

CONEJO QUIVER



[info@cvarchers.com](mailto:info@cvarchers.com)  
[www.cvarchers.com](http://www.cvarchers.com)

Monthly Newsletter

**January 2013**

## **From the Prez**

**To all CVA member's**

### **Happy New Year**

2012 was a good year for CVA. We have upgraded the JOAD and roving range, membership is up, volunteer hours are up and finances are solid. We are in an ideal position to move forward and continue improving the club and our facilities.



Over the next few months we are planning to re-organize our JOAD program in order to give our top archers more time with the senior coaches. We will still keep our walk up program intact. This will be a reallocation of resources, getting more of our level 1 and 2 coaches to help out more, which should free up the level 3 and 4 coaches. This should be a great opportunity for those of you who want individual/small group instruction, without paying for private lesson.

The roving range will have target covers and animal stakes in a few months. With all the recent interest in archery this year I would expect more participants in the club shoot this year. I noticed that the targets caught quite a few arrows over the holidays, which tells me people have been out there having fun

We are moving forward with Easton in order to set up the tournament range at the back gate. Hopefully, the grant will be funded and we will be able to break ground this year.

As you can see there are many things that are happening around the range and it could not happen unless CVA volunteers make it happen. If you have time and would like to help please let me know

Speaking of needing help. I need your help. Somehow I volunteered to chair the he PAC Coast 3D tournament (February 3<sup>rd</sup>). This is a big money maker for the club, which helps keep your dues down. I am looking for volunteers who would like to help. I need help with trail clearing, snack shack workers, clout operators, people to put out targets and pick them up. There is a lot of work to be done. There are some jobs that you can do and still have time to participate in the shoot. So don't be shy. Call me 805 630 1749. Leave a message with your phone number if I don't answer.

I hope to see you out at the range.

Clark Pentico  
CVA President

## **From the desk of The Vice Prez**

### **Dave Dragan**

#### **Hi Everyone and Happy New Year!!!**



The New Year is starting out with a bang and busy! It has been a little cold and rainy but our Saturday JOAD turnout has been great and everyone really likes all the improvements that were made to the JOAD Range. Thanks again to everyone who helped, your work is greatly appreciated and noticed by all!! As usual the year always starts out with the Indoor Tournament season and our JOAD kids working hard to prepare for it. We all went up to Tulare this past weekend for the California State Indoor Championships. This year we were missing some of our past competitors but gained a few new Archers experiencing their first Indoor Tournament. I want to first take a moment to thank all the Parents for continuing to support your children and giving them a chance to fulfill their goals and dreams!! I know how expensive and difficult it is to take the whole family for the weekend to one of these competitions; I did it with my Daughter, Carissa for many years. But those memories of watching them grow not just as Archers but as young adults and just great people you can't put a price tag on that!! I am very proud to be a part of CVA JOAD and a part of all our young and older Archers, and watch them succeed in those goals in Archery and in life!! I know all of the Coaching staff agrees with me on this and that's why we do it!! So Thank you Parents for giving us a chance to be a part of your kids life, and I know I will continue to work as hard as possible to give them every opportunity available for that success!!

Now for the Tournament itself. We had 6 Kids competing on Friday in the JOAD completion. Jack Thomas took the Gold Medal in his division with Hunter Conley taking the Bronze. They both shoot recurve and did very good. We have a new member of CVA JOAD and it was his first Tournament,

Miles Gould. He took the Bronze Medal in Compound Bowmen Division. Also in her first Indoor Tournament was Doritina Pentico who also took the Gold Medal in her division. Also shooting was Connor and Wesley Richter who did not Medal, but continued to improve and had fun and ultimately that's what it's all about!!! Congratulations to you all, great job and as Coach Dave always says keep practicing!!!

In the Open Tournament on Saturday and Sunday the above Kids shot along with April and Kyle Hoberg joining in. In the adult Divisions we had

Kurt and Rose Horberg {Rose shooting sick both days}, Brent and Barbara Richter, Clark Pentico, Luz Garces {Her first Indoor Tournament}, and Kianna Mainwall. So all tolled up we had 8 Kids and 7 Adults representing Conejo Valley Archers! Not a bad showing and I hope next year we can take more of our Archers up for the experience. Now I don't have any of the results of the Open Tournament yet but I will post them soon, as I did not stay for the awards. But I know that all the Adults were shooting well and I'm sure there will be a few more Medals in there. Especially the Lady Compound Shooters, Luz, Barbara and Kianna. They were tearing up the Gold Spot on Sunday and looking good!! So Congratulations to all again, great job!!

I spent a lot of time reconnecting with other Coaches and friends from all around the State and everybody agrees that the past year was great for Archery in general. All the other clubs experienced the same explosion of interest as we did with most not being as fortunate as CVA to have the space, equipment and volunteer staff and Coaches to handle that increase. Again all this due to the Media, Movies and Television shows highlighting

Archery in some capacity. We all agreed that we have to work hard to take advantage of this popularity and grow our sport as much as we can. Some of that was evident with the huge turnout at the Tournament with over 400 shooters competing in all divisions, , with the Tournament hosts having to close registration because of space availability. When was the last time you heard that there were too many Archers and not enough space, and that was with them offering an evening line to take up the slack!! It is awesome to see this and I hope it continues!!



I am going to work with some of the other JOAD Clubs in our local area and try to set up some Tournaments for the Kids, maybe one every quarter. That idea was very well received and our friends out in Pasadena are willing to also sponsor a Tournament so we can get the kids together more than once or twice a year. More on this as I get information together and plan it with our Coaching Staff. One last thing that I did while up in Tulare, we had a board meeting with the Directors of State Archers of California. Yes I'm also a member of that Board! I just want to put it out there that this organization is also trying to improve and build Archery in our State. Help with more Tournaments and information to all Archers in our State. So if you have any suggestions or even better if you would like to serve on this board we definitely could use some help. It really doesn't take much time; most of our meetings are done via email and by phone. We only get together at State Indoor and Outdoor and if you make it to the Gold Coast in Sacramento. If you are interested or know someone who you think might be interested let me know please. We will be having elections for board members in June at the State Outdoor, if you need more info contact me or you can visit the SAC website. Well like I stated at the start we are going to have a busy year with lots of things on our "to do list!" CVA will be hosting our first club Tournament on February 3rd, the Pac Coast 3D. If you would like help contact Clark or any board member and we will find something for you to do to help. That's what makes CVA so great is that we all help even if it just a little bit. That was what I heard a lot of complaining about in talking to people up in Tulare. Not enough participation with members. We are very fortunate to have such a great club with everyone willing to help out and everyone was very surprised and maybe a little jealous when I told them about our club! We have a lot to be proud of and thanks to you all for that!! That's about all for now; look forward to seeing you all around the range. Shoot well and often!!!

All My Best Coach Dave



# CVA JOAD News

Hi all,

This month we had a few shooters come out and test. Early emergence from hibernation I guess? Anyway, Jalen Lowry got his next pin (Bowman) with points to spare but he's approaching his first plateau. There will be some work ahead for him but I know he's up for the challenge. Likewise, Stephanie Huller got her Junior Bowman pin. Unfortunately time is tight for Stephanie so she isn't able to practice as much as she would like. Hopefully that will change. Doritina Pentico came out with both guns blazing as she shot a 276 closing in on the coveted 280 points she needs for her Bronze Olympian medal.

What an exciting round! Just to put the score in perspective; because she is shooting with a compound bow, the prerequisite for a "10" is the X-ring on a 40cm target. Everything else is a "9." The size of the X-ring is the size of a penny! From just under twenty yards, try hitting a penny at least ten times out of thirty arrows! Oh, by the way, the other twenty arrows...they all have to be 9's! No 8's or less allowed!

On another note: Our editor-in-chief just got certified as a Level 2 coach this weekend. Congrats Robert! Now come on out to JOAD so we can put you to work!

Julio Dorada and Brianna Erickson also got their Level 2's a few months ago. If you are interested in a coaching career come see me and we'll set something up.

I talked with Chef Mike and he's going shopping in February. And you know what that means...yup! BBQ time! Mike and crew will be putting on the 8th Annual JOAD Barbeque Bash sometime in the Spring. Dates to be announced. So, keep your ears open and be ready to feast. Well, that's about it for now...see you all out there Saturday.

Coach Mike



Archery Skills are there to be learned  
By Curtis Hermann

The <sup>3</sup>World of Archery<sup>2</sup> is a very broad term; I often forget just how broad it is or exactly how many things are encompassed in this term, but I get a wake up call in the form of a question every now and then from a CVA member who is trying to learn something new in the <sup>3</sup>World of Archery.<sup>2</sup>

Recently I have had quite a few different questions and it got me to thinking that maybe it is time for our club to do more than just provide a range and a few tournaments a year. Please don't get me wrong those two things require an enormous amount of energy and time and asking more of the club seems like overkill in my mind, however our Robert Luttrell has been trying to get some of us together to provide some seminars or work shops on a Saturday or at a fourth Sunday meeting for the members. Now we all know this is a good idea, we know it is needed and we all ask him if he can't find someone else to do it anyway! Shame on us.

There is a lot of talent in this club and almost anyone who is good at any of the aspects of archery that would be helpful to other members is willing to share, but were not always confident that what we know is what you want to learn, so we kind of try to wiggle out of committing a date and time to share.

So perhaps you the member can help in this regard, perhaps you can tell us what you would like to learn next in your world of archery. Now that the shoe is on the other foot I see some of you wiggling and getting a bit nervous, thinking maybe you'll sound dumb, maybe you'll ask if you can't find someone else to comment or ask a question. Don't worry, no one thinks you are dumb and we appreciate your question or in put as it will give us direction, it takes our doubt about ourselves away.

Perhaps your not sure what there is to learn and would like to know more about how big is this world of archery is anyway so you can pick and choose what to do next, well I think that is a good idea so I'm going to list some topics and I hope you will add several to the list that I haven't thought of.

1. How do I become a coach?
2. Where do you find directions to build a field range?
3. How do I make my own arrows? Primitive, Traditional or modern.
4. How do I make my own bowstring? Endless loop or Flemish twist.
5. Where do I find knowledge on how to make a bow?
6. How important are State, Regional and National Championship tournaments?
  7. Are these groups important in my world or archery? Pope and Young Club, Professional Bowhunter Society, Compton Traditional Archers, NFAA, NAA, National Bowhunter Education Foundation, or others you may have an interest in knowing more about.
8. How do I tune my own compound or traditional bow?
9. How do I make my own leather goods, ie. Quiver, tab, arm guard etc.?
10. 10. What is bowfishing and how do I do it?
11. How do I become a National or World Champion?
12. Bowhunting sounds like fun, what do I need to know?
13. How do I choose a broadhead?
14. How many ways are there to hunt with a bow and arrow?
15. Are tree stands really the way to bow hunt? How do I know which tree to put my stand in?
16. What does FOC mean when choosing an arrow?





I could come up with dozens more but I think you get the idea, if you have something you would really like to learn just email me at [onerobinhood@roadrunner.com](mailto:onerobinhood@roadrunner.com) or Robert Lutrell at [wudstoc@aol.com](mailto:wudstoc@aol.com). We will gladly add it to the list or tell me which items in the above list interest you, your input is valuable to us.

We have great knowledge and talent in this club and they are all good people who are willing to share what they know. I'm going to stick out my neck here and list some of them so you will know they are willing to help answer your questions. I'm sure I will also forget some names and for that I apologize and my excuse is that at my age I have only two brain cells left and one of them is usually on break, it's just the way it is.

Bob Bombardier

Gary Magness

Keith Murphey

Clark Pentico

Don Smith

John Downey

Mike Broder

Dave Dragan

Richard Carpenter

Dan Dix

Curtis Hermann

Carl Ward

Till next month, see you on the range where <sup>3</sup>Life is Better Outdoors<sup>2</sup>

Curtis

· **A little history on the Plains Indian Bow, the Dog, and the Horse**  
**By JBD**

You are probably wondering how I intend to tie the Horse, Dog and the Plains Indian Bow to each other. There is a surprising interaction here that will become more apparent as you read further. Let's start with the Plains Bow.

There is a common misconception by many about how primitive and ineffective the American Indian Bow was. While it is certainly true that some of the tribes were better at making bows than others this frequently was more the result of the quality of bow wood that was available. The preferred wood for bow making was (and still is by many) Osage Orange, though lots of other wood was used including Hickory, mulberry, yellow locust, and Ash. Osage was such a favorite when available that noted Boyer Jim Hamm said

“On the Southern Plains osage orange was the overwhelming favorite for making bows. I've examined several dozen old Comanche and Kiowa bows belonging to museums and Indian families and every single one was made from osage orange. It was such a good bow wood that the Southern Plains Indians, to my knowledge, never had to sinew-back their bows ...”

It was not unusual for the better made (i.e. better wood quality) bows to pull 70 lbs or more. The Plains Indian bows originally were around 60 inches or more in length but were shorted with the introduction of the horse by the Spanish. The introduction of the horse totally changed the lifestyle of the America Plains Indian allowing a more nomadic lifestyle, and the ability to hunt Bison from horseback among other things. So important was the horse, that the wealth of many tribes was measured in how many horses the tribe had.

Up until the introduction of the horse the dog was the standard beast of burden carrying up to 50 or more pounds. The Indian work dog was similar in size and shape to the gray wolf and could carry 50 pounds on its back or 75 pounds with the use of the travois, or dog sled.





When he reportedly heard a newcomer make a disparaging remark about the Indians' weapons as compared to the romance of English longbows, he replied:

“I have seen a great many men in my time spitted with ‘dogwood switches’, but have never heard one of them yet complain of feeling anyways romantic under the circumstances. But the truth is, if you only understood the use of them, you might have a worse weapon than a good bow and arrows; at least, I know they are pretty dangerous in the hands of the Indian. They can shoot their arrows faster than you can fire a revolver, and almost with accuracy of a rifle at the distance of fifty or sixty yards, and with such force that I have frequently seen them drive a shaft through a full grown buffalo”.

Wallace greatly respected the Comanche and Kiowa bows and arrows, more so than their collection of ‘ragtag firearms’. The Plains bows were not used in stand-up long distance archery contests, but rather from horseback. It was this combination of horse and bow that made the Plains Indian so feared in warfare.



## December 2012 Club Shoot

We had another nice shoot in December, with most of the Archers shooting the tournament two days before Christmas (no doubt they got all they shopping done early unlike some of us). Nineteen archers in all completed the round to post scores for the second club shoot of the new club year. No one picked up a handicap yet as the earliest that happens is the third club shoot, which is January for all the 'regulars'. I suppose it wouldn't hurt to go over how handicaps are determined one more time.

They are calculated upon the completion of the archer's third club shoot, and are based upon 80 percent of the difference between a perfect score (560) and the average of the three shoots. For example if I shot a 490 at the first shoot, 500 at the second shoot, and 510 at the third shoot, my average for the three shoots would be 500. The difference between my hypothetical average and a perfect score is 60 points, and hence my handicap applied to the third shoot is 48 points. Hence my handicapped score would be 558 (510 plus 48) points, which is 2 points off perfect. You'll notice that it made no difference in which order the various scores were shot to determine my first handicap. I could have shot them in reverse order and wouldn't have changed a thing.

Let say I now shoot a 520 at the fourth club shoot. My handicap would now be base on the average of 500, 510, and 520. The new average of the three scores you notice is 510, so the difference from a perfect score is 50 points, and 80 percent of that is 40 points. My handicapped score then for the fourth month would have been 560. If I keep up the same pace of improvement by increasing my total score shot each succeeding month by 10 points, my handicap will continue to decrease as I continue to improve. This is why it is possible for someone to consistently shoot better than anyone else and still lose the Club Championship. The Club Championship handicapping system favors those whose scores are improving. Check out the table below to see how the applied handicap goes down as the average goes up.

Shoot	Shoot	Shoot	Handicap	Handicapped Score
490	500	510	48	558
500	510	520	40	560
510	520	530	32	562
520	530	540	24	564
530	540	550	16	566
540	550	560	8	568

So nineteen folks made it around the course and turned in cards in their pursuit of a handicap ;-). At the top this month once again was Club President Clark Pentico, with a nice 519. Keith Murphy followed him with a 515, and Doritina Pentico came in third with a 477. The top 'Traditional Shooter' (Recurve or Longbow) was Golden Oldie (ahem Golden Ager) Curtis Hermann with a 303.

NAME	SSCORE	DIVISION	STYLE
Clark Pentico	519.00	A	FS
Keith Murphy	515.00	A	BHFS
Doritina Pentico	477.00	YA	FS
Luke Sekerka	471.00	A	BHFS
Norman Rice	470.00	GA	FS
Brent Richter	461.00	A	FS
Joe Bittner	413.00	A	BHFS
Chuck Thurber	395.00	GA	FS
Curtis Hermann	303.00	GA	TRAD
Wesley Richter	264.00	C	FSL
Garry Magness	262.00	A	LB
John Brix	247.00	GA	TRAD
Barbara Richter	220.00	A	FSL
Tom Swindell	175.00	GA	TRAD
Bob Bombardier	175.00	A	LB
Rob Ramos	158.00	A	TRAD
Connor Richter	104.00	Y	FS
Andrew Ramos	94.00	Y	TRAD
Stephanie Hullar	68.00	A	TRAD



# Conejo Valley Archers

# Pacific Coast 3D Adventure



Sunday February 3, 2013

No Rain Out Date - This is a Rain or Shine Shoot

## 45 Separate 3D Targets

NO RANGE FINDERS -

Double score cards and shooting groups of three or more required to compete for trophies

REGISTRATION  
7:30 - 9:00 AM  
SHOTGUN START

ADULTS \$20  
COUPLES \$25  
FAMILY \$30  
65 & OVER \$10  
ALL KIDS \$5

Non-members of  
the CBH/NFAA add  
\$5 to above fees.  
Membership is  
available at the  
tournament

For Information Call  
Club Phone  
805 530-1339  
Clark Pentico  
Cell (805) 630-1749



AWARDS

1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup>  
in all styles

Food and Drinks Available  
All Day

No Dogs Allowed on Range

ADULT STYLES

Release \* Sight (Finger)  
Non-sight  
Recurve \* Longbow  
\*Self Bow

YOUNG ADULTS

YOUTH/CUB STYLES

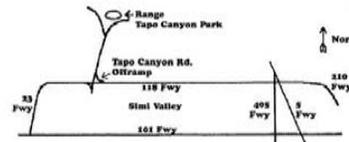
Sight \* Non-sight

1 (one) Arrow  
Unmarked Yardage  
10-8-5 Scoring

DIRECTIONS TO RANGE

118 FWY East or West  
to Simi Valley  
Exit at Tapo Canyon Rd.  
Go North on Tapo Canyon  
Rd. to Tapo Canyon Park.  
Range is inside Park

\*\*\*\* Notice \*\*\*\*  
The Conejo Pacific Coast Traditional  
Challenge Full Two Day Shoot is on May  
4th<sup>th</sup> & 5th, 2013  
See [www.cvarchers.com](http://www.cvarchers.com)







# Calendar of Events

## **Jan 27th CVA Club Shoot**

Jan 27th Cherry Valley Bowhunters Winter 300-indoor 20 yard Vegas Style Target

## **Feb 3rd CVA Pacific Coast 3D 45 Unmarked 1 arrow**

Feb 3rd San Diego Valley Archers Flying Pig 28 unmarked Novelty

Feb 10th Oranco Rendezvous 42 Unmarked

Feb 17th Riverside Archers Team Toughman 30 Unmarked 1 arrow

Feb 17 San Diego Archers Hunter 28 Unmarked 4 arrows

Feb 23rd Mojave Archers Lucky 7 Combo 42 Marked 3D

## **Feb 24th CVA Club Shoot**

Feb 24th Mojave Archers Mojave Trad Shoot 25 Unmarked 2 arrows

## FITA/JOAD Calendar of Events

JOAD Mail-In Tournament Series 2012

October 15 – December 31, 2012

44th U.S. National Indoor Championships and

2013 J.O.A.D. National Indoor Championships

February 22-24, 2013

Tulare, California

### **Reminder**

Saturday February 2nd

Is Range Beatification Day

Please come out and give us a hand



## Editors Note

As I was watching the JOAD instructors teach on Saturday at the range, I was reflecting on how fortunate I am to have been taught how to shoot, crest, fletch arrows, make Flemish stings, and work with leather, all from individuals that belong to our club.

