of their approach, and al-



A Sniper Hog Light Hyperion 66 IR Illuminator

lows you to be better prepared as the animals come in to your calls and or bait. So what are the trade-offs? The lower power IR Illuminators are smaller, lighter and more compact with smaller lenses. The higher power IR Illuminators are conversely larger, heavier, less compact with larger lenses. Both typically have adjustable beam from spot to broad coverage and different brightness power levels.



Caliber Selection and Twist Rate

Everyone, it seems, has an opinion about what is the best bullet caliber and projectile grain weight for the game they hunt. It can be daunting in light of all the new cartridges on the market today and the claims about how much better they are than the classics (.270, .308, 30-30, 30-06, etc.). The facts remain that the classic rounds are just that, classic, because they have been successful for harvesting game for decades.

Often overlooked and perhaps misunderstood is the effect of barrel twist rate on projectile grain weight selection. The twist is often expressed in terms such as 1 in 7, 1 in 9, 1 in 10 etc. For example, a typical AR 15 style rifle chambered for .223/5.56 NATO round will have a twist rate of 1 complete projectile revolution in 9 inches of barrel length. The rifling spins the projectile as it passes through the barrel imparting spin to the projectile. This spin coupled with the design of the projectile affect the stability of the projectile during its flight to its target.

For most of us who buy factory loads, the range of projectile weights available within a given caliber have been engineered to work properly in the rifles designed for the given caliber. Our selection of a grain weight and type of projectile is predicated on what we want the round to do. For ex-

Caliber	Bullet weight	Twist	ample, a Full Metal
.224/5.56mm	50	9	Jacket (FMJ) pro-
	55	9	jectile may go right
	60	9	through an animal
	65	9	with minimum ex-
	70	8	pansion as com-
	75	8	pared to a Hollow
	80	7	Point (HP) projec-
.243/6mm	85	7	tile designed to ex-
	90	6	pand within the
	80	10	wound cavity.
	85	9	Many new bullets
	90	9	have a polymer
	95	8	ballistic tip that
	100	8	combine enhanced
.264/6.5mm	105	7	ballistics flight
	110	8	with rapid expan-
	115	7	sion. These rounds
	95	11	shoot flatter, long-
	110	8	er and increase the
	120	9	use options for the
	130	8	hunter.
.284/7mm	140	8	There are many
	120	11	tables and twist
	140	10	rate calculators
	160	9	available on the
	180	8	internet such as
	200	9	the chart to the
	155	11	left. In general, the
.308/7.62mm	168	11	heavier the grain
	175	11	weight, the faster
	185	10	the rate of twist is
	190	11	required to stabi-
	200	10	lize a bullets flight.
	210	10	
	230	9	

A Sample Twist Rate

So next time you are looking to buy a new rifle, do some research as to what you want the rifle to do for you and then select the twist rate and bullet choice to give you the best results.

Upcoming Wild Turkey Hunts

Pine Grove Program will again this year offer Wild Turkey hunts during the Spring Turkey hunting season. The number of slots available will depend on the availability of volunteers to share their Turkey hunting expertise with Veterans and First Responders. Our Outreach Coordinator is already booking hunts. If you are a Turkey hunter and would like to share your expertise, please contact our Outreach Coordinator, Paul, so that he can match you with a Veteran or First Responder.

The Maine Spring Wild Turkey Hunt begins on Monday April 28, 2025 and ends on Saturday May 31, 2025. If the hunt



occurs in WMD's 7, 9-29 you can harvest 2 bearded Turkeys. In WMD's 1-6 and 8, only 1 bearded Turkey can be harvested. For the entire season, you can only harvest 2 bearded Turkeys total.

If you are selected for a hunt, you will need full camouflage clothing, your own shotgun, turkey shotshells, and a Maine Hunting License with Turkey permit. Here is what you can expect:

On the afternoon before your hunt, you will meet with your volunteer guide who will help you pattern your shotgun at 25 and 40 yards so that you can see your Turkey shotshell pattern and determine your best point of aim. Expect to get up at o-dark thirty in the early morning and

travel to the hunt location with the intent to be in place at least one half hour before the start of legal hunting time. You may be set up in a wood line or in a shooting blind with decoys placed out 25 yards to your front.

At onset of legal hunting, your guide will make the first Turkey calls. If there



are Turkeys nearby, you may be treated to gobbles in response. If so, your adrenaline will begin to flow; hearing the gobbles is exciting. What follows will be new calls made at 15 to 20 minute intervals during which you may hear more gobbles in response and perhaps they will increase in volume as the Toms or Jakes come closer. If you are fortunate, you will be treated to one or more Tom or Jake Turkeys as they approach the decoys. A mature Tom Turkey in full strut, white and blue head with bright red wattle and a long beard is a sight to behold.