It was unfortunate that we lost our archery shop late last year, so now the question begs "where do people go now"? That got me thinking about the possibility of taking the resources we have as a club and putting those to good use. I would not want to see someone stop shooting because they did not know how to fix or maintain their equipment.

I would like to look into the possibility of putting together a clinic, once a month, on the different parts of archery; each clinic devoted to one aspect of archery such as:

Cresting

Fletching

Sting both endless loop and Flemish

Bow care both Traditional and Compounds (different classes)

Leather

I am just starting on this idea and would like help in putting the pieces in place. My thought is that these clinics will be held on Saturdays and will correspond with JOAD.

If you are interested in helping me and don't want me to track you down, please send me an email at: [wudstoc@aol.com](mailto:wudstoc@aol.com)



Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
12:00 Noon*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



CONEJO QUIVER



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Monthly Newsletter

**February 2013**

## From the Prez

To all CVA member's

Since the start of the year it has been a wild ride for me as, I took over the Pack Coast 3D Adventure for this year. I want to thank all the volunteers for their help and support. We could not have had such a successful event without everyone pitching in.



Being my first time organizing a 3D shoot, I must humbly say “I learned a lot!” I had a lot of great teachers. A special thanks to Keith Murphy and his tireless efforts for this shoot and everything else he does around the range. There are a lot of critical details in an event like this that I was not even aware of that needed to happen. The team rallied around the cause and we had a great time and the event was a success

Sometimes I get asked “Why do you volunteer for these things?” I could tell you about service to the community, promoting archery, etc..., and I do it for those reasons, but my selfish reason is that I grow as an individual when I get faced with challenges, explore my limitations and learn about myself. Part of the unwritten benefits of being in an organization like CVA is that it is a safe place where you can step up for assignments that will help you develop as a person. This is a place where anyone can explore leadership skills, test organizational abilities, overcome challenges or be a team member with the support of others working for the same cause.

Right now some of you might be wondering “What is he talking about?” Well, let me explain. Typically, people who can lead and be a team member are more successful in life, often finding themselves leading others or managing. These are skills that are developed throughout life. Often they start as being on a team and figuring out how it operates, leading to some level management where you become some sort of decision maker.

If you progress, you might find yourself leading the whole organization. Let me be clear, this is not for everyone, but for those who want to practice those skills CVA is a great place to start or refine your abilities with a strong support structure. Hopefully, you will be able to take these skills out into the real world and apply them in such a way that you can make a difference in your work, family and social environments.

So in a lot of ways, CVA has helped my job, my family life and I have made a lot of new friends in the process. Why would I not volunteer with a payoff like that?

Anyone who is interested in becoming more involved please let me know. I can work with you to discuss what you would like to get out of volunteering on a personal level and help you find positions where you can make a difference in CVA and yourself

Clark Pentico  
CVA President.

## From the desk of The Vice Prez



Hi Everybody,

Well the weather has been nice for the last few weeks and we have had good turnouts at JOAD on Saturdays. Spring is just around the corner and I know that we will start to see increased crowds soon. With that we had a Coaches Meeting not long ago to discuss some planned changes to our JOAD program and that is what I would like to let all our membership know about.

As you might have heard Coach Richard, Coach Brent and Myself all went down to the Olympic Training Center and completed our Level 4 Coaches Training in the National Training System (NTS). CVA now has 4 of us, Coach Mike included and Coach John and Coach Kurt with their Level 3 Certifications. This is very unheard of to have this many top Level Coaches in one club let alone in the same area. So what we are planning to do is offer classes on Saturdays during the open session of JOAD for anyone that would like to better understand the NTS Shot Cycle and help you improve and hopefully help so you won't injure yourself.

The weather has been nice for the last few weeks and we have had great turnouts at JOAD on Saturdays. Spring is just around the corner and I know that we will start to see increased crowds soon, with that in mind we had a Coaches Meeting not long ago to discuss some planned changes to our JOAD.

We want to pass this knowledge on to all Archers of all styles and types of bows recurve and compound, longbow etc. Now we haven't worked out all the details yet but I plan to start a signup sheet this weekend to see what kind of interest there is in these classes.







“For Jim”

A Survival Kit Designed for Today’s Bowhunter

By Curtis Hermann for the CVA “Quiver” February 2013

The slim young thirteen year old had wandered far into the mountains since rising to the star studded sky and to the sounds of Elk bugling high above him in the aspen ridges a mile or more above camp. These sounds drove him at a heart-thumping pace through the dark to gain altitude and to get within range of the West’s most magnificent monarch - before the soon to rise sun would lure the beast deep into the security of his bedding area.

Time passes easily when one feels free and has his light pack carefully stuffed with the basic necessities, a 30-30 rifle lying across his arm and the adventure of the hunt in his heart. Finally crossing a high ridge to access the north facing slope on the other side and easing carefully along a meadows edge just inside the bordering forest - he studied the ground looking for the trails the elk had used to exit the meadow in the first minutes of daylight, as they headed deep into the safety and coolness of the steeped sloped down-fall forest to bed for the day. About mid-way along this clearing a small spring fed stream crossed the meadow and entered the down-fall, taking notice of the clear water of this stream that was only about a foot wide and an inch deep, our young boy stopped to fill his canteen, then stepped across it. He felt that he would soon find the game trail he was looking for - as surely the elk would use this stream to water and bed not too far away.

Late October is a magical time anywhere in North America, especially north of the 38<sup>th</sup> parallel and the further north you go the more magical it seems to get. It certainly is at its best in the Bridger Teton National Forest just south of Yellowstone Park. This - the land of the Mountain Men like Hugh Glass or John Colter who chased the beaver and avoided to the best of their ability the Nez Pierce from which Sacagawea was stolen as a baby by the Mandan Sioux, the Crow and the most dangerous of all, the Black Feet. They often traveled alone in this same forest, just as our young boy was doing on this day, lost in daydreams of finding his quest.



Mere minutes after crossing the stream the elk trail was found, a foot wide and a couple of inches deep, a trail that was well used and moved steeply into the deepest, darkest portion of the down-fall. Fallen trees criss-crossed in a down slope pattern and made travel almost impossible - soon the trail started to disperse in different directions, each branch leading to a dark, damp impenetrable area. Focusing on the ground and trying desperately to avoid tripping or falling, the young hunter soon realized that he no longer had a trail that was of use, he had been so focused on the ground that sense of time, distance and direction had all been lost.

Down-falls are nature's idea of a sound studio, the insulation of the fallen and standing trees allows no outside sound to travel very far, inside sound is then not muted by breeze or other disturbance.

A moment of panic began to set in as he realized that it was now late afternoon and shadows were very long, he was hours from camp and he had no idea which direction to head. He had forgotten to constantly look behind him to view the forest from the opposite direction and now nothing looked familiar. He had crossed many draws, depressions, gone uphill, down hill and meandered in many directions. Sitting down he knew he had to force the feel of panic to subside, he had to go over his day in his mind, he had to figure this out and soon or the approaching cold night would take control with freezing temperatures.

Pulling off his pack, he checked to see that his matches were still dry, his small jar of peanut butter was there, and his compass was handy. Sitting down he began to go over in his mind the last place he was confident of his position and his route back to camp.

It is so quiet in a down fall that when you sit very still and make no sound or movement you can begin to hear your heart pumping and your blood running. It can be very spooky and realizing that nobody could track or find you deep into a downfall was not helpful in keeping a lid on a panic impulse.

Reaching for his canteen to check the amount of water left he heard something, listening intently, cupping his ears and rotating his head he was sure it was not his imagination. I hear running water he thought; he then remembered the small stream where he had filled his canteen. Could this be the sound of that stream? Cupping his ears once again he listened with intense focus, he had to confirm, he cannot let his imagination control, he heard the tiniest sound of water falling. Grabbing his compass - holding it steady - he took a bearing toward the source of the sound. If he was wrong he wanted to be able to return to this spot and build a new plan, if he was right he could follow the stream back to the meadow and make it back to camp by midnight. Pulling on his pack, compass in hand with light fading he headed in the direction of the falling water. It was very slow going with a fallen tree to cross every few feet, maybe a half hour had passed but he could hear the stream clearly now and his confidence began to grow. Hundreds of yards, it seemed, had been climbed over, crawled under or stumbled across but now the source of the sound was mere feet away, when his eyes caught first site of the water it was hard to believe, this stream barely inches wide at this point had a drop off of maybe a foot into a pool no bigger than a frying pan but it must be his stream, it must be his way out.

Filling his canteen one more time and with hope and elation in his heart he headed up stream against the tangle of brush, eventually coming to the edge of the meadow right where he had stopped to fill his canteen the first time

Confidence filled him now and he was happy to see many stars filling the night sky and to have the light of a nearly full moon to help him navigate his way back. It was good to be in the Bridger National Forest, three hours ago not so good, but now the young boy was once again filled with the thrill of adventure that the Rocky Mountains are so famous for, a place where a lifetime of memories are made.

This is my first memory of being lost in a wilderness situation, I was no stranger to spending a night outdoors by myself as I did that often in the sage country of north eastern Wyoming and I'm sure that was helpful into my not giving into panic when I first realized I was truly lost. Even then,



· I knew enough to be prepared for the unknown and it was a lesson that has driven my survival philosophy my entire life. I have been “temporarily lost” many times since that time - I use the term “temporary” on purpose as most times the situation was resolved in an hour or two, maybe four at the most - having never had to spend a night alone outdoors that wasn’t planned in advance of the days hunt. Perhaps, I have been lucky, but I like to think it is because I steadfastly live by a few simple rules and adhere to the concept that being prepared is the best way to enjoy and survive in the outdoors. My great, great, great uncle Daniel Boone was known to have at one time stated “that in a lifetime of being outdoors he had never been lost, once however he was very confused for three weeks”. Humorous at first reading, it does bear a lot of truth if you think about it for a while, because we are really never truly lost if we just sit down and focus on the recent history of the day - you will figure your way out.

Thirty years of teaching the International Bowhunter Education Program class, helping new and old hunters add to their knowledge of the outdoors has allowed me to think a lot about the survival portion and to pass what I have learned to others. In our recent class the survival portion was only lightly touched upon as the main points had been covered in the online portion the students had completed before attending the field day. It was however my “survival kit” that was presented as an example of what to carry. This kit caught the attention of CVA member and friend Jim Niehoff who asked me at the end of the class if I would make it the subject of this column in the “Quiver.”

First off I want to make a simple statement that will help you out, your Survival Kit is going to be dead weight 99% of the time and our goal is to make it dead weigh 100% of the time. To keep it dead weight 100% of the time we need to do a few things in advance to avoid needing it that one time that it may be needed to save your life or at least make the most miserable night of your life a bit more bearable. To accomplish this, we create a few rules and live by them religiously.

1. We make a plan that tells where we intend to hunt and when we intend to return. We leave a copy of it on the refrigerator or with a spouse or someone responsible. This plan will tell a rescue squad approximately where your truck (make / model / color & license plate #) is parked, which area in which direction you intend to go, your cell phone number, if you have a two-way radio and which channel you are using, your name, your age, your weight/height, (even a picture of you is a good idea) what medicines you take & have on you, the name and number of your Doctor. You will put a second copy of this plan on your dashboard along with a sheet of tinfoil that you have stepped on to give them a copy of your boot print. If you have a spare map of the area leave it with a circle of the area you intend to hunt.
- 2 You will look up and make a note of the address of the hospital nearest your hunting area, write down directions and phone number.
- 3 You're going to dress in layers and be prepared for the worst weather conditions you expect on that day and the day following. A third day if there is an approaching front.
- 4 Upon stepping out of your vehicle you are going to take a few minutes to study carefully in a 360 degree circle - memorizing the size and shape of the hills, bluffs, ridges, rivers, draws, power lines, buildings or what ever else catches your eye. I talk to myself while doing this, I say: road travels NE to SW and a Power line 300 yards downhill just heads SW to river and beyond, red barn due north ¼ mile, jagged peak looks like a clam shell ½ mile east beyond my truck, etc. Talking to myself really helps me to remember and memorize the terrain.
- 5 Pull out your GPS and mark your first way point (your vehicle) and take a compass heading in the direction you intend to hunt and add or subtract 180 degrees from that number to give you your return bearing. Never forget to do this.





2. A two-piece rain suit - breathable, nearly as flexible as the poncho and better in wet conditions. Less than 1 lb, pack size 6"x5".
3. Adventure Medical Kit Thermo-Lite 2.0 Bivvy Sack, essentially a sophisticated space blanket/sleeping bag. Weight = approx. 8oz, pack size 6"x4".

Depending on the expected weather conditions, I will carry one or more of these three shelters. 90% of the time I carry the poncho because of its versatility, particularly if I'm hunting deer or larger game. If I'm above 5000 feet or expect temperature to be low at night I will throw in the Bivvy Sack. If I'm not going far from camp or my vehicle and weather is temperate, I carry only the two-piece rain suit.

We all know fire is important, so I put it as #2 on the list of importance as fire creates comfort, removes some doubts/fears on a dark night and boosts confidence when you are on your own. One must always carry more than one way to make a fire because matches can get wet and lighters can fail. Hunting elk over 10,000 feet will convince you that cheap lighters often don't work at that altitude. A high quality butane lighter such as made by the Brunton company in Wyoming is a really good choice, back it up with a couple of little plastic ones for most of your local hunts. A fire starter such as Wet-Fire or others you can pick up at the back packing store is a good idea as they will burn easily and long enough to start a fire even in wet saturated conditions, throw in a small candle (I use tea candles) as it can help start a fire or provide some light while building a fire. Back it all up with some hurricane matches in a water proof container and protect the striking strip from water. (A metal nail file is a good striker surface).

3. Signaling: I consider the ability to signal for help as important as fire, in some instances more important. The voice does not last long in the wilderness and many a life has been lost because the victim had lost his voice, was injured and could not move and could not contact a rescuer even though he could see them a few hundred yards away. Never go into the wilderness without a highly effective whistle designed for a survival kit, whistles carry several times further than your voice, back it up with a signal mirror, a cell phone, a two-way radio and if going into new unknown wilderness -







The knife, flashlight & compass are simple but smart backups.

Business cards allow you to leave a note once you have decided to leave your spot and tell the rescue squad which way you have gone and where you are headed. It also identifies you as the one they are tracking.

Para-cord, duct tape, dental floss (very strong) and super glue will make or repair so many things, I go nowhere without them. Sometimes I add a pair of 54" braided bootlaces.

A few last thoughts: Most lost hunters either are found or find their own way out of a wilderness situation within 72 hours according to statistics, I believe that, therefore the goal in survival training is to prepare to do just that – survive and find your way back in 72 hours.

If you follow the rules at the beginning of this article you should be able to both survive and find your way out.

Entire books are written on this subject and you should have one or two of them on your shelf, peruse them every now and again, it can be helpful.

For you Jim, hope you find it a value,

Curtis







# Calendar of Events

Feb 23rd Mojave Archers Lucky 7 Combo 42 Marked 3D

**Feb 24th CVA Club Shoot**

Feb 24th Mojave Archers Mojave Trad Shoot 25 Unmarked 2 arrows

Mar 3rd San Diego Archers Iron Turkey Challenge Unmarked 2 arrows

Mar 3rd Verdugo Hills Archers Wildwoods 3-D Unmarked 42 targets 1 arrow

Mar 17th Riverside Archers St Pattys Day Tournament Marked 42 targets 1 arrow

Mar 17th San Diego Archers Field 28 marked

Mar 24th Cherry Valley Bowhunters Big Horn Canyon Shoot 3-D 42 unmarked

**Mar 24th CVA Club Shoot**

## FITA/JOAD Calendar of Events

JOAD Mail-In Tournament Series 2012

October 15 – December 31, 2012

44th U.S. National Indoor Championships and

2013 J.O.A.D. National Indoor Championships

February 22-24, 2013

Tulare, California

### **Reminder**

Saturday March 2nd

Is Range Beatification Day

Please come out and give us a hand



## Some Useful Internet Links to Archery Organizations and Resources

One of our members asked me a while back if I had anything like the following (I can't remember who unfortunately). There are many many organizations and manufacturers of archery equipment. He is a list of a few of the larger ones. This is not a recommendation of any single organization or company (your mileage may vary). ... jbd

<a href="http://www.asaarchery.com">www.asaarchery.com</a>	Archery Shooters Association The ASA is a national 3-D archery organization with 300 member clubs in 42 states and thousands of members. The organization sanctions tournaments on the local and state level and hosts national Pro/Am and championship tournaments.
<a href="http://www.ibo.net">www.ibo.net</a>	The International Bowhunting Organization The IBO is a national 3-D archery organization with affiliated clubs in 40 states and thousands of members. The organization sanctions state championship tournaments and hosts a national tournament series and championship.
<a href="http://www.nfaa-archery.org">www.nfaa-archery.org</a>	National Field Archery Association The NFAA is a national archery organization with over 7,000 members and clubs in all 50 states. The organization sanctions field archery and indoor and outdoor tournaments featuring 3-D and paper targets.
<a href="http://www.usarchery.org">www.usarchery.org</a>	The National Archery Association The NAA is the national governing body for Olympic style archery in the United States. The organizations oversees Junior Olympic Archery Development clubs, sanctions state and regional tournaments and hosts national tournaments to determine rankings and placement on National and Olympic Archery Teams.
<a href="http://www.archerysearch.com/">http://www.archerysearch.com/</a>	Archerysearch.Com This Archery Trade Association maintained web site is a searchable database of archery clubs, shops and ranges. It also makes it easy for users to find instructors and archery coaches by entering a zip code or state.
<a href="http://www.nasparchery.org">www.nasparchery.org</a>	National Archery in the Schools Program The National Archery in the Schools Program (NASP) brings the sport of archery to millions of students in schools across the United States

<a href="http://www.exrx.net">www.exrx.net</a>	ExRx Net This is an excellent place to find sports specific exercises and video demonstrations of these exercises. You can design an exercise routine to fit your training goals.
<a href="http://www.exrx.net/Lists/Directory.html">http://www.exrx.net/Lists/Directory.html</a>	ExRx.net list of muscles and recommended exercises for each area of the body. This is a great place to go if you are trying to plan an exercise program geared toward specificity.
<a href="http://www.asaarchery.com/">www.asaarchery.com/</a>	ASA's internet forum and message boards
<a href="http://www.archerysite.net/smf/">www.archerysite.net/smf/</a>	Independent archery forum offering tips, general archery advice and news
<a href="http://www.archerytalk.com">www.archerytalk.com</a>	Martin Archery owns this archery forum offering tips and general archery discussion
<a href="http://archeryintheschools.org">http://archeryintheschools.org</a>	Archery in The Schools Program
<a href="http://www.benpearson.com">www.benpearson.com</a>	Pearson Bow Company
<a href="http://www.hoyt.com/">www.hoyt.com/</a>	Hoyt Bow Company
<a href="http://www.pse-archery.com">www.pse-archery.com</a>	Precision Shooting Equipment (PSE) Bows and Arrows <a href="http://www.mathewsinc.com">www.mathewsinc.com</a> Mathews Bow Company
<a href="http://www.bowtecharchery.com">www.bowtecharchery.com</a>	BowTech Bow Company
<a href="http://www.lancasterarchery.com/">www.lancasterarchery.com/</a>	Lancaster Archery Supply
<a href="http://www.deltatargets.net/">www.deltatargets.net/</a>	Delta Archery Targets
<a href="http://www.fieldlogic.com">www.fieldlogic.com</a>	Rinehart Target Comp
<a href="http://www.goldtip.com">www.goldtip.com</a>	Gold Tip Arrow Company
<a href="http://www.morrelltargets.com">www.morrelltargets.com</a>	Morrell Target Company
<a href="http://www.eastonarchery.com">www.eastonarchery.com</a>	Easton Archery



# Pacific Coast 3D Adventure

No results just pictures









## January Club Shoot Scores

We had the biggest turnout ever this month (that I recall). Twenty-seven archers made it around the course and turned in cards.

Carlos Parada was at the top with a 571 (501 Scratch). He was followed in turn by Mike Keena (564, 486) and Brent Richter (560, 470). Perennial favorite Clark Pentico snuck in for fourth with a (557, 523). We also had one archer this month (Norm Rice) shoot in two different styles FS (551,481) and BHFS (446, 446). There is no reason why others can't do this also.

Sadly, I need to report that a few folks did not fill out their cards completely so I had to guess on either their name, division and/or style. Check out the results below and get any corrections in to me by next month.

NAME	HSCORE	SCRATCH	DIVISION	STYL E
Carlos Parada	571	501	A	FS
Mike Keena	564	486	A	FS
Brent Richter	560	470	A	FS
Clark Pentico	557	523	A	FS
Luke Sekerka	555	481	A	BHFS
Keith Murphy	552	520	A	BHFS
Norman Rice	551	481	GA	FS
Joe Bittner	544	448	A	BHFS
Doritina Pentico	542	484	YA	FS
Chuck Thurber	537	423	GA	FS
Steve Price	526	454	GA	FS
Jim Niehoff	525	447	GA	BHFS
Garry Magness	519	299	A	LB
John Brix	516	278	GA	TRAD
Barbara Richter	498	236	A	FSL
Curtis Hermann	477	256	GA	TRAD
Wesley Richter	460	202	C	FSL
Norman Rice	446	446	GA	BHFS
Luz Garces	406	406	A	BHFS
Julio Durado	387	387	A	BHFS
James Elliott	309	309	A	BHFS
Grant Bartel	287	287	A	BHFS
Eli Bartel	217	217	A	BHFS
Connor Richter	200	200	Y	FS
Rob Lind	165	165	A	TRAD
Robert Luttrell	154	154	A	LB
Brianna ?????	19	19	A	BHFS



Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
12:00 Noon*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



CONEJO QUIVER



info@cvarchers.com  
www.cvarchers.com

Monthly Newsletter

**March 2013**

## **From the Prez**

**To all CVA member's**

As we head into spring, a lot of changes happen at the range this time each year.

Weeds are growing at an incredible rate, as usual. Keith and the range crew are spraying to get them under control. If you have adopted a lane please, check it and make sure the trails are clear all the way to the next target.



Daylight Savings time is here, so we start our monthly meeting at 11:00 a.m. Which also means we typically start the club shoot around 7:00 ish, so we can finish before the meeting and high temperatures as we move into the summer.

We are starting to get ready for one of the biggest shoots of the year, the 22nd Annual Pacific Coast Traditional Challenge. There are a lot of opportunities to help out at the shoot.

A major shift that we have to take care of in the coming weeks is addressing the targets overlooking the nursery. They are planning more activity in that area, and are concerned about the possibilities of stray arrows. We are working on plans to take care of this issue, and will be discussing options at the club meeting. We will need some volunteers to help with the project, so look for an e-mail requesting help on this high priority project.

Go and become one with the arrow.

Clark Pentico  
CVA President



## CVA JOAD News

Hi all,

We have some very exciting news to share. First and foremost, Doritina Pentico received her Bronze Olympian pin at the National Indoor Championships held in Tulare, California this February. She shot a 281 out of a possible 300. Next stop will be her Silver Olympian pin which is only 5 more points (285) and her Gold Olympian pin which is ten more points needed for her Bronze (290). She certainly has her work cut out for her but she is also up for the challenge. With her persevering attitude and talent it won't be long before she will be getting both of her next Olympian pins. Keep up the good work Doritina! We're all very proud.

Right on Doritina's heels is an up and coming talent named Miles Gould. He just turned eleven years old and is tearing up the tournament circuit with unbelievably high scores, both at the California State Indoors and National Indoors in Tulare this year. Miles has only been with us for about six months but he is showing great promise. Miles shoots a compound bow and has, up until joining CVA, experimented on his own. He has done a great job but there is no replacement for professional advice. Since he has been with CVA he has improved remarkably. We'll be keeping an eye on this youngster and tracking his progress for you. Keep practicing Miles.

On another note, Chef Mike and crew went shopping last weekend and wound up capturing the whole pig population in California! Everyone who traveled to the ranch got themselves a trophy (maybe lunch or dinner is more accurate!). No one was hurt and everyone had a great time because of the stringent safety guidelines that Chef Mike and crew adhere to. A total of 13 hogs made the menu and the 8th Annual JOAD BBQ bash is already in the workings!

Looking forward to that monster. We'll be keeping you informed when dates materialize. Great job Michael and crew. Keep up the good work! Until then, that's about it for now...see ya out there Saturday.  
Coach Mike





## MINDING THE MEAT

By Curtis Hermann for the CVA “QUIVER” March 2013

“Your Game is down.....What do you do now?”

Ethical bowhunters do their very best to make a clean kill; they also don't waste what they kill. This means they spend serious time learning shot placement, so as not to waste this precious commodity known as venison, they also learn how to take care of the meat once the animal is down.

It is against the law to waste game meat. If you kill/harvest an animal, it is your responsibility to remove and care for the meat and to dispose of any waste in a biologically friendly manner.

This process is usually of great concern to the new to hunting archer and I run into their doubts and fears on this aspect of the hunting game in every bowhunter education class. It is often a make or break point in their desire to become a bowhunter. “I want to hunt but I'm not sure that I can handle the field dressing part” they will explain in hopes that I can take away the mystery of it all. The sight of blood, the smell of an open carcass and a pile of internal organs in your hands has always been treated as something that is unpleasant and often times scary and of having the ability to induce the urge to vomit. So my task to “take the mystery out of it” is not always so easy.

I ask the ladies, “do you frequently cut up a chicken, remove the skin and fry it up for the family dinner,” and I ask the men, “don't you relish lifting a t-bone steak off the plate to drain the blood and lay it carefully on the BBQ grill?” Yes - they will say - but I didn't kill it or remove the insides! True, I respond, but those are just parts of the same animal, they are just the parts that didn't make it to the kitchen.

We don't think a chicken leg or a t-bone is repulsive because scary movies do not make a point of presenting them as part of a scary or violent act, yet they are all parts of the animal before you. Think of your animal as that chicken on your counter, this part goes to the frying pan, this part goes into the trash and you will find that the repulsive aspect is just a frame of mind and if you don't dwell on it, it just goes away.

This is not always convincing in a class room situation, but once one has field dressed his game, it becomes very evident that field dressing is not repulsive, it is a sign of a successful hunter who finishes the job with care and pride. Now that we are over the psychological aspect of "field dressing" let us do a first class job that we can be proud of.

Like all aspects in the world of bowhunting "being prepared" makes the difference between successful and mediocre or unsuccessful hunt and this holds true in the area of "field dressing" as well. There are numerous books and DVD's on how to field dress game and you should have some of them in your hunting library.

A few that I like can be found at [www.nbef.org](http://www.nbef.org) ("Field Dressing & Processing Deer" – DVD) & ("Bowhunting Basics, Shot Placement and Game Recovery" – DVD), also the Colorado Parks and Wildlife has two videos: (<http://wildlife.state.co.us/NewsMedia/Videos>), ("How to field dress a big game animal" & "Done to the Bone"), all of these will contain the information needed to make you an expert (with practice) at field dressing, game recovery and shot placement.

Along with the knowledge from the DVD's above there are a few more things that need to be covered before you go into the field.

Get your body into shape and be ready to carry heavy loads over rough terrain.

Get your gear in shape. Collect and test all of the equipment you need for cleaning, hauling and caring for your meat.

A short list to consider: high-quality knife, sharpening stone, bone saw, tarp, game bags, external frame pack, paper towels, rope, a few ounces of white vinegar in a quart of water and rubber gloves. I carry all this in a separate frame pack in the back of my truck.



For deer, an inexpensive frame pack like a Boy-Scout pack is an ideal choice, for bigger game like elk where loads can be very heavy you will want to invest in a heavy-duty hauler frame that can handle a good load.

Get your freezer ready, too. Be sure you have enough room to store the meat.

Make a clean kill; shot placement can affect meat quality, taste, and volume of meat damage. Your best target on deer is a quartering away shot that enters just behind the last rib and exits on the opposite side just in front of the opposite leg. This angle allows for contact with lungs, liver and many major arteries/veins with minimal meat damage. On larger game like elk or moose a broadside shot through both lungs just behind the front shoulder will give both an entry and exit hole leaving a good blood trail for recovery, again with little meat damage. Avoid gut shots or hindquarter shots, gut shots leave little blood for trailing, spoils some meat and leads to a very difficult recovery. A hindquarter shot is a muscle (meat damage) shot that bleeds a lot in the beginning but often heals up and recovery is often never completed. Never try for a head shot, your chance of penetrating enough bone to reach the brain is almost impossible and wounding by hitting muzzle or jaw and leaving an animal to die of starvation is the most probable outcome, never –ever take a head shot!

There are times when an opportunity presents itself but the animal will expire in a place that is almost impossible to recover, if such a situation arises the ethical bowhunter passes up the shot.

*The Animal is Down; Now What?*

When you have successfully brought down your game you have achieved your immediate goal but you have not fulfilled all your responsibilities as a hunter. You still have to tag, field dress, transport and butcher the meat properly. The sooner after recovery that you can start this process the better the meat will taste, as body heat is a meat spoiler, so separating and cooling meat is essential for good table fare.

At this point you will want to retrieve your meat-hauling-frame-pack from your truck, hopefully a hunting buddy can do this as you start the field dressing process.

The easiest way to do this is to “bone out” your game (see Down to the Bone – DVD above), this is a process where you remove the hide, separate meat from bone and leave the internal organs where they are. This is a very good way to handle your meat particularly in hot dry climates such as southern California. The advantages are many; you are hauling out less weight, the meat has less chance of spoilage and skinning is done on the spot.

We should discuss what causes meat spoilage for a minute. Heat is your worst enemy as that allows bacteria to grow rapidly at temperatures above 38 degrees, but other things also affect taste and these are: fat, bone, bone marrow and the esophagus when opened and the contents spilled. All of these issues are resolved with the “bone out” process.

Boning out game is a fairly simple process; I like the animal to lie on its side on level ground or with the top of the back slightly uphill. Using the gut hook portion of the knife blade make an incision near the top of the neck just through the skin and continue that cut down the neck, along the top of the back and ending at the base of the tail. You can now make several cuts through the skin from the original incision at the top of the neck slice through the skin to the center of the throat just under the jaw, another at the bottom of the neck to the center of the chest, another starts at the base of the tail and goes down the back of the leg to the first joint.

Now we start a process we refer to as “Knuckling” and that is to lift the hide at the original incision and force your closed fists under the hide and work your way with both hands moving about down to the center of the chest along the breast bone, do the same with the neck. If your game is still warm you will find this is fairly easy to do, if it has been a long recovery process and the animal has cooled you may have to remove the skin with a knife.

Lay the removed skin hair down on the ground with the flesh side up and you have a clean surface on which to lay your meat.



When removing the meat you will want to do it in an organized way so that you remember which cuts are which. The old time saying that the higher the meat the better the taste still holds true, so your best cut is the back-strap and we are going to remove it with care. You will start with a cut at the base of the neck and along side the backbone down to where your blade contacts the top of the ribs, extend this cut all the way to the tailbone, now go back and extend the cut about 3-4 inches along the rib cage until you get to the last rib and then cut up to the original incision and remove this portion of back-strap and set it aside. Now remove the portion from the last rib to the tailbone and you have your two prime pieces of meat.

The next best cut is called the “tenderloin” and it lies just under the backbone from near the tailbone to just past the first rib, remove the diaphragm enough to get your hands under the backbone and remove the tenderloin and lay it next to the back-straps. Put these 3 pieces into a meat bag and mark it so that you know what is in it.

The next best cuts are three muscle groups shaped like miniature footballs and they lie in a vertical position at the top of the hind leg, in the west we refer to these as tri-tip, remove these and bag them and mark them.

Next we go to the lesser cuts; remove the meat from the outside of the rib cage and between the ribs down to the breast bone and then the rest of the meat on the hind leg. This is meat I usually grind into hamburger. Next remove the meat from the neck, the front leg and the breast; this meat is usually cut into 1” squares eventually and used in stews, stroganoff, etc.

As you remove this meat be sure to remove all fat as you go along. You have now completed one side of your animal, so now we turn the animal over laying the boned-out portion on the hide from that side and then we start over again and do the other side exactly as we did the first, adding the prime cuts to the proper meat bag, the tri-tips with the others and the hamburger and stew meats in their proper bags

In this bone-out process you will see that the internal organs usually are totally out of the way and remain untouched. Many hunters preserve both the heart and liver and put them in separate bags, I am among those.

Ok now let's talk about that other process that is most commonly referred to as "field dressing". This is the one where you leave the hide on and remove the internal organs, saving the skinning process until you return to camp or home.

This is also a fairly simple process. In this case you lay the animal with the head uphill, so all blood drains and organs tend toward the lower end of our animal. The first incision starts between the hind legs just in front of the pelvic bone, this incision ends at the rib cage. This incision must go through both the hide and the stomach wall and not penetrate the guts underneath. To accomplish this you make a small incision just large enough for two fingers through the stomach wall and lift up the wall a few inches, insert the knife blade between the two fingers with the sharp edge facing up and move both hands toward the rib cage as you cut and stop at the breast bone, this keeps the blade above the guts and bladder so that nothing gets punctured.

Some will take their knife sharp edge up at this point and insert underneath the first rib next to the breastbone and with two hands cut each rib forward to the last rib. I do not do this, as our deer are small and you can reach the full length of the chest from the inside.

Our initial incision stops at the ribcage and exposes the diaphragm underneath, we are now going to start at the breastbone and slide the knife blade just under the ribcage and follow the underside of the ribcage to the backbone separating the diaphragm, go back to the breastbone and do the other side.

The chest cavity is now exposed so we are now taking both hands and reaching as far up into the chest cavity and into the neck as we can where we will find the windpipe. It will feel like a hard radiator hose and we will reach just as far up the windpipe as we can and grasp it with one hand and with the other we will cut it off above our holding hand.

We will then slowly start pulling the windpipe, the heart and the lungs toward the lower half of the body. As we pull we separate all connective tissue as we go and soon all the interior organs will come out through the stomach wall incision. All that will be left is to carefully disconnect the bladder, the penis and the anus. To remove these we move to the outside and make a circular cut around the anus, pull it out a few inches and tie it into a half-knot, push it back through the circular hole, separate the bladder from the wall and separate the penis, now all internal organs will come out into one large pile on the ground.

At this time we will wash out and wipe down the entire inside of the animal with paper towels or a good rag. Remove the head between the last vertebra and the skull; be careful not to get spinal fluids on any eatable meat.

The deer is now usually light enough to lift to your shoulders and carry out. If you save the heart and liver, be sure to bag them, they can be stuffed into the chest cavity for carrying out. Skinning and butchering will be done at camp or home.