If the original site produces no Turkeys, you will relocate to other hunting sites. Hopefully, you will harvest a Turkey. In any event, you will enjoy an experience of a lifetime.

UPCOMING TURKEY HUNT (CONTINUED)

Maine has about 70,000 resident Eastern Wild Turkeys and is a premier Turkey hunting location.

PGP will provide lodging, evening meals, calls, decoys and blinds as applicable to the given hunt.

The number of slots available will depend on the number of available volunteer guides and weather conditions. Be on the lookout for the Turkey Hunt Event Announcement. Reply to the announcement by e-mail or contact our Outreach Coordinator at:

paul@pinegroveprograms.org



Not Registered?

If you are not registered with the program, you can go online to our website and register at:

www.pinegroveprograms.org/become-a-member/

Once registered, you will receive all notifications. You must have a valid E-mail.

Rifle Raffle

Pine Grove Programs is again offering a Custom Designed AR Rifle in 450 Bushmaster Caliber for this year's rifle raffle. Tickets are



\$5.00 for 1 ticket or \$20.00 for 5 tickets. The drawing will be held on Veterans Day. The rifle has a Pine Grove Programs Logo.

MAINE KNOWS HOWE

If you have not viewed our Maine Knows Howe podcasts, you can view them on [YouTube](#) , just search for Maine Knows Howe in your browser. 2024/25 Podcasts to date to include guest speaker:

January 2024 —John Olivera, Navy Veteran

February 2024 - Paul Violette, Outreach Coordinator

March 2024 —Gerry Lavigne, Wildlife Biologist

April 2024 —David Trahan, Executive Director SAM

May 2024 —Joe " Salty" Saltalamachia, Turkey Hunter

June 2024 —No Podcast

July 2024 — Mike Dugas, First Sportsman's Challenge

August 2024 —Lanny Benoit, Master Deer Tracker

September 2024 — V. Paul Reynolds, Editor *Northwoods Sorting Journal*

October 2024 —Seth Edwards, Coyote Hunter

November 2024 —Dennis Bolduc, Serious Angler

November 2024 (Short) —Tim Bolduc, Muzzleloaders

December 2024 —Tenely Scholfield, Master Maine Guide

December 2024 (Short) —Ed Musserol , Fly Tying Expert

January 2025—Al Swett, Maine Snowmobile Association

January 2025 (Short)— Lanny Benoit, Master Deer Tracker

February 2025 —Randy Flannery, Wilderness Escape Outfitters

March 2025—There was no podcast produced for March 2025 due to illness in the media production team.

FEEDBACK NEEDED

We would like to determine what our podcast viewers would best like to see.

Do you prefer the longer or the shorter podcasts?

What topics would you like us to air?

E-mail us your thoughts and comments to

maineknowshowe@gmail.com .



Maine Knows Howe (Sponsorship)



Is a Maine based **PODCAST** featuring the adventures & stories of Master Maine Guide Bob Howe & his son Wyatt. For over 40 years Bob has operated a lodge in Maine and has given away outdoor healing opportunities to veterans, first responders and law enforcement through Pine Grove Programs. Meet the real people of Maine who have given back to those who have given the most.

Would You Partner with US ?



If you enjoy our Maine Knows Howe podcasts and want to see them continue, we need sponsors to help defray the production costs.

If you are a business owner, consider using the podcast for advertisement as we reach thousands of viewers, many whom are local.

Partnership Opportunities

What - Bi weekly podcast with over 33,000 views in the first year ! Take a look for yourself.

www.youtube.com/@MaineKnowsHowe

\$500/Month:

Billboard placement at the beginning & end of each episode.

Personal endorsement during the show.

Your branding / logo featured on all our print materials & event promotions.

\$250/Month:

In-show promotion of your brand or message.

Your Benefits:

By partnering with Maine Knows Howe, you're not only gaining exposure to an engaged audience but also supporting a cause that empowers our nation's heroes through outdoor recreation. Your sponsorship helps us continue to grow and share these meaningful stories.

Showcase your brand to a loyal audience of outdoor enthusiasts and community supporters.

Gain visibility across YouTube, Spotify, Apple Podcasts, and at events in the Maine outdoor scene.