That is the basics of field dressing, a few last minute notes to make it a little more complete.

Remember that wound channels often have sharp-edged broken bones so use caution. Ditto if there is still a broadhead inside the chest cavity or a blade that has broken off from a mechanical broadhead.

If you have any open cuts or scratches on your hands or arms be sure and wear rubber gloves, we do not want to mix blood with a wild animal.

A few ounces of white vinegar mixed in a quart of water is an excellent source of cavity cleaning fluid and will leave behind a dry surface with a hard film that will stop flies from being able to lay eggs in the meat.

Be sure to puncture the stomach with a broadhead just as you leave with your final load as this allows gasses to escape and slows down the attraction to bears and other scavengers.

Game meat can last for several years in a good freezer if it is well -wrapped. The best wrapping is a vacuum seal. If you don't have one, use freezer paper.

Take really good care of your meat; this is your families reward and your proof of your ability as a hunter.

Till next month,

Curtis

For a more in-depth explanation of field dressing animals and caring for meat, go to: <http://wildlife.state.co.us> and type "handling game meat" in the search window.







*Getting lost is only serious when it prevents you from accessing shelter, food, and water. When Longenecker became lost, he wasn't carrying equipment that would have helped him survive outside in adverse conditions.*

*\*Shelter – a tent or a tarp to protect him from precipitation and wind.*

*\*Clothing – capable of serving as protection against moisture, wind, and the loss of body heat.*

*\*Fire starters, so he could stay warm and dry, and so he could signal his position to searchers. With a little ingenuity, he might have been able to heat water to drink.*

*\*A method of communication so he could call for help. A Personal Locator Beacon (PLB) that transmits GPS coordinates to search teams is best.*

*\* Knowledge and experience to be able to survive a night alone in bad weather.*

*If you carry these things with you every time you venture into the wilderness, you are much more likely to survive the kind of situation Gordon Longenecker did not.*



**CVA Pacific Coast 3D**  
pictures of the guys working the day before





I have always admired how dedicated our members are at just getting the job done.

They truly make the our club one of the best

Thanks Guys





We had another nice turnout for the February Shoot. Twenty-four folks made the rounds this month including three new comers that turned in cards for the first time. (A special welcome to our three newcomers Angie Bartel, Randy Estrella, and Vicky Kale.)

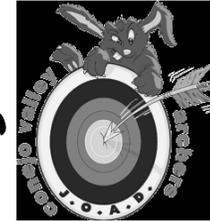
At the top this month was Norman Rice with a 551 (485 scratch). He was followed in turn by Keith Murphy (538, 499) and fellow Golden Ager Chuck Thurber (523, 399). Top Scratch score went to Keith Murphy again this month.

Also, I would like to give a special thanks to all this month for double-checking their scorecards before turning them in. I didn't have to guess regarding anyone's Division or Style. Thanks again ... jbd

NAME	HSCORE	SCRATCH	DIVISION	STYLE
Norman Rice	551	485	GA	FS
Keith Murphy	538	499	A	BHFS
Chuck Thurber	523	399	GA	FS
Brent Richter	522	439	A	FS
Barbara Richter	516	258	A	FSL
Robb Ramos	501	184	A	TRAD
Bob Bombardier	496	190	A	LB
Carlos Parada	496	496	A	FS
Rob Lind	494	181	A	TRAD
Steve Price	494	494	GA	FS
Tom Swindell	491	197	GA	TRAD
Garry Magness	490	260	A	LB
Norman Rice	479	479	GA	BHFS
John Brix	475	227	GA	TRAD
Connor Richter	465	134	Y	FS
Jim Niehoff	454	454	GA	BHFS
Wesley Richter	451	173	C	FSL
Randy Estrella	418	418	A	FS
Grant Bartel	365	365	Y	BHFS
Eli Bartel	254	254	C	BHFS
Robert Luttrell	182	182	A	LB
Steve Erikson	95	95	A	TRAD
Vicky Kale	63	63	A	TRAD
Angie Bartel	49	49	A	TRAD



**Conejo Valley Archers**



Presents an

# Open House

For everyone interested in archery!

Saturday May 25th, 2013

9:30 am – 2:00 pm

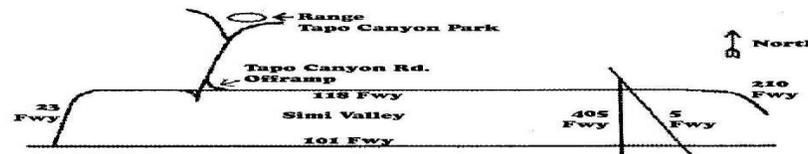
**Activities to include:**

- Open Public Archery Session 9am-1pm \$5 fee
- USA Archery Certified coaches and equipment will be available
- Free Interactive Workshops on:
  - Arrow Cresting/Fletching
  - Leather Workshop
  - String Making
  - Informational presentations on various bows

Hay Ride Field Tours  
of our 28 Target  
Roving Field Range

Tapo Canyon Prk,  
4651 Tapo Canyon,  
Simi Valley,  
CA

Hot Dogs, water and soda will be available for purchase



For more information contact Robert Luttrell at 805-490-8601 or wudstoc@aol.com  
Check us out online at [www.cvarchers.com](http://www.cvarchers.com)



### For Sale

Carter target 4 Thumb release for sale  
Like new \$100  
Call Norm at 805-210-0764  
Check it out [www.carterenterprises.com/](http://www.carterenterprises.com/)

**Remember with the time change  
our club meetings will start at  
11:00 AM**







## Your CVA Officers

President	Clark Pentico	(805) 630-1749
Vice President	Dave Dragan	(805) 218-5912
Secretary	John Downey	(805) 527-4894
Treasurer	Dan Dix	(805) 376-3568
Board Members	John Brix Keith Murphy Kurt Hoberg Chuck Thurber Robert Luttrell Bonnie Marshall	(805) 523-2428 (805) 558-9312 (805) 552-9934 (805) 497-4587 (805) 490-8601
Range Captains	Stan Grigelis Keith Murphy	(805) 520-7748 (805) 558-9312
Editor	Robert Luttrell	(805) 490-8601
CVA Answering Service		(805) 530-1339

### **Beware of Rattle Snakes**

As the warmer weather comes out so do the rattle snakes. Be aware of rattle snakes.

### **Maintenance**

This is a gentle reminder to those that have adopted a lane or lanes.. As it has been raining the weeds have been growing. Please help to ensure lanes are wide enough for four shooters. As always, thank you for your commitment to making our range a safe and fun place for everyone.



# Conejo Valley Archers Annual Pacific Coast



## 22<sup>ND</sup> TRADITIONAL CHALLENGE

**Vendor Sales**

**\$Money Shoots**

**2-Day 50 Targets 3-D Tournament**

**Saturday, May 4, 2013 – 30 Targets**

**Sunday May 5, 2013 - 20 Targets**

Separate Longbow, Recurve, Selfbow & Senior (60+) Divisions (no clickers)

\* *NFAA Rules Apply (Quivers OK!)* \*

\* *No Compounds, No Sights* \*

\* *Unmarked Yardage* \*

10-8-6 Scoring on 1<sup>st</sup> Arrow, in case of miss, 2<sup>nd</sup> arrow scores 5-4-3

\* *Lunch & Dinner served on Saturday* \*

\* *Breakfast & Lunch served on Sunday* \*

\* *Snacks & Drinks served all day* \*

### Saturday Schedule

7:00am – 8:30am Tournament Registration  
8:30am – 1:00pm Start shooting right after  
3pm – 5pm \$5 Smoker Round (1 arrow)  
Women's and Men's Division

- \* Raffle tickets sold, General & Bow Raffles \*
- \* Food & Drinks Sold all day\*
- \* Clouts – prices posted at clouts \*
- \* Vendor Trade Show and Sales \*

### Sunday Schedule

7:00am- 8:30am Tournament Registration  
Start shooting right after  
2:00pm → Score Cards must be turned in  
Awards & Raffle held soon after

- \* Raffle tickets sold, General & Bow Raffles \*
- Shots will include \* Speed Round \* Running Pig \* \* Pop-up Pig \* Steel Deer Silhouette \*
- \* Vendor Trade Show and Sales \*

### **\$\$ MONEY SHOOT - Team Rules \$\$**

\$15 per shooter - Teams consist of (1) Recurve and (1) Longbow or Primitive shooter.

Best Individual Score on each target for both days will be used to determine the total score. Club gets \$3.00 per person of fee paid. Balance will payout at 75% for 1st and 25% for 2nd.

### **RV Camping (\$37 per night)**

Full RV Hook-ups in adjacent county park. Tent Camping \$5.00 per night, Trailer Camping or Camper Shell with no hookup \$10 per night. Must check out by 6:00 pm or pay for an additional night. A daily parking fee of \$4.00 will apply on Sunday after 11:00 am, unless the vehicle is parked in the archery fenced area. If you park inside the "county park" at any time you must pay a daily parking fee. Free day parking inside our fenced range.

### \* Tournament Fees \*

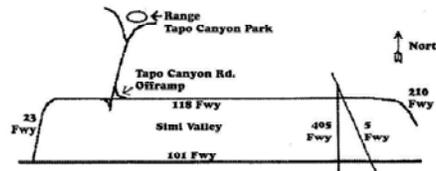
Non CBH, NFAA or NAA members please add \$5 to the fees listed below (unless a member of an out of state archery organization)

Adults - \$25      Couples - \$35  
Family - \$40      Youth - \$15  
Seniors (60+) \$25      Cubs - \$10

To only shoot Saturday or Sunday with no awards delete \$5 from original fee.

(Includes husband, wife and kids under 18 years old).

### Directions to Range



118 Freeway East or West to Simi Valley. Exit Tapo Canyon Road. North on Tapo Canyon Road, 3 miles to Tapo Canyon Park

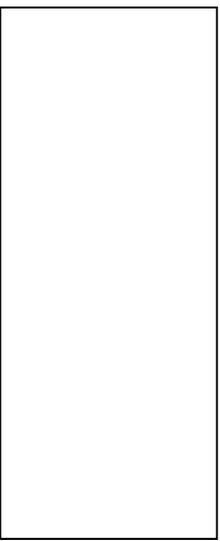
More Information – Call:

BOB BOMBARDIER @ 805-217-8896 OR EMAIL BOMBARDIERBOB@HOTMAIL.COM  
JOHN DOWNEY @ 213-922-3899 OR EMAIL TOURNAMENTS@CVARCHERS.COM

Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
11:00 AM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



CONEJO QUIVER



[info@cvarchers.com](mailto:info@cvarchers.com)  
[www.cvarchers.com](http://www.cvarchers.com)

Monthly Newsletter

**April 2013**

## **From the Prez**

### **To all CVA member's**



As the club grows in size we are putting policies and procedures in place to make sure the organization is safe, supports archery and streamlines the efficiency of the club. As we develop the system, there will be some adjustments that will need to be made, but these changes are in the best interest of CVA. Things that we have already done include the reworking of the JOAD program (18m line, a timer between shooting lines etc...), electronics newsletter, more signs, updated bulletin boards, etc.... Some of the items coming down the line include an update of the by-laws, coaching policies, open house, etc... If you want to become more involved in developing the club, please contact me and I will make sure we use your talents. Hopefully, you will like the changes we are making, but as with any change, there will be some compromises. Please bear with us as we experience these growing pains.

I would like to thank all the volunteers that have been out on the range clearing trails in preparation for the 22nd Annual Pacific Coast Traditional Challenge. If you want to help please contact Bob and I am sure he can find something where you can add value to the event and to the club.

I have received several calls in the last month about the gate being left open. If you go through the gate close it unless there is a special reason to keep it open (JOAD on Saturday morning, tournament, club meeting, etc...). If you find it open and there is not a reason for it to be open, please close it. We want to avoid non-members, entering into the property and getting into mischief (by accident or by intent).

There have been a few reports of people jumping going to the park and jumping the fence. If you see this happen, contact the camp host and they will take appropriate actions. These people are trespassing and should not be on the range. They might be the source of vandalism that has been found on the filed course. Please, protect your club.

Enjoy the range and if you have time, shoot a few arrows for me.

Clark Pentico  
CVA President

From The Desk of the Vice Prez,

Hello Everyone,

I missed last month's Quiver because of Family matters, but I'm back. First thing is to remind everyone that spring is here and the weather has brought out the snakes early!!! We caught 2 really nice gopher snakes at JOAD last weekend and we all know that where there are gopher snakes there are also rattlers!!!! So be aware and look where you are stepping and walking! Also try not to kill a rattle snake if you can, they really help keep the rabbit and ground squirrel population down. Also I have seen and heard the Bobcat up in the JOAD canyon; I think she has cubs although I haven't seen them yet. So be aware and leave them alone!



Next on the list, is it has been brought to the Boards attention about concern with Coaches giving Private Lessons or group Lessons at the Range. Now even though this practice has been going on for as long as I have been involved with CVA (16 Years) the concern and lack of some sort of guidelines to go by the Board has decided to come up with a Written Protocol to address the matter. I have written and proposed to the Board a draft which will be finalized and ready to present at the next General Membership Meeting Sunday April 28th. We hope that it will answer and clear up any and all questions and concerns about who can give and conduct private instruction of students on CVA property.

This will include a method of approval by the Board for anyone wishing to conduct lessons. Also how Coaches collect fees for their services by Club and Non-Club Members and how the Club can benefit from this. So if you would like voice your opinions and concerns or just hear what we are proposing come to the meeting. Or you can always call me or email me or any other Executive Board Member with your thoughts and suggestions!

We are already seeing big crowds at JOAD and I expect this trend will continue through the summer months. The next installment of the Hunger Games is due out later this year and I'm already hearing the kids talking about it! So our Sport is still very popular and will continue to be so and we have to embrace this in every way we can. All the Coaches at JOAD are still planning to offer the NTS Classes during the Saturday Sessions and we have been taking applications. Hopefully we can get the first classes off the ground in May sometime. We have a few things to work out concerning non-member participation but I'm confident that we can resolve the issue in everyone's best interest.

That's about it for now, but if any member has questions or concerns about anything that is going on with the Club you need to know that all of your Board members are always available to listen and address your concerns. So don't be afraid to contact us (we don't bite!). The only way we can help and continue to grow is by communicating with each other.

Lastly I would like to thank all of you who offered your condolences on my Fathers passing. It was very much appreciated and once again proved to me that our Archery "Family" is very supportive and truly it meant a lot to me that you all were so supportive during a very difficult time.

Hope to see you all around the Range; don't forget the upcoming CVA Traditional Tournament!!!

All My Best,  
Coach Dave







Today I do have a Smithwick “Citation” built in that shop that is identical to the one in the picture of Tom tillering a “Citation” that I have provided for this column.

The day that I purchased that “Super Diablo” Tom called me into the back of the shop to show me what he had been working on, there was a great deal of excitement in his voice as he introduced me to another man, this man was Sherwood Schoch a business man that was helping Tom with creating a new company that would be called “Jennings Compound Bow Corporation.” The object that Tom was working on he called a “compound bow” that had been invented by a Hollis Wilber Allen and sent to Tom to make into a viable new archery product. I did not know at this time that most archery company’s had already turned down Mr. Allen and his invention, that only Tom had gotten excited about it. I can say that I was not impressed by this device but I was careful to not be negative, wished him the best with his new endeavor and never gave compounds another thought for several years. My time to do the “archery dance with the compound was still a-ways down road”.

1971/72- S&J Archery was now a vacant building and “Jennings Compound Bow Corporation” (known to us as “Jennings Archery”) occupied a large metal building an arrows flight from “Magic Mountain” near the intersection of the 5 freeway and state highway 126. One corner of this large factory was reserved for a small pro-shop and it is here where bowhunters would congregate and talk bows and hunting, bows now meant “compound bows” and those of us still shooting re-curves or longbows were thought of as a lost generation. Tom’s beautiful custom recurve bows (the Ultra & the Citation) were now a part of history. Tom’s willingness to think of “what could be” had turned the world of archery into an entirely new dimension and all those archery companies who had turned away Hollis Wilber Allen’s invention were now scrambling to purchase a license to manufacture this amazing new device (I still have a hard time calling it a bow) that was changing archery forever.



Jennings Archery would lead the world in craftsmanship and innovation of the compound bow for another fifteen or so years when legal complications would require it to merge with a licensed company in order to stay in business. That company is Bear Archery, still a leading manufacturer of compound bows. This change took Jennings Archery away from California to the state of Florida where he remained as consultant and engineer and in marketing for some years before retiring in Puerto Rico, eventually returning to family in Columbia, Missouri where he passed away on Feb. 25, 2013.

Tom Jennings was honored in 1999 with his induction to the Archery Hall of Fame, his books on how to build a custom recurve bow can still be found occasionally in an archery store or catalog.

A cheerful, positive outlook on life and his constant willingness to help his fellow archer will always be the trademark by which I will remember him. The small shop owner who became one of the biggest names in the business remained to every archer a friend and fellow archer.

I'm not sure just why it was Tom's passing that has caused me to reflect so much on the past but it did make me realize that all archers need to know about our pioneers and to realize that those relationships that you have today will become the history of tomorrow. Next year will begin my fiftieth year in California archery and I can say that I have made many friends over the years that were just friends without a thought that they were becoming a part of archery history. I began to make a list of names and was well over twenty strong that had garnered recognition when I also thought of so many who had done so much for so many with so little recognition but were every bit as important to archery as those names we recognize.

I hope this column helps you to recognize the value of your archery friendships, that you too are a very important part of this little world of ours and that the memories you make today is the history of tomorrow. We are a blessed lot, a special people, enjoy every moment.

Curtis

### **Tom Jennings tillering a custom recurve**





## Villars Custom Bows Atlatl Workshops

Learn to make atlatls and darts - the primitive weapon system that pre-dates archery!

We supply an atlatl blank, a hand straightened dart shaft, feathers, and materials to make a complete set. You make your own atlatl and dart! Materials for additional atlatls and darts will be available for sale on the day of the workshop.

One day workshop consists of step-by-step hands on instruction and covers the following topics:

- Roughing out the atlatl with hand tools
- Spur styles/launch methods
- Dart shaft straightening (all dart techniques apply to primitive arrows as well)
- Dart fletching, feather binding
- Point hafting, foreshafts
- Shaft materials, including gathering and drying

Class is designed to allow time to learn to throw with the atlatl and dart, including a practice ISAC (International Standard Accuracy Competition).

This workshop is perfect for mature young people over ten, provided they supply adult supervision (each participant pays fee. Example: Father and two sons = three participants). Scout troops welcome!

An excellent introduction into primitive skills and working with your hands, this workshop can lead to interests in other primitive skills, such as bow making, arrow making, flintknapping, fire starting, etc.

**Workshop price is \$135/participant. Payment is due in advance.**

If you would like us to contact you about upcoming workshops, please provide us with your phone number and email address.

Email Ken: [ken@villarscustombows.com](mailto:ken@villarscustombows.com)

or call (760) 242-3086

**Villars Custom Bows**  
Presents  
Bow-making Workshops

If you've ever wanted to make your own custom wooden bow, now is your chance to learn how!

We supply a glued-up bow blank (bamboo backed ipe), and in the course of a weekend workshop, show you how to make it into a shoot-able longbow.

Workshop consists of step-by-step hands on instruction and covers the following topics:

Profiling the bow with hand tools

Refining and maintaining thickness taper

Floor tillering the bow to prepare it to be braced

Roughing in string nocks

Introduction to string making

Adjusting the braced shape

Tillering the bow to full draw at target weight

Workshop price is \$350, and includes glued up longbow blank. We need a deposit so we can glue up your bow in time for the class.

ken@villarscustombows.com  
(760) 242-3086

**Ken will be vendor at CVA Pacific Coast Traditional Shoot. He is ready for all of you questions.**







Saturday was the best day for us all, what with a hunt, a slingshot tournament and a roaring fire that was going. We all had a blast from start to finish. So many great memories were made, that it made one gigantic experience. All of us together like that made it feel like family.

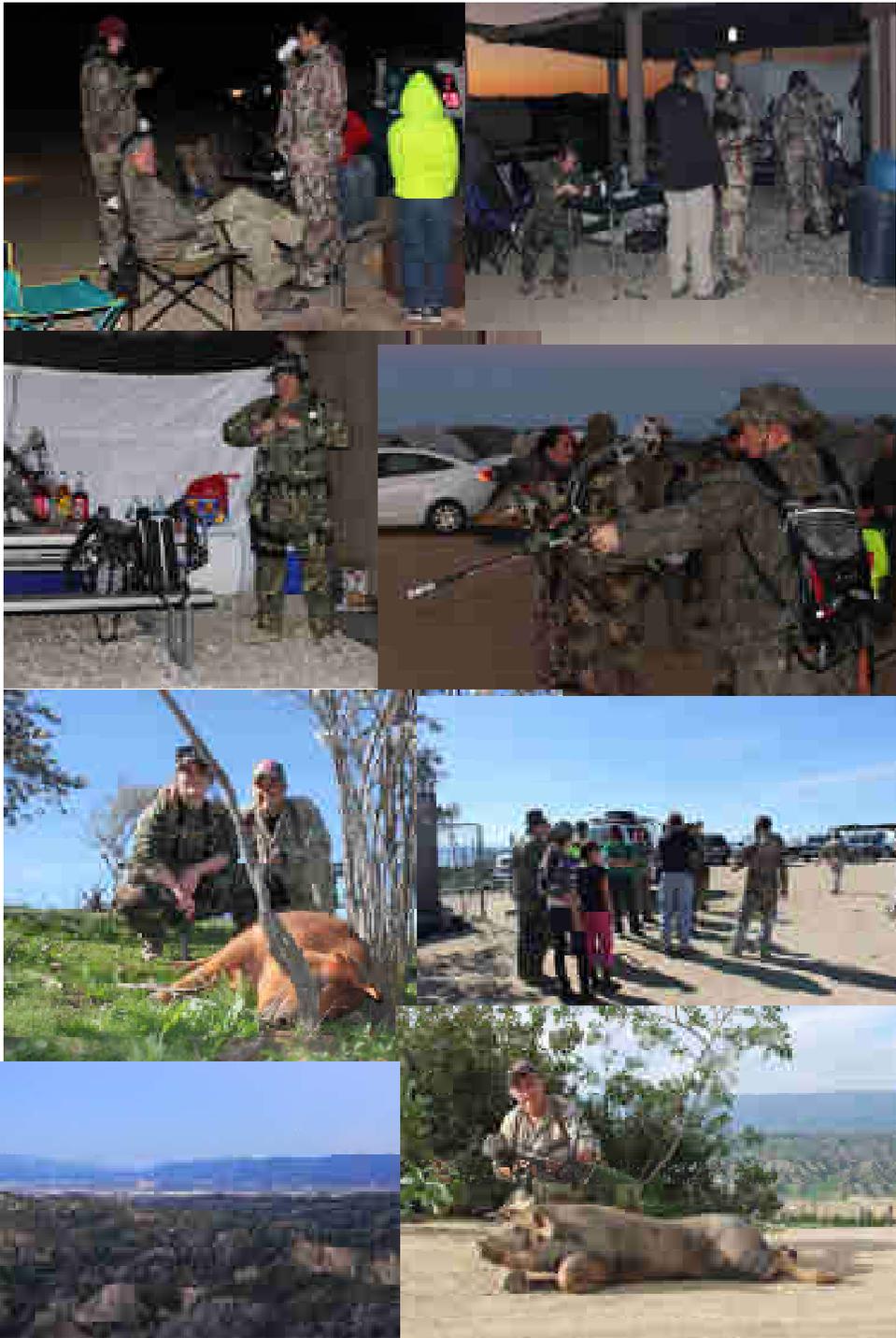
While sitting around that fire. Drinks were passed around. There was even a portable generator with a TV for those who wanted to watch a movie. All of us like that brought some of closer

As each hunter brought their game back to camp we all celebrated, took pics and rejoiced no one got hurt. To see and learn the proper skinning process was fascinating the owners of that ranch made it look effortlessly, another great thing about Big Horn Ranch. By the end of the night everyone was proud and happy. This was the night we still cant stop talking about.

Once again there was never lack of food, Lee Mainwall prepared an amazing beef stew and Lee G, brought trip tip... We had a to laugh as we were really roughing it. We invited the owners of the Ranch to join us, it was then where it became memorable, the bonding between everyone one, the stories that were told along with jokes and laughter. So many different people united as one, we wished that night had never ended and like I said before definitely looking forward to the next.

Luz Garces









# May Club Shoot

We had a nice turnout in March for the club shoot with 18 archers making the round and turning in score cards.

Keith Murphy had the top scratch (516) and handicapped (555) score this month. He was closely followed by Luke Sekerka with a 549. Fellow Golden Agers Chuck Thurber and Norman Rice snuck in with identical scratch scores of 545.

The top traditional handicapped (LB & Recurve) score went to Rob Lind (513), while Garry Magness picked up the top traditional scratch score (285).

**Special Note:** Roughly twenty-five percent of the archers on the course this month came from the Bartel Family (Angie, Eli, Todd, Grant) which recently joined CVA. It is always nice to see new members out on the range.

NAME	HSCORE	SCRATCH	DIVISION	STYLE
Keith Murphy	555	516	A	BHFS
Luke Sekerka	549	483	A	BHFS
Chuck Thurber	545	431	GA	FS
Norman Rice	545	468	GA	BHFS
Clark Pentico	544	510	A	FS
Rob Lind	513	214	A	TRAD
Tom Swindell	511	221	GA	TRAD
Garry Magness	508	285	A	LB
Doritina Pentico	490	407	YA	FS
Curtis Hermann	487	257	GA	TRAD
John Brix	484	233	GA	TRAD
Robert Luttrell	484	171	A	LB
Eli Bartel	470	200	C	BHFS
Joe Bittner	465	177	A	TRAD
Randy Estrella	456	456	A	FS
Grant Bartel	391	159	Y	BHFS
Angie Bartel	82	82	A	TRAD
Todd Bartel	47	47	A	TRAD





# FOR SALE

**Hoyt 50-60 LBS** compound bow  
Limited Edition Red White and Blue flag design  
Only one year in production  
New String and Cables + extra String in Cables in package  
Bow is in very good shape \$600.00  
if interested please call **Steve Price (805) 433-2996**

Nikon Binoculars  
10 X 56 6 °  
\$200.00  
call **Steve Price (805) 433-2996**







## Your CVA Officers

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### Maintenance

This is a gentle reminder to those that have adopted a lane or lanes.. As it has been raining the weeds have been growing. Please help to ensure lanes are wide enough for four shooters. As always, thank you for your commitment to making our range a safe and fun place for everyone.

**Attention!                      Attention!                      Attention!**

**On May 3-5 all Conejo Valley Archery ranges will be closed to member shooting. This includes the JOAD area, the 3D range, the roving range, and all practice areas. This is due to safety concerns for all of the volunteers setting up the range and participants of our large fund raiser, The Traditional Challenge! All are encouraged to come out and help us put on a fun and profitable shoot.**





# Conejo Valley Archers Annual Pacific Coast 22<sup>ND</sup> TRADITIONAL CHALLENGE

*Vendor Sales*

*\$Money Shoots*

**2-Day 50 Targets 3-D Tournament**

**Saturday, May 4, 2013 – 30 Targets**

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\* Unmarked Yardage\*

10-8-6 Scoring on 1<sup>st</sup> Arrow, in case of miss, 2<sup>nd</sup> arrow scores 5-4-3

\* Lunch & Dinner served on Saturday \*

\* Breakfast & Lunch served on Sunday\*

\* Snacks & Drinks served all day \*

### Saturday Schedule

7:00am – 8:30am Tournament Registration  
8:00am – 1:00pm Start shooting right after  
1:00pm – 5pm \$5 Smoker Round (1 arrow)  
Women's and Men's Division

\* Raffle tickets sold, General & Bow Raffles \*

\* Food & Drinks Sold all day\*

\* Clouts – prices posted at clouts \*

\* Vendor Trade Show and Sales \*

### Sunday Schedule

7:00am– 8:30am Tournament Registration  
Start shooting right after  
2:00pm → Score Cards must be turned in  
Awards & Raffle held soon after

\* Raffle tickets sold, General & Bow Raffles \*

Shots will include \* Speed Round \* Running Pig \* \* Pop-up Pig \* Steel Deer Silhouette \*

\* Vendor Trade Show and Sales \*

### \$\$ MONEY SHOOT - Team Rules \$\$

\$15 per shooter - Teams consist of (1) Recurve and (1) Longbow or Primitive shooter.

Best Individual Score on each target for both days will be used to determine the total score. Club gets \$3.00 per person of fee paid. Balance will payout at 75% for 1st and 25% for 2nd.

### RV Camping (\$37 per night)

Full RV Hook-ups in adjacent county park. Tent Camping \$5.00 per night, Trailer Camping or Camper Shell with no hookup \$10 per night. Must check out by 6:00 pm or pay for an additional night. A daily parking fee of \$4.00 will apply on Sunday after 11:00 am, unless the vehicle is parked in the archery fenced area. If you park inside the "county park" at any time you must pay a daily parking fee. Free day parking inside our fenced range.

### \* Tournament Fees \*

Non CBH, NFAA or NAA members please add \$5 to the fees listed below (unless a member of an out of state archery organization)

Adults - \$25      Couples - \$35  
Family - \$40      Youth - \$15  
Seniors (60+) \$25      Cubs - \$10

To only shoot Saturday or Sunday with no awards delete \$5 from original fee.

(Includes husband, wife and kids under 18 years old).

### Directions to Range



118 Freeway East or West to Simi Valley. Exit Tapo Canyon Road. North on Tapo Canyon Road, 3 miles to Tapo Canyon Park

### More Information – Call:

BOB BOMBARDIER @ 805-217-8896 OR EMAIL BOMBARDIERBOB@HOTMAIL.COM  
JOHN DOWNEY @ 213-922-3899 OR EMAIL TOURNAMENTS@CVARCHERS.COM

Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
11:00 AM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



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[info@cvarchers.com](mailto:info@cvarchers.com)  
[www.cvarchers.com](http://www.cvarchers.com)

Monthly Newsletter

**May 2013**

## From the Prez

### To all CVA member's

If you were at the last meeting you heard that we have a “contingent approval” for the grant for the tournament range from the Easton Foundation. If you were not at the meeting let me fill you in on some details. The Easton will cover \$250k, but the total budget is \$349k, so we still need to close a \$99k budgetary gap before Easton will give final approval for the grant. The board is looking at various options to generate funds (corporate sponsors, grants, etc...), explore getting some county fees waived and detailed quotes for some of the items to see if there is some cost reductions that can be made. We will keep the members posted as this process matures. If you have experience in fundraising please let me know.



I want to give a big thanks to Bob Bombadier for making the tradition challenge happen. There were 103 archers and from what I heard everyone had a great time. If you see Bob around the range, feel free to thank him.

As the summer months are upon us, we expect a surge of participants at the JOAD program on Saturday mornings. We want to do our best at sharing archery with others and they have a great first experience. Often the coaches are overrun by the number of people who come, so if you can help out and take care of our guest, it would be most appreciated. Things as simple as helping people get armguards and finger tabs, or waiver paperwork really helps, and you don't even need to be a coach to help. If you are a coach, you can help with equipment and safety. Regardless, keep in mind that “non-members” are guests and it is our responsibility to be a good host. If you see a line of people at the bin, please assist to make sure everyone has a positive experience.

As always, if you see ways to improve the club let a board member know. That is the only way we can put your good ideas to work.

Keep a strong bow arm,

Clark Pentico  
CVA President

From The Desk of the Vice Prez,

Hi Everyone,

Well Summer is just around the corner but you wouldn't know by the temperatures lately!! So just a quick reminder about keeping hydrated to avoid heat stroke. Remember the time to start hydration is before you even get to the range. Parents you should encourage the kids to drink at least 8oz. of water before you leave the house. This goes for everyone, make sure you have already started drinking water before you leave the house for the range. And once you get to the range keep drinking water, if you wait till you think Oh! I'm thirsty its too late and your body will not be able to recover!!



There is a lot of very exciting news going on in the Club!! If you read Clarks letter you know about the Easton Grant and the contingencies we have to meet. There is a lot of work to be done before we can hopefully break ground next spring, but I think we all are dedicated to the prospect of this project finally becoming a reality!!

I would like to take a moment to elaborate on how exciting and special this project is. The idea of adding this full size Olympic Tournament Range to our already beautiful range is very special. I have traveled all around the country to many different Regional, State and National Championship Tournaments and a lot of the times the hosts have to hold the tournaments at a school or a park with athletic fields large enough to accommodate all of the archers involved!!

I have said it before and it bears repeating, I have never found an Archery Club in the Country that can offer a 28 Station Field Range (4 Star Rated), a 24 Station Field Range with 3D animals permanently set up, and now the prospect of a 36 to 40 Lane FITA Style Olympic Tournament Range all at the same venue!!!

Folks this will make Conejo Valley Archers the premier Archery venue in the Western US if not the whole Country.

This will not just be for our FITA style tournament archers but all the field archers can take advantage of the new range by using it for qualifying 900 and 600 rounds for national championships. And we will be able to possibly host at least 1 or 2 extra outdoor FITA style tournaments to the California regional schedule so all the archers in Southern California Won't have to travel up north all the time. And a dream of mine is to possibly host a JOAD National Championship at our range. All of these things are of course contingent on a lot of things happening to complete our getting additional grants and corporate sponsors to fill the budget gap, but still it is very exciting to think about these prospects.

I just wanted to keep all of our members in the loop, and if any of you have any experience in helping raise money or any other talents you think might help the Club in making this project become a reality don't be shy!! Come to the monthly club meetings or you can always contact me or any of the board members with you suggestions or concerns.

See you all around the range; remember to always shoot for the gold!!!  
All My Best,  
Coach Dave





“CVA- QUIVER”

A column by Curtis Hermann

Bowhunter Education, this class is for you!

***An Introduction to the International Bowhunter Education Program (IBEP) Field Day class.***

The first week of February and August is a very busy time for me as that is the time that we prepare to provide new and old bowhunters alike the opportunity to attend the International Bowhunter Education Program (IBEP) Field Day class on the Sunday of that week. We hold this class at the Angeles Shooting Range (12651 Little Tujunga Canyon, Lake View Terrace) in the North West San Fernando Valley. This class works in conjunction with the National Bowhunter Education Foundation's (NBEF) Distance Learning (Online) Course which must be completed in advance of the Field Day. The Online Course can be found at [www.nbef.org](http://www.nbef.org) and click on the Online Course icon or button.

If this sounds like something you may have an interest in then we need to get you registered as this August 4<sup>th</sup> class is filling up quick. If you are not sure if this is for you but are curious enough to read more than stick with me.

A larger and more complete description of both courses can be found at the Angeles Shooting Range website, just “google” the Angeles Shooting Range and click on Bowhunter Education. I will provide a brief overview for you in this column.

The Online Course usually takes about 13 hours to complete and can be done at a comfortable pace that you set. I recommend that you start this course at least one month in advance of the Field Day Class. The course consists of 8 Chapters or Units that cover (1) The Introduction to Bowhunting, its history, development, benefits and challenges. (2) Wildlife Conservation/Management principals, habitat, carrying capacity.

(3) Archery & Bowhunting Safety, Bowhunter Responsibilities/Ethics. (4) Learning to know the basics of archery equipment. (5) Preparing before the hunt in the months before going afield, learning to scout. (6) Methods of Bowhunting, Still Hunting, Stalking, Glassing. Blinds, Elevated Stands (& Safety), Scents & Lures, Game Calls and Bowfishing. (7) Shot Placement & Recovery – How a Broadhead Works, how to trail hit game, how to pick a shot, field dressing. (8) Outdoor Preparedness, Planning, Basic First Aid, Survival, Brief Map & Compass, and how to survive the unexpected that happens to a hunter.

The Online Course comes with Chapter Review Questions on each unit/chapter and you can take practice tests as many times as you want for free, when you feel confident that you can pass the test then you email the NBEF and pay the \$20.00 and download the test, upon passing you will be able to download and print out a Voucher that you must bring to the Field Day Class and turn in to the Instructor (me).