Email: maineknowshowe@gmail.com

Phone: 207-557-9022

Website: pinegroveprograms.org

**MAINE KNOWS
HOWE**



Veteran Ice Fishing

On February 6, 2025, 06:00 AM it was minus 10°F as George, an 88 year old Army Veteran joined our Pine Grove Program (PGP) Outreach Coordinator for a morning of ice-fishing on Messalonskee Lake in Belgrade. Tim Corbett, PGP President of the Board Of Directors hosted the fishing at his place on the lake. George caught a 28 inch Northern Pike, the largest Fish of the day.

Paul caught a nice fat 14 inch Splake and George finished with a small Splake that he released to get bigger. Tim was skunked but quipped that he was only hosting anyway. By noon, a snowstorm blew in and Paul and George retreated home. On their departure, the temperature had risen to 15°F.

It has been a difficult Ice-Fishing season despite there being plenty of ice due to the constant high wind conditions. When the wind gusts to 30 plus miles an hour and the temperatures are below freezing, the wind chill makes ice fishing a real challenge.



George With His Fish

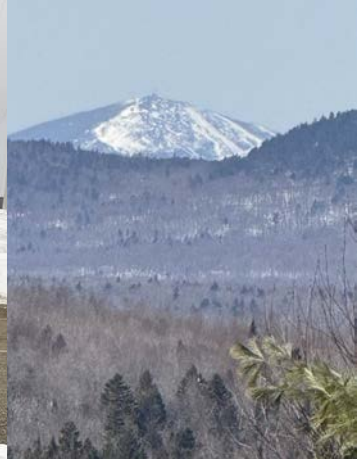
A Picture is Worth A Thousand Words



A pair of Bobcats shown here visiting a Coyote bait during the day time. During the Coyote hunt, the hunter is often treated to different wildlife that come to the baits such as Bald Eagles, Fisher, Fox, Crows, Ravens, etc. Even if a Coyote is not seen, the chance to observe different wildlife brings its own rewards.

SNOWSHOE HARE HUNT

This year, Pine Grove Programs slotted Veterans and First Responders with other ongoing hunts rather than having a single day hunt reserved just for Veterans and First Responders. This allowed us to host more Veteran and First Responder participants. It also ensured that they enjoyed better snow and weather conditions.



Breakfast at the Lodge before dawn, lunch in the woods, tales at night in the den after supper and then to bed after a great day of hunting. The dogs ran well and the hunters have memories and stories to tell. It does not get any better than this.



UPCOMING FLY FISHING SCHOOL

A Veteran proudly displays his first fly caught Brook Trout



Fly Casting Practice

Once again, Pine Grove Programs (PGP) will conduct a Fly Fishing School at the PGP Lodge Pond in Pleasant Ridge, Maine on June 2, 2025. Wyatt Howe will conduct the class.



Participants do not need to bring any gear. The class will cover fly rod selection, casting techniques and provide an opportunity to catch trout from the program's stocked pond.

Upcoming 2025 Schedule of Events

Wild Turkey Hunts - May 2025

Fly Fishing School—June 2, 2025

Allagash Wilderness Canoe Trip—June 16-27, 2025

Annual Tribute To Service Fishing Derby— June 2025*

2nd Annual Sportsman's Challenge June 28, 2025

Lobster Bake on the Lake—July 12, 2025

Annual Golf Tournament**—August 23, 2025

Black Bear Hunt—* September 2024

Upland Game Bird Hunt -* October 2025

White Tail Deer Hunt—* November 2025

* Dates To Be Determined (TBD)

** Fund Raising Event

Note: This list is not all inclusive as events may be deleted or added and tailored to specific individual or group needs that develop during the year.

Bald Eagle On A Coyote Bait



CONGRATULATIONS

**To
Trevor Madsen
Of
Spencertown, NY
Deer Hunt Winner**

Veteran of the Year Nominations

Each year Pine Grove Programs gives an award for Veteran of the Year. If you have a Veteran you want to nominate, please contact Andrea Howe.

andrea@pinegroveprograms.org

NOTES FROM THE OUTREACH COORDINATOR

I need your help to get the word out about our program, what we do and our events. If you have participated in our events and or receive this newsletter, please share it with any Veterans or First responders you know. Have them go online and register at our website:

www.pinegroveprograms.org/become-a-member/

As Outreach Coordinator. I am willing to make group presentations to your local VFW Chapter or Legion Hall, etc. Just have them get in touch with me at: paul@pinegroveprograms.org . I will create a custom presentation geared to their specific group needs.

Don't Miss The 2nd Annual Sportsman's Challenge June 28, 2025 J.W. Parks Golf Course Pittsfield , ME

Pine Grove Programs
P.O. Box 162
Harmony, ME 04942

www.pinegroveprograms.org



PLEASE
PLACE
STAMP
HERE