The Sunday August 4<sup>th</sup>, Field Day is a review of the highlights of the Online Course with a segment on California Department of Wildlife (no longer Fish & Game) Regulations. A hands on demonstration of Tree Stand Safety. A short (5 animal) 3-D course for learning your own effective range. Thorough discussions/demonstrations on the heart of the course, Chapters (5) Scouting, (6) Methods of Hunting, Tree Stand/Blind Placement, (7) Shot Placement/Recovery (you will follow a blood trail), field dressing and (8) First Aid/Survival. The morning session will take place in the classroom, the after lunch will take place in our forest where you will experience actual deer trails, deer sign, and forest knowledge imparted and have many things explained that will pull your field experience together

There is a California Test given at the end of the day (50 Questions) that must be passed with a score of 80% or better to complete the process. We give a thorough class, if you pay attention you will pass, everything on the test is covered during the day. You will receive your IBEP card upon graduation that is good for life and will allow you to purchase archery game tags in every



state (including those where this course is mandatory), Canadian Province and in many foreign countries that allow bowhunting. This course however does not allow you to buy a hunting license! If you have not taken the State Required Hunter Safety Course and have your Hunter Safety Card then you must do that before signing up for Bowhunter Education. Hunter Safety is taught in the same class room two times a month, go to the website and sign up if you need this course.

This course (IBEP) is a very good solid course in the broad basics of the world of bowhunting, we like to think that we add a good deal more during your field day that will be helpful many times in your bowhunting career. It is an intensive course and I do not recommend that children under the age of 10 take this course. Also if you are very new to archery and have never hunted/bowhunted, I do recommend that you first get confident with your archery skills before taking on bowhunting, remember we are there to take a life and we intend to take that life in a clean, humanely effective manor with as few wounding incidents as possible, we owe the game we hunt that respect. If the shot is not nearly perfect we pass on it.

I have taught and helped develop this course over a thirty year career in bowhunter education, in the last few years we have advanced it to meet the needs of today's modern bowhunter. We have given the course this way now for two years and have found that the student find's the experience very informative and enlightening, it brings what you have learned in the online course into a real life experience.

If you would like to register for this class contact **me**:

**Curtis Hermann** at [onerobinhood@roadrunner.com](mailto:onerobinhood@roadrunner.com) and give me your first/last name, age and Date of Birth (DOB), phone number, zip code and email address. The cost of the course is \$25.00 in a check made out to me. I also like to know how long you have been an archer, how many years you have hunted/bowhunted.

**My address is:**

**Curtis Hermann**

**2316 Shakespeare Drive**

**Oxnard, CA. 93033**

**(805) 986-3195 onewrobinhood@roadrunner.com**

# April Club Shoot

We had a nice turnout again for the April shoot. Coming in at the top this month for the first time was Randy Estrella with a 562 (472 scratch). He was followed in turn by Keith Murphy (559), Doritina Pentico (553) and Clark Pentico (553). Rounding out the top five was Norman Rice shooting Free Style (545). Keith Murphy also picked up the top scratch score (521).

Top 'Traditional' Style (Recurve or Longbow) was shot by Curtis Hermann (540) who also had the top scratch score of 312.

NAME	HSCORE	SCRATCH	DIVISION	STYLE
Randy Estrella	562	472	A	FS
Keith Murphy	559	521	A	BHFS
Doritina Pentico	553	467	YA	FS
Clark Pentico	548	511	A	FS
Norman Rice	545	483	GA	FS
Curtis Hermann	540	312	GA	TRAD
Luke Sekerka	539	474	A	BHFS
Jim Niehoff	539	452	GA	BHFS
Steve Price	536	465	GA	FS
Chuck Thurber	531	414	GA	FS
Garry Magness	519	295	A	LB
Norman Rice	516	437	GA	BHFS
John Brix	507	248	GA	TRAD
Robb Ramos	495	209	A	TRAD
Tom Swindell	491	210	GA	TRAD
Robert Luttrell	475	165	A	LB
Bob Bombardier	474	156	A	LB
Rob Lind	464	165	A	TRAD
Steven Mahoney	413	413	A	BHFS



**Golden Ager Trophy (Best Three Handicapped Scores)**

Chuck Thurber is at the top right now with a 537.7 average. Right behind him was Norman Rice in both second (FS, 524.0) and third place (BHFS, 513.3).

NAME	AVG	STYLE
Chuck Thurber	537.7	FS
Norman Rice	524.0	FS
Norman Rice	513.3	BHFS

**FYI**

**Hi All,**

A few of you have asked about a Level 3 Coaches Class and when that might be offered. I did some checking and found out that our friend

Van Webster will be offering that Coaches Class over Labor Day weekend in Pasadena. The dates are Saturday Aug. 31st, Sunday Sept. 1st and Monday Sept. 2nd.

You can contact him by phone at **323-258-6741** or email at **vanwebster@aol.com**. He said that the class was filling up quickly

so I would at least call and make a reservation. If anyone is not sure if you qualify you can contact **Sheri Rhodes** at US Archery and have her check your status. Or ask any of us main Coaches and I think we can figure it out!!

Thanks, Coach Dave





# CONEJO VALLEY ARCHERS ANNUAL DRY & DUSTY 3-D SHOOT

**SUNDAY June 2nd, 2012  
30 TARGET MARKED YARDAGE 3-D**

**ADULT STYLES**  
FS, FSL, BHFS, HFSL, BH, BB  
FITA Recurve - LB Longbow)  
RB (Recurve) -SB (Selfbow)

**REGISTRATION**  
7:45 am TO 8:45 am  
SHOOT STARTS AT 9:AM

Adults	\$18
Family*	\$30
Couples	\$25
Seniors (60+)	\$12
Young Adults (15 - 17)	\$15
Youths (12 - 14)	\$10
Cubs (under 12)	\$ 8

**YOUNG ADULT**

**YOUTH/CUB STYLES**

**Sight or Non-Sight**

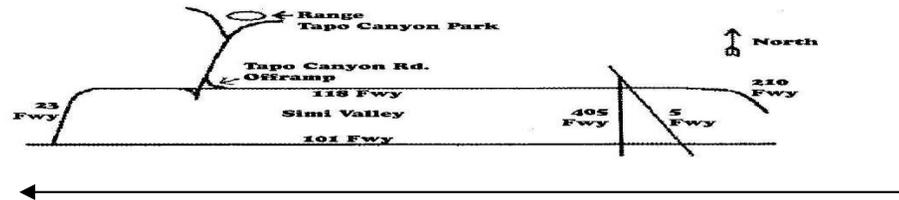
**2 ARROWS**  
Marked Yardage  
10 - 8 - 5 SCORING



(\*Includes Husband,  
Wife, and Dependent  
children under 18)

### DIRECTIONS TO RANGE

**TAKE THE 118 FREEWAY INTO SIMI VALLEY. EXIT AT TAPO CANYON. GO NORTH ON TAPO CANYON ROAD 3 MILES TO TAPO CANYON PARK, TURN LEFT INTO THE PARK. THE RANGE IS INSIDE THE PARK TO THE LEFT AS YOU ENTER.**









# Calendar of Events

## **May 25th CVA OPEN HOUSE**

May 25th and 26th CBH/SAA Big Game-State Broadhead Champ UnM

## **May 26th CVA Club Shoot**

June 1st 3-D 28 Targets sandigoarchers.com

## **June 2nd Dry & Dusty 30 Targets; 2 Arrows Conejo Valley Archers**

June 8th Mojave Archers Pirate Shoot 30 Targets; 2 Arrows

June 9th Oranco CBH/SAA State Field

June 9th Pasadena Roving Archers Ronald Mcdonald House Tourn.

June 9th Riverside Archerside Muley Crazy Shoot 42 Targets; 1 Arrow

June 9th San Diego Archers State Field (Pre-Registration Required)

June 16th King Arthur Tournament 40 Targets; 2 Arrows

June 30th Oranco Firecracker 42 Targets

## FITA/JOAD Calendar of Events

### **Woodley Park F.I.T.A. Qualifying Rounds**

May 4, 2013

#### **Reminder**

Saturday June 1st

Is Range Beatification Day

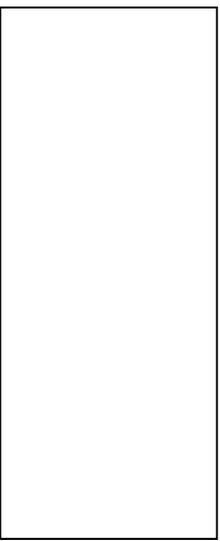
Please come out and give us a hand



Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
11:00 AM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



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[info@cvarchers.com](mailto:info@cvarchers.com)  
[www.cvarchers.com](http://www.cvarchers.com)

Monthly Newsletter

**June 2013**

## From the Prez

To all CVA member's



Well, this last month has been busy. We had an open-house, Dry and Dusty shoot and several work parties, on top of all the JOAD items happening. I look back and think about all the work it takes to get these things done and I think. Wow!

The open-house was a great success. Lots of prospective members participated, several signed up as members. Robert Luttrell and Bonnie Marshall did a great job putting it all together. Curtis was out there with a full archery museum. Bob had arrow napping going on. Carl with leather crafts. Ken with traditional bow making. Tom was fletching pens with the kids. Dawn running the snack shack. Keith and John running tours. Big thanks to all.

The Dry and Dusty was also a great event. We had just over 100 shooters. Everything went smoothly. Richard Carpenter did a great job taking care of this event.

As always ironman Keith Murphy and crew were working around the range, changing bales, clearing trees and lanes. The range keeps looking better and better.

Just a couple housekeeping items that everyone needs to think about as we are using the range more and more during the long days of summer:

- ◆ Fire Danger. It is getting hot out there, and there is a real possibility of fire during times like this. Please, do not smoke on the course.
  
- ◆ Guests. If you have guests please have them sign a waiver and pay the guest fees and the snack shack.
  
- ◆ Hunting: Don't!! There is no hunting on the range.
  
- ◆ Cross canyon shots. Don't do that either. It is a safety issue.

Keep your eye on the target!!

Clark Pentico  
CVA President

From The Desk of the Vice Prez,

Happy belated Father's Day to all the Dads out there!

I spent my Father's Day in Long Beach for the California State Outdoor Championships. It was a great weekend for weather and Archers came from all over California. I'm not sure of the final numbers, but there were about 400 shooters! I was told there was about a 2 to 1 ratio of Juniors to Adults. This proves the increasing popularity of our sport especially with the kids! In addition, it was very apparent that there were a lot of new shooters as well as some new JOAD Clubs participating in the tournament. Our sport is growing and will continue to grow!



I wandered around the field all day and saw a lot of old friends and familiar faces however, some I didn't recognize because the kids keep growing up! I was asked a lot of questions which I found interesting in respect to Clubs having enough qualified Coaches and support staff. This just made me feel even more proud of what we have at CVA. I talked about our JOAD Program and our terrific Coaching Staff, as well as dedicated parents who always help out when needed. I just want you all to know how much I appreciate you all and how others were envious of what we have to offer our young and older archers here at CVA!!

We only had 2 members shooting at the tournament; Kurt Holberg in the Open Men's Division (shooting Sunday with a bad cold), and Miles Gould in the Junior Compound Division. I believe Miles took home the Silver Medal and I'm not sure how Kurt did however, the last time I talked to him he was happy with how he was shooting despite feeling bad from the cold. Next year I hope to have a lot more of you ready to shoot the outdoor tournament! So be prepared for the coaches to start pushing you all a lot harder!!!

In addition to all the shooting fun, I am also on the Board of State Archers of California (SAC). During the tournament we typically have a board meeting. The good news is we now have a full board for the first time in 5 years! The Board set up a few committees to help with some problems relating to how SAC Tournaments are run and we should start to see results very soon. Most of the issues involve scoring and State ranking. For all the parents out there with Juniors competing, please remember to check their math and always ask a judge to change arrow values as well as sign any changes before the participant signs and turns in their score card. Once the archer signs their score card and turns it into the Tournament Director that is it. The score stands. It is too late to realize you made a mistake and expect the tournament to change the score for better or worse!!

If anyone has any questions about SAC and would like to know more, feel free to contact me and I will do my best to answer your questions. I am also assisting SAC with the help of another board member, in getting more information about JOAD Clubs and US Archery rules pertaining to JOAD tournaments. This will help parents to be more informed about how and what to expect during a tournament.

That's about it for now. Remember to stay hydrated out there, watch for those pesky rattlers, and as always shoot for the gold!!!

All My Best,  
Coach Dave





“PRACTICAL KNIVES FOR THE ARCHER/BOWHUNTER”

By Curtis Hermann

Archers are outdoorsmen/women and outdoorsmen/women carry a knife, it is the universal tool of the outdoorsman, have you ever heard of an outdoorsman who did not carry a knife? I don't think so. This much I think we can agree upon.

Once we have decided that the archer/bowhunter/outdoorsman must have a knife as an essential part of his/her gear then we must come up with some parameters- because we all know that knives come in many forms and sizes and not just any knife will do. I think we can also agree that a sword would not be practical to carry everywhere we go, a sword would be a bit burdensome and hard to carry when entering the front seat of our SMART car. Likewise that small pen knife attached to your money clip is probably not large enough for serious knife work.

Fortunately many experienced outdoorsmen/women have come before us and are able to advise us as to what is most practical for 90+ percent of our outdoor needs. The consensus of these elders is this: a knife must be sharp, sturdy and portable. Whether you are Cal Taylor – friend, rancher, outfitter with 29,000 acres of range to oversee on a daily basis or an elite archer fumbling through his tool box at the Las Vegas Indoor Money Shoot you are most likely to find a folding knife with a two and a half to three inch blade in his hand. This blade will most likely be made of 440 Stainless Steel or one step up to 154CM steel. Cal Taylor carries a 3 inch folder with a 154cm blade, Tom Dailey who shoots Vegas has a two and half inch 440 stainless steel folder in his tool box, Gary Magness a CVA experienced bowhunter of 40 plus years has carried the same Buck model 110 3” folder all these years, I carry a custom 3” folder in 154cm and when in the field I may also carry a Scharade Sharp Finger fixed blade 440 Stainless Steel three inches in length.

We are all just your average experienced archer/bowhunter/outdoorsman who have learned from those who came before us.

Now 3” is not a fixed or hard rule but if you observe those you know to be experienced outdoorsmen/women you will find that two and a half to three and a half inches will cover most of those that carry with 3” being the dominate blade length. I do prefer a fixed blade for field dressing because it is much easier to keep clean and germ free, I always worry about how clean a folder is that has recently been used to field dress or bone out a game animal.

Choosing between a folder and a fixed blade is really a matter of taste, obviously a folder is more compact and therefore more portable for the urban or rural town dweller, a fixed blade however is often more handy in a wilderness situation. A three inch blade is equally handy in the camp kitchen as it is inside the chest cavity of a mule deer or when trying to cut a rope. Any task that your 3” blade can’t handle should be done with a small hatchet or axe. For example, don’t use your knife to split kindling, clear brush or remove roots from under your sleeping bag. A knife is meant to cut hide, flesh, tendons, not trees or logs.

Your honing stone should go with you every time you go afield, particularly if you are going for more than the day, use the stone when needed and at the end of the work for a touch up, keep the blade lightly oiled before putting away and put it away in the same place every time, nothing is worse than not being able to find your knife when it is needed.

The best skinning knives are really not very good when it comes to gutting small game birds because their wide blades are not maneuverable enough and a fillet knife would be nearly useless with which to skin an elk as their thin flexible blades and sharp points would put too many holes in the hide. The same with your archery gear, a large skinner is of little use in cutting a string serving or trimming a torn vane but a medium length of 3” – 4” will do just fine. So there is no miracle one knife that does everything and as an outdoorsman/woman you will end up with several knives in your collection.



Survival knives can cut branches, split kindling, remove roots, pound stakes, fillet knives can be extremely handy in the kitchen and with small game, but for 90% of your outdoors work the fixed or folder in a 3" – 4" length has you covered. Also the little Swiss Classic has a pair of surgical steel scissors that is perfect inside your First Aid Kit.

Most mid-range to upper end Bench-Made knives are made of 154cm steel, most mid-range priced knives (\$30.00 - \$80.00) or so are made of 440C Stainless steel (if it says 440 on the blade without the "C" it is probably 440A or B and not as good as 440C) and this has been an excellent knife steel for over 50 years. The Sharpfinger by Scharade is a design that has become public domain and is therefore manufactured by dozens of companies, many are 440C and many are not but most will skin and field dress a local deer with little touch up. The Sharpfinger is a very inexpensive knife running from \$14.95 - \$29.95 in most outdoor stores.

I fell in love with a Rapala 6" wood handled fillet knife many years ago and always throw it in my pack as its thin flexible blade is so useful in camp and when boning out game and it weighs just 2-3 ounces.

I rarely carry a survival knife, preferring to be prepared with rain/survival gear and not needing to build a shelter, survival knives are usually bulky and heavy and I carry them only when going into unknown territory.

There are many steels worth checking out and custom knives are a true work of art and it does a heart some good to have one in your collection, I have learned that I am a bit careless and it does not pay for me to carry real expensive knives into places where they can be lost. Several mountains have become the new owner of a good knife that I inadvertently left behind, so the custom knives I have left now reside in a shadow box on the wall.

Knives are tools to be sure but they can also be addictive and can add up in the gear locker, multi-tools are good in the archery tool box or shop or if you own a compound bow. A 6" fixed blade is real good for cutting your arrows out of the rubber that surrounds our target butts. One must not forget that whittling is a time honored hobby in camp or on the front porch so a small double bladed pen knife fits that bill really well.

Choose a well - made, compact, practical knife that meets 90% of your needs, keep it clean and sharp and store it in the same place every time. Take care of your knife and it will take care of you.

Till next month,

Curtis

This folder has two blades, each 3" in length - a skinning/field dressing blade on the right and a clip blade on the left. Good all around knife



My first hunting set - knife/hatchet combo, knife blade is 4 1/4" (early 1950's)  
still serviceable today.



Other handy choices an archer/bowhunters can have. Two fixed blades I made (2 3/4" blades) and a Leatherman multi-tool



Two inexpensive knives made locally by "Cold Steel" in Ventura, the upper blade is 4 1/2" and is light weight and very handy in camp, the lower is "Cold Steels" version of the Russell Canadian hunting knife. (4 1/4" blade) This knife is very comfortable to use for long periods of time and a favorite of very many years



# APRIL CLUB SCORES

We had a nice turnout again in May for the Club Shoot. Randy Estrella managed to come in on top with a 558 scratch score, He was following in turn by the club dynamic duo of Clark Pentico (557) and Keith Murphy (557). Oldster Norman Rice was only 2 points back in 4<sup>th</sup> place.

Top scratch score went to Keith Murphy (BHFS), proving you don't need a moveable sight to come in at the top.

Garry Magness once again picked up the top "traditional" style score (301) with his trusty long-bow. This was also good enough to pick up a handicapped score of 515.

NAME	HSCORE	SCRATCH	DIVISION	STYLE
Randy Estrella	558	487	A	FS
Clark Pentico	557	519	A	FS
Keith Murphy	555	523	A	BHFS
Norman Rice	553	471	GA	BHFS
Steve Price	543	478	GA	FS
Jim Niehoff	529	439	GA	BHFS
Garry Magness	515	301	A	LB
Tom Swindell	512	244	GA	TRAD
George Blevins	511	511	A	BHFS
Clark Pentico	510	510	A	BHFS
John Brix	497	241	GA	TRAD
Bob Bombardier	470	137	A	LB
Andrew Ramos	464	85	Y	TRAD
Robb Ramos	458	168	A	TRAD
Rob Lind	451	141	GA	TRAD
Curtis Hermann	241	241	GA	LB
Keith Murphy	197	197	A	LB

**Club Trophy (Belt Buckle) – Best Five Handicaped Scores**

As of now, Keith Murpohy is still at the top. Norman Rice is less than 2 points behind (for now).

NAME	AVG	STYLE
Keith Murphy	551.8	Mixed
Norman Rice	550.0	Mixed
Clark Pentico	545.0	FS
Chuck Thurber	514.2	FS
Doritina Pentico	512.6	FS

**Golden Ager Award – Best Three Handicaped Scores**

Norman Rice is at the top this month with a 14 point lead over fellow oldster Chuck Thurber.

NAME	HSCORE	STYLE
Norman Rice	551.0	FS
Chuck Thurber	537.7	FS
Steve Price	524.3	FS

## Membership Corner by Bonnie Marshall

Conejo Valley Archers would like to welcome our newest members, Dawn Burnham, Ruthie Haskins, David King, Michael Koller, and John and Shayna Naulin who were voted in at our last General Meeting. We hope you all will reach out to them and invite them to shoot with you some time

Were excited that our new members are already stepping up to volunteer to make our club great. Dawn has already stepped up to help with the Snack Shack at our Open House and John and Shayna will be bringing in some movie magic for our Zombie Fun Shoot! We look forward to working with everyone in the months to come.

I would like to announce some very special membership anniversaries. **Bob Bombadier** who has always been a driving force for our club and just an all-around nice guy is the man behind the Traditional Shoot these past few years. Those beautiful native arrow awards were all hand-made by him and he generously supports our club in all he does. Bob has just passed his 20<sup>th</sup> year as a Conejo Valley archer!

**Gary Magnuss** is another member we can always count on to be there when the club needs help. He has always given of his time and energy to the good of the club through all of these years. Although Gary may be moving on to “out of state pastures” he will always be a CV archer. Gary has just passed his 21<sup>st</sup> year with the club!

Last but certainly not least is our gentlemen archer **Mr. Curtis Hermann**. Curtis is a wealth of information on the sport of archery and you can meet him at our Open House giving great lectures on our sport. Curtis is always ready to share a story and share his knowledge with anyone who wants to listen. You always come away feeling like you learned something after talking with Curtis.

Congratulations and THANK YOU gentlemen for always being there for our club, our sport and sharing all of your special talents with all of our members. We are blessed to have you in our CVA family. I hope that all of you will take the time to introduce yourselves to these gentlemen when you get the chance and truly see what our club is about.

CONGRATULATIONS!









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**Hoyt 50-60 LBS** compound bow  
Limited Edition Red White and Blue flag design  
Only one year in production  
New String and Cables + extra String in Cables in package  
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*Remember with the  
time change next club  
meeting will start at  
11:00 AM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



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Monthly Newsletter

**July 2013**

## **From the Prez**

**To all CVA member's**

Over the last few months I have been made aware of lots and lots of rumors about what is "going on" at CVA. I want to take a moment to clear up a couple of the major misconceptions about what I have heard and set the record straight.



Coaching on the range has been going on at CVA since the beginning of the club. Helping other archers is part of how we support archery. It is a way to promote the sport, help new archers become experienced archers, and a way to build lasting bonds with others that enjoy our sport.

A couple of years ago Dave Dragan started coaching for the Parks and Recreation (P&R) in Oak Park. For instructing P&R classes, the instructors get paid a percentage of the amount collected. I have heard rumors that "Dave was using JOAD equipment for the Oaks Park class". This is not true. Dave helped write a grant to Easton to purchase the equipment that is used for classes in Oak Park.

Last year Dave was approached by P&R about teaching classes in Simi Valley. He asked if he could use the CVA JOAD facilities and equipment to accommodate that class. In exchange Dave would be donating back to the club a generous portion of what he was getting paid. The existence of the classes was presented by Dave at several meetings (general and board) and there was no opposition to them at those times. Financial arrangements of the classes were not detailed out (exact dollar figures). Classes were taught last fall and then more classes took place this spring. During the spring classes some members started rumors that Dave was teaching private classes on the range using JOAD equipment and pocketing all the money. Again, this is not true. CVA has received \$400 from Dave teaching classes through the Parks Department.



Over the last year and a half being president, I have only had two people come up on their own to ask me about something they heard about that they did not think was right. In one case I filled in the facts they were missing and it all made sense to them, in the other case (coaching mentioned above), we suspended the program until we generate a policy on how to handle coaching on the range. Now I have to believe there are more issues out there that no one has brought forward.

The only reason I have recently found out about other specific rumors is that I have gone out and spent several hours asking members about what they have heard. I had to pull the information out of them. Let's be clear about this, I should not have to plug myself into the "rumor mill" to find problems to fix. I have other items on my task list that are being delayed (Easton Grant, By-Laws update, etc...) while dealing with these rumors.

My big question to all members, is when you hear about something that you do not believe is the right thing for the club, why don't you tell someone who can investigate it and fix the problem, assuming there really is a problem. Often people don't have all the facts. Often I don't have the facts either, but if I know of something that needs to be looked into I will find the facts and take appropriate action.

I have to believe all CVA members want to bring the club together, but all these rumors are destructive to CVA and serve no good purpose. So please care about CVA enough to let myself or another board member know of potential issues so the proper actions can be taken. Do

Let us all remember that this is OUR club and work to make CVA a great place for archery, building friendships and having fun.

I think that is enough said. Now, go shoot your bow.

Clark Pentico





From The Desk of the Vice Prez,

Hi Everyone,

Well summer is in full swing and things have been hot and busy in more ways than one. Our JOAD Saturday program is still busy even with the warm weather and we continue to see an average of 50 new people a weekend by the number of waivers filled out.

We are also looking forward to a big fundraiser for the club which Bonnie Marshall is putting together and we will be doing at the JOAD range on Sunday September 29, from 9-11 am. This could raise as much money for us as some of our tournaments. Please see the email that Dan sent out and respond directly to Bonnie if you can help.

We also had our 8th JOAD BBQ sponsored by Mike Keena and his incredible crew. They grilled up over 40lbs of wild boar sausage for all to sample and with all the side dishes and great deserts, there was plenty for all, as they fed over 125 people!!! Thanks again Mike for your generosity and always making these events special!! Also thanks to everyone who helped serve and cook and make all our archers and guests feel welcome and full!!! I had a lot of people who were at CVA for the first time who commented that they could not believe that we would do this for free and offered donations to the club!! I think that everyone had a good time and this is what we are all about!!

I also just want to add a little about what Clark wrote about. I think all of you that know me well, also know that I'm a straight forward type of guy. I have nothing to hide and I always think of the good of the club and our programs. If anyone has any questions about anything that is going on with the club and the way programs are being run I would hope that you would feel that you can always come directly to me and ask for the truth and I will always give you the straight answers. That being said I hope that we can move forward by always keeping the lines of communication open and honest!!

That's about all for now, see you all around the range. And remember to always shoot for the Gold!!!

Coach Dave



## CVA “QUIVER”

JULY – 2013 a column by Curtis Hermann

There is a mystery about the art of finding and seeing wildlife in the wilderness and even the non-hunter has a curiosity about how it is done, I think I can help you see more wildlife and add a little more joy to your life in this area - so hunter or non-hunter - venture forth and read on.

*In the Aug/Sept issue of “Traditional Bowhunter” is a column by G. Fred Asbell titled “Looking and Seeing: Essential Bowhunting Skills”. A good read and I felt I could add my own thoughts to many of Fred’s and provide some interesting reading for our friends and fellow archers in CVA. Thank you Fred for being my inspiration this month.*

### **HOW THE BOWHUNTER “SEE’S”**

If one is to “see” in nature there are a few things that one must know or understand and a few things that one must practice to become an effective observer of wildlife. Since people love to see deer in their natural habitat we will focus on them. The techniques you learn today will help you with all wildlife and make you a better observer of their world. One of the things that we must know and understand is how predator and prey see differently and how we can use that knowledge to our advantage.

We are designed as a predator species and therefore have eyes in the front of our head (binocular vision – 70-80 degrees wide), deer are a prey species and like all prey species have eyes on the side of the head (monocular vision - 270-300 degrees wide). In the natural world the predator “at the moment of truth” must focus intently on the prey, attack and reduce the prey to nutrition (notice how I got out of saying “kill him”), the prey on the other hand must be able to see the predator in plenty of time to flee to safety, their eyes help them accomplish that. The predator must see similar to the prey in the early stages to find and identify his quarry then refocus at the moment of truth to accomplish his goal, prey focus only when something has penetrated there effective



awareness range and they must prepare to flee to safety, at all other times they maintain a broad visual of their surroundings.

We as humans have perfected that straight ahead focused look, we focus on a computer, TV or video game, we focus our driving by looking straight ahead, yes we see the cross traffic, the pedestrian or the bird flying by but for the most part our view is a small arc that is about 45 degrees both left and right from straight ahead, if we want to see more we turn our head but the focus control is always on high, our awareness button is on low. Deer with eyes on the side have a periphery view of between 270 and 300 degrees and by turning their head will see all 360 degrees without turning around, their focus is on low but their awareness button is on high.

If we are to see more we must expand our field of view and turn up the awareness button, we can, -try this – stand facing forward and stretch both arms out to your sides and if you try you can see both hands at the same time, what you have just accomplished is a doubling of your field of view! Now slowly turn your head left and right without narrowing your focus. You will find it very difficult to focus when your field of view has doubled but you will find that your awareness of movement or of things being out of place has increased, it is almost a refreshing sense of freedom, you don't really see but you become aware, this is how deer spend their life. The experience is exactly like your eye exam at the "Eye Doctor" you know that machine where you put your forehead against the bar and look into the "white abyss" and try to see all the little white spots that appear on the periphery as you keep score by punching the button. Fred refers to this as learning to un-focus, Tom Brown, a renowned teacher of tracking, refers to it as "Splatter Vision" and that is the term I use.

So how does un-focusing or Splatter Vision help the hunter/observer in his mission to see? It allows you to scan a large area in a short time and during that scan your awareness will identify a few spots or areas or movements that require you to return to focus mode and identify an object or movement or habitat that says something of interest is or might be there

. In a matter of seconds you have just prioritized several spots/ areas or movements that require intense focus or binoculars. This is so much easier and faster and more effective than just lifting your binoculars and scanning a canyon or mountain.

This may seem a little difficult to accomplish at first, but I assure you it is a natural act, your ancestral caveman relative relied on it to survive and when you awaken it within you – in time – it just becomes a way of life, a part of you the hunter. Let me provide an example, recently Gary and I were returning from a shoot in Colorado and we were crossing a high plateau in eastern Utah at a good rate of speed. Gary was driving and his focus was straight ahead with his standard 45 degree left/right periphery, I was passenger with Splatter Vision and awareness button on high, I commented, beautiful high plateau – should see some antelope. Like at that water hole said Gary, (it was next to the highway on his left well within his 45 degrees). Yes I said, the one with thirty antelope. Gary was in focus mode, he saw the highway with a waterhole in the periphery, I was in Splatter Vision and I saw a whole plateau and 30 antelope that stood out to me but escaped him. (It should be noted that Splatter Vision is not a good practice when you are the driver). Simply by having my awareness button on high, using Splatter Vision I scanned the whole plateau and I expected to see the antelope because my trained mind added plateau, antelope, plus waterhole and switched instantly and instinctively to focus on the perfect spot.

The point is, with effort we can utilize our Splatter Vision/ peripheral vision and improve our ability to spot game, not as well as prey with their monocular vision but well enough to become a better predator.

The above practice is particularly useful to the Western hunter who often hunts on foot over expansive areas of low cover but Splatter Vision is useful in both the open west and the mid-west or eastern woodlot, the amount of area is determined by the amount of cover available.

Everything about spotting wildlife begins with the animal being unaware of your presence, since the ability to see movement and detect scent are the animals most alert defense mechanism we must do things that counter



counter those abilities. Most of the time when you see an animal and he is unaware of you it is because you are being very still and your form is blended with some piece of cover (and you are downwind).

Any noisy or fast movement means something in the woods is frightened and every animal within range will stop and stare, attempting to determine the cause and if danger is near. To counter the above situation I do what I call meandering, that is to walk casually quite slowly with the awareness button on high, I look through the first and second layer of brush before me, focusing back into the shady areas for the form of a leg, nose, tail twitch or eye of a deer, anything that will help materialize the full picture.

Body language is important, deer are definitely good at determining intent by observing your body language (or a mountain lions), for instance, one time near June Lake I was utilizing a back packing trail to traverse a hunting area when I spotted a herd of bachelor bucks bedded a couple of hundred yards away, they had caught my movement and were trying to determine my threat level. They were used to hikers on that trail, so I pretended I had not spotted them and just continued my plodding stride, pretending to just be another hiker, the deer followed me with their eyes until I disappeared over the edge of a draw a quarter of a mile away, I sat down for 15 minutes and then circled around above them and an hour and half later I had closed the distance to about 20 yards, they had never left their beds! Had I stopped upon first spotting them and glassed them or in any way shown them that I was not a non-threatening hiker but a hunter aware of their presence they would have bolted and moved a great distance away and would be watching their back trail for any sign of me following them. In another instance on my brother-in-laws farm/ranch in Wyoming I could throw my longbow over my shoulder and wander all the irrigation ditches right out in the open and deer would pay me very little attention as they were so used to Earl with his shovel on his shoulder walking the irrigation ditches to remove clods and keep the water running. So watch your body language, especially when you are exposed!

Seeing wildlife successfully means having a sense of where it is appropriate to expect to see deer and this can only be learned by observing lots of wildlife, I call it “being out amongst them.” I drive Gary nuts when he is driving because I’m always spotting likely mule deer or elk habitat and trying to point them out to him, he thinks I see deer behind every bush but it is years of observation that has taught me how to look at a mountain and almost instantly section it off to where I am likely to find game and where I am not.

If you live in an area where there are few sightings of deer then it is difficult to develop this sense. The best way to develop this sense is observe your surroundings and ask “why?” at every observation of deer or deer sign. A deer track is just a poor man’s trail camera, it means something, it means a deer was here and you need to ask “why?”, was he headed toward a feeding area?, a bedding area?, or just passing through?. Where does this trail begin – end and “why” do they like it. Eventually you will see a bigger picture and realize that deer stick to fairly predictable areas and patterns that fill there needs of security, food, water and shelter, in some areas you will almost always see them because all the parts are there, trails through cover or saddles, along edges or fence lines, steady breezes, secure bedding areas, available food all within distance of water, yet a hundred yards away in any direction you will find little or no deer sign. This asking “why?” at every piece of deer sign is probably the best advice I can give you as the answers will tell you where to look. You have now learned how to look and are now learning where to look, you are becoming a better bowhunter and a more successful observer of wildlife.

At the Angeles Ranges where I teach the Bowhunter Education Program we have a 3 acre Eucalyptus forest that is rectangular in shape and scouting shows us a series of trails that show us a pattern. There are 3 trails, one each along the North and South edges and one through the middle and only one connecting trail about 100 yards off of the road that runs North to South along the eastern edge giving us a shape of a backwards “E.” .



” I am able to show the students that to just put an arrow on your bowstring and walk through that forest would only spook all the available deer and provide you with no shot, but if you observe the trail patterns and check the wind patterns you can establish an ambush site (blind or treestand) near the intersections of these connected trails and perhaps at least have an opportunity to see deer or have a shot. This is called “being in charge of the hunt,” just wandering through the woods without “seeing” allows the prey to be in charge and since they like avoidance - you will rarely see them.

As a society we are focused on self and that isolates us from our natural outdoors rhythm and instincts as a hunter, I often find that it is three days in elk camp before I feel that I have returned to what I call “woods rhythm,” where I walk with the slow casual grace of a deer or elk, with my awareness button on high, with splatter vision on automatic, where every sense, every sound, every smell, every breeze registers as though it was a normal way of life. When I am at that stage I feel like I belong and am very comfortable and relaxed, I am the hunter!

At the CVA range on our Monday/Friday practice sessions I always find myself going into automatic Splatter Vision mode as we round the corner that exposes Bennett road and that large hill just across, I always expect to see wildlife going up the south edge or across the upper third, I never do, I see cows but no deer, yet my mind says I will and I always look as it has a magic hold on me, it has the necessary components, water in the creek, ridge access to safety and trails across the top so my awareness button says I must observe, I must see and I always look. I do the same as we approach target twelve, I scan the back canyon, the ridge route from Bennett Road, the trails across from the bench and the bedding areas near the top, here I often see deer or coyotes and love to point them out to Robert Luttrell as he is just learning to observe wildlife, soon he too will have an automatic “Splatter Vision” awareness button that allows him to really “see.”

## Membership

It's been a great month for the club and membership has been very busy. We would like to welcome new member Steve Mahoney who took his club oath this month. We all look forward to working and shooting with you!

July anniversaries include:

Debra Mora – 22 years

James Person – 8 years

Brain Tanger – 6 years

Garrett Griffen – 5 years

William Miner and family, Robert & Joanna Minshall, Randall Porter,

Robert Ramos and family – 4 years

Mike Burke, Francis & Jen Locklin - 3 years

Jeffrey Gelman and family, Brian & Trisha McCready, Steve Erickson,

Randy Jenkins –

All 2 years

Alan England and family, Marc Wintroub, James Corbet, Virginia

Hankins, Fred French, Jason Fuller - 1 year

Please remember to invite anyone who wants to become a new member to attend our monthly general meeting (4<sup>th</sup> Sunday of every month at 11:00 am), where we will have them participate in their first meeting, complete their safety seminar, have a little talk with me regarding their own archery goals and what goals, ideas or contributions they may have for the club and then they get their key!

Anyone wishing to volunteer to help with safety seminars is asked to contact me at the general meetings. Also if you would like to welcome any new member by offering to host them on their first field range shoot please let me know!

I will be contacting many of you shortly who had noted on their membership apps about positions you would like to help with. Our club runs on it volunteers and these jobs are vital for our club to keep running smoothly. Thanks for stepping up!

Have a great month of shooting!

Bonnie

[bmarshall79@verizon.net](mailto:bmarshall79@verizon.net)







***Club Trophy – Best Five Score in a Particular Shooting Style***

As of the shoot, Clark Pentico has the highest shooting average (554.4) in any one particular shooting style (FS, or BHFS, etc.). He is closely followed by Keith Murphy (553.8) by less than one point. Not to be left behind, Chuck Thurber snuck in for third with a 535.6 average. He was in turn followed by Norman Rice (534.0 – FS) and Norm Rice again (532.6- BHFS). This will no doubt change next month as a certain twin will be dropping off some low scores for higher ones.

NAME	HSCORE AVG	STYLE
Clark Pentico	554.4	FS
Keith Murphy	553.8	BHFS
Chuck Thurber	535.6	FS
Norman Rice	534.0	FS
Norman Rice	532.6	BHFS

***Perpetual Trophy - Best 10 Scratch Scores (In any One or Mixed Shooting Style)***

As of the shoot Norman Rice has the top honors for the Perpetual Trophy having shot two more scores than any one else. All the numbers will change again next month and the top-dog could change two. Stay tuned to see who comes out on top next month.

NAME	HSCORE AVG	STYLE
Clark Pentico	554.4	FS
Keith Murphy	553.8	BHFS
Chuck Thurber	535.6	FS
Norman Rice	534.0	FS
Norman Rice	532.6	BHFS

***Golden Ager Award – Best Three Handicaped Scores***

Norm Rice is once again at the top for this trophy.

NAME	HSCORE AVG	STYLE
Norman Rice	556.0	BHFS
Steve Price	541.3	FS
Chuck Thurber	541.3	FS



# Certified Coach Mentoring Program

Hello All!

Conejo Valley Archers is proud to offer a new Certified Coach Mentoring program. The program is offered to Certified USA Archery Level 1 or 2 Instructors and will provide real world experience in running a JOAD range, an overview of bow types and tuning, safety, and many other topics.

The program is offered during CVA's normal Saturday JOAD sessions over a period of four weeks and is free of charge. If you are a current USA Archery Level 1 or 2 Instructor and are interested in the program, please contact Kurt Hoberg during JOAD hours for more information.

If you are interested in completing your Level 1 or 2 Archery Instructor Certification, please contact Mike Broder during JOAD hours for Certification requirements.

Thanks!

Coach Kurt

# Shadow Art By Rob Lind

Simply stand beneath the relative midday sun (for forward shadow), view your shadow on the dirt/dust/pebble/straw ground/path directly in front of you, carefully extract your iPhone or equivalent and snap away..  
.careful to arrange pro form.





Classifieds



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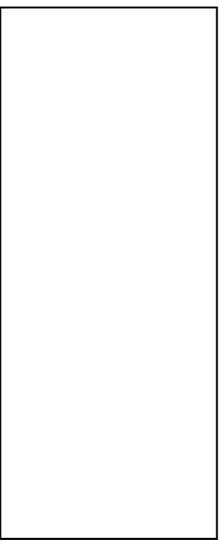




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Monthly Newsletter

**August 2013**

## **From the Prez**

**To all CVA member's**

As many of you know, there have been issues with members coaching on the range. The issue has not been so much about how good they are at coaching, but that there has not been any process to regulate coaching and there has been minimal oversight by the CVA board.



Several members from CVA have drafted a coaching policy. This policy is meant to give the board of directors (BOD) some level of oversight in order to promote safety and protect the club. This is an important step as we expect more people to want to use the range as the club grows.

Members helping members become better archers out of the goodness of their hearts (i.e. no pay) should be encouraged and is not what this policy is about. The policy is targeted toward organized lessons where the coach receives payment for services.

I must point out that it should be considered a privilege to coach on the CVA range and it not a right.

Let me discuss the policy as it is drafted. Keep in mind that we will discuss this policy at the next club meeting so that everyone can give their constructive input.

To coach on the range individuals will need to be approved by the BOD. This is to screen potential coaches for a level of proficiency, check that they are in good standing with the club and to make sure there is a clear understanding of the expectations for the privilege to have private lessons on the CVA range

Depending on if there want to do individual or group lessons, there will be different criteria for their approval.

If people are teaching non-members they will be a suggested donation that they give to the club in order to cover fees, much like a guest. These fees are in place to compensate the club for non-members using the CVA facilities. It takes money from membership fees and countless hours from volunteers to keep the range maintained, and this helps offset the money and labor from our members.

Overall, I would prefer that members promote archery without any financial compensation, but I also understand that specialized knowledge does not get acquired without years of hard work and study and that payment for services is often the most efficient and productive way to learn.

CVA is about promoting archery. There are a lot of ways to accomplish this goal and there are just as many opinions about how this should be done. This coaching policy is a way to promote archery in a balanced manner where coaches, individuals and the club receive a benefit.

Bring your comments to the meeting.

Clark

From The Desk of the Vice Prez,



Hi Everyone,

Well the summer is flying by and we are still very busy up at JOAD every Saturday. I spoke with all the JOAD Coaches last week about putting together a work party to concentrate just on the JOAD area; I will be working on that more when I return from vacation. The main topic of this month's article is the end of CVAs year and elections of new board members. That's right the year is rapidly coming to an end and we need to start the process of elections. This year the CVA board has 3 openings with Chuck Thurber, John Brix, and Keith Murphy's terms ending. First I would just like to say thank you to all of you guys for your never ending support of our Club and it's been My pleasure to have worked with all of you, I think that together we have accomplished quite a bit to making CVA a great Club and a beautiful place to shoot!!!

As your Vice President it's my job to compile the list of nominees for office. If you know someone that you think would make a good officer you just nominate them by sending their name to me by email. I need all nominations by the next General Member Meeting which is Sunday August 25th. At that time we will announce the nominees and they must accept the nomination. You don't need to be there to accept but it helps, otherwise we will contact you to be sure you accept your nomination. Then we put together the ballots and mail them out to all members in September so that we receive them back by the September meeting.



At the September meeting is when I will tabulate the votes and announce the results. Also as members you can vote at the meeting but you should be there at the beginning of the meeting to get your ballot. That is how the process works, so please get those nominations in to me as soon as possible. Also the positions of President, Vice President and Secretary are all open for nomination. I know that Clark will be running for reelection, but I am just going to run for a Board member position this time because of time restraints.

I still want to stay involved but with a little less responsibility because of those time restraints. Thanks everyone and as always if you have any questions or concerns you can always call me or email me. Look forward to seeing you all around the range, shoot well and always for the gold!!!

All My Best,  
Coach Dave

**“ARROW CARE IS UP TO YOU”**

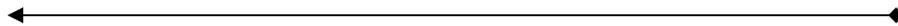
**AUG. 2013 CVA “QUIVER”**

**A column by Curtis Hermann**

A few months back this column covered the advantages of the “Carbon Arrow” over all other shaft materials used in the making of the arrow. Since then I have had several CVA archers ask me various questions about arrows, to the point that I have become aware that much of what I thought was common “arrow” knowledge may not be so common after all. So let’s discuss a few things that every archer should know about arrows!

Carbon arrows certainly dominate today’s market but successful programs like our very own Saturday morning JOAD (Junior Olympic Archery Division) and more recently the NASP (National Archery in the Schools) program have boosted a resurgence in the aluminum arrow which is ideally suited to youth and beginning archery programs where distances are short and backstops are both large and reasonably soft. Aluminum arrows “when new” are very accurately matched in weight, spine and straightness. They can be re-fletched many times and when bent can be straightened to- near new- straightness, as long as there is no “kink” in the metal. They are also easily “tune-able” using the “Bare-shaft Method.”

Aluminum arrows require a certain amount of care and are similar to wood arrows in this situation. Both aluminum and wood arrows have a bending problem and it is up to you the archer to use care in maintaining that “straightness.” Arrows start to bend or flex the moment the string is released from full draw. This bending is called “the archer’s paradox” and as the shaft bends from the pressure of the string against the nock end as it moves forward - it starts a back and forth oscillation period for some yards- as the arrow moves down range toward the target. Aluminum as a material reacts to this oscillation for a longer period than does wood or carbon and this flexing eventually begins to soften or weaken the metal walls of the shaft and your spine (stiffness) will begin to become less stiff and less consistent from arrow to arrow in your quiver.



Aluminum arrows are most often bent at the target butt by improper retrieval by the archer, so let us explain the does and don'ts of how to "pull an arrow" properly from a target butt. First of course is to assure safety by making sure that no one is standing directly behind the nock end of the arrows and will not be poked by the arrow nock as you pull it out of the butt. Now grasp the arrow shaft right next to the target face and pull with a slight twisting motion straight back without any up/down or sideways pressure on the shaft. That's all there is to it, but most often I see the shaft being grabbed carelessly near the feathers (or vanes) and a slight upward bend or pressure is applied as the archer pulls the shaft from the butt. This movement guarantees that by the end of the tournament or round that your aluminum shaft is no longer as straight as it was when you started the day. If you are a serious archer and a competitive archer you will not let others (especially children) pull your arrows unless you are positive that person cares as much about your arrows as you do. You will not win many tournaments if you are not careful about keeping arrows straight!

Improper storage is the next thing that will affect the straightness of your aluminum or wood shaft. These arrows should be stored in either a horizontal or vertical direction without any pressure being placed against any part of the shaft. Let me give an example, you have five arrows placed in a bow quiver, you place the bow in the back of your truck with the arrows against the bed and the weight of the bow now presses its weight against the upper half of the shaft flexing repeatedly as you drive merrily toward your hunting area, you will now hunt with crooked arrows! There are many quality arrow cases/tubes on the market, make it a habit of using them, you will have better scores and longer lasting - straighter arrows if you do. I have many beautiful wood arrows on display in my den in either vertical racks or back quivers that cover at least 2/3 the length of the shaft and I never let the nock ends rest against the wall. A little care goes a long way towards more enjoyable shooting.

Wood arrows share all the vulnerabilities of the aluminum arrow plus the ability to warp, so you must always store them with care as above and set aside an hour a day or two before a hunt or tournament to straighten them.

If you give them care they will amaze you at how straight they will remain but if you are careless with them- they will reward you with less than desired straightness! As long as the point is on straight and is sharp you can test the straightness by spinning it on its point, any bent areas will show up as a wobble. Place the shaft length-wise on a carpenter's level and hold it at eye level, then rotate the shaft and you will see light emerge between the shaft and the level, at the high point of the light mark the shaft and place both thumbs on that point and bend lightly in the opposite direction, eventually you will get very good at straightening arrows. Aluminum arrows can be similarly straightened but it is better to use a jig designed for straightening aluminum arrows. These jigs are available in any archery catalog or shop - from reasonable cost hand held devices to expensive jigs that read straightness in thousands of an inch. If you intend to stick with aluminum shafts then an expensive jig is worth the cost, if you move toward carbons you will have no use for this tool.

A few last points on keeping an arrow accurate, pay attention to your points, if you have passed through the bale and hit a supporting pipe or other structure and your point is no longer a perfect conical shape - this will cause less than perfect flight from this point on, as two things have happened to decrease accuracy. The blunted angle on the front of the point is now going to act like a small spoiler and attempt to make the spinning of the arrow into a small circle that widens as it goes down range, also if the point has been blunted it is most likely that the points screw in shaft has also been bent inside the insert, which means the front of your arrow is no longer within desirable straightness tolerances. Also a blunted point adds friction during flight and will cause a small amount of drop over a given distance. Change the point immediately to maintain accuracy, if the insert itself is not bent then the carbon arrow will return to straight, if the insert is bent then it must be changed out or straightened. I have straightened many an aluminum or brass insert by laying the shaft lengthwise back on my carpenter's level and taping the high point with a rubber mallet.







All vanes or feathers need a certain amount of care, vanes tend to get brittle and very stiff as they age and if they pass through the bales often enough tend to lose their shape, none of these things effect accuracy very much, but I do tend to think that re-fletching just before a major hunt or tournament is a very good idea. Feathers are very fragile and should be protected with care, especially during storage. I use the Bohning fletching tape and have to protect them from getting to warm in the back of my truck or the tape will lose its adhesive quality. Although fragile feathers create enough drag to be effective even when they look like they have been through a war and lost. Last Monday I shot an arrow with one 5 inch feather missing and it shot as well as the 3 feathered shafts, although I would not expect that kind of accuracy if a broadhead had been mounted on the front instead of a target point.

Keeping your arrows clean and polished is something I see very few archers practice, yet this is an important aspect of keeping an arrow accurate and forgiving. Again this is one of those elements that I have no scientific way of measuring cause and effect, but I do know that you can have a dozen arrows with less than two grains difference in weight between them and at the end of a 28 target round you can have as much as five grains difference from shaft to shaft. How does this happen? Dust, glucose from wet straw, debris builds up along the shaft and where the insert and point meet and all this creates friction and weight change and on a 65 to 80 yard target a change in where the arrow enters the target. If you are shooting over 500 and need to just move your score up 10-12 points per round, will cleaning and lubricating your arrows make that much difference, perhaps, at least enough to make the goal within reach. After all four fives looks a lot better on a score card than does four-fours, and if it means fewer 3's and a few more 4's that is good too! I clean my carbons and wax them with car polish and put new points on my arrows before every tournament and I swear it makes a difference in my score in at least the first seven or eight targets. Especially on 3-D targets where the wax wears off quickly from the friction created by the target foam I will often carry archers lube (silicone) and re-lube my arrows every 4-5 targets. Now if only I was this disciplined about cleaning and lubrication of my arrows between practice sessions!





## The Bow String – A little History

Today let's talk about one of the commonly overlooked articles in our archery arsenal, the bow string. While violin strings were once referred to as cat gut (usually sheep intestine), a number of unusual materials have been used to build bow strings in the past.

Bow strings have been made from sinew (animal back or leg tendon), rawhide, or gut (sound familiar). The Dakota Indians even used cord made from the neck of snapping turtles (snapping turtles are quite capable of taking fingers off ... this wouldn't have been my first choice).

A number of unusual plant materials have also been used, including the inner bark of basswood, slippery elm or cherry trees. Nettles, milkweed, yucca, and dogbane are also suitable fibers for making bow strings reportedly.

I have made cord from yucca and can attest to its strength if prepared properly. While not an apparent user of the bow, the native Chumash Indians that roved the hills of Simi & Ventura made frequent use of yucca fiber in their baskets, sandals and other clothing articles.

The more common and preferred plant materials in Jolly Ol' England were linen (Irish lined string was reported to be the best) and flax, though strings prepared from hemp have also used. Strings in the Orient were also made from silk. Almost any fiber may be used in emergency.

Surprisingly perhaps, a well-made plant fiber string is superior to a string made of animal fibers because it holds more weight while resisting stretching, and also remains strong in damp conditions (one of the reasons bow strings have traditionally been waxed). Plant fiber strings are generally much more labor intensive to make than animal fiber strings, and the preference in the distant past was for sinew, gut, or rawhide.





Fastflight S4 - (strength per strand = 73 kg., stretch = less than 1.0%) is made from a composite of 50% Fastflight and 50% Vectran making the strands thicker. Therefore approximately half the number of strands are required as for a Fastflight string. Vectran is a liquid crystal polymer similar to Kevlar. Mixing it with Fastflight avoids many of the durability problems associated with liquid crystal polymers.

Dyneema is a high modulus polyethylene material. It has very characteristics to Fastflight, though with a little more stretch. For this reason, many recurve shooters prefer Dyneema and find it more "forgiving" than Fastflight.

So the next time you pull back your bow string, you may want to give some thought to how easy we have it.

JBD



## Membership Corner

It's been a wonderfully busy month for membership and I can't tell you how exciting it was to see 13 new members attending their first meeting! There were over 40 members attending! We had to pull over another picnic table just to get everyone a seat! That's the way it should be! I hope you all got a good feeling for what we are trying to accomplish at the range and how vital every member is to our success.

I'd like to welcome new members Michael Koller and David King to the club. They were the first members to take the "new" reworded oath. The oath has been updated to match the verbiage on the membership application. For those of you who haven't seen those words in a long time here they are!

### CVA Oath of Membership

Do you pledge to abide by the Conejo Valley Archers By-Laws and safety codes and to always conduct yourself in the spirit of sportsmanship and honesty in all rules and regulations?

Do you pledge to participate in club activities and help make the club successful?

Do you pledge to promote goodwill among our members and only propose those for membership you know to be worthy?

The new member answers "I do" to each question and they are an official CVA member!

The newly revamped and completed membership packet also has the oath at the top of the application page (written in first person) and every new member signs below it as acknowledgment. The new packet has been uploaded onto the website and please direct anyone who might be interested in joining or just finding out more about our club to go through the packet and contact me with any questions at [marshal@amgen.com](mailto:marshal@amgen.com) or [bmarshall79@verizon.net](mailto:bmarshall79@verizon.net). My contact info will be updated on the website soon also.

Finally our member anniversaries for the month of August are:  
Laura Loya and family – 7 years  
James Lowry – 6 years  
Carlos Barraza – 5 years  
George Blevins – 3 years  
Shaun Smith and Clarence Callahan – 2 years  
William Swapp and family , Arnold Sandoval and family , Daniel Gilday and family , Jeff Holwager and family and Jalen Lowry and family – 1 year.

See you all at the range!  
Bonnie



## **An open letter to the membership.....**

As many of you know our club has been undertaking the task of creating a brand new range over in the back area off of Bennett Road. The vision is a 35 to 40 lane shooting range that can be utilized for the benefit of all members and to create the opportunities to outreach to the community not just locally but nationally. With a site like this we will be allowed to have not just local but State and National sanctioned tournaments for all bow types including Bowhunter 900 rounds to National FITA style tournaments. A blueprint of the projected site is on our website.

If you have been following our process you have been made aware that The Easton Foundation, which is the supporting foundation for United States Archery has granted us a \$250,000 grant to help complete the range. This money will go a long way towards that goal and making it useable BUT we still have an estimated gap at this time of \$99,000. We of course look at that as an estimate but it is what we have at this time with budgeted amounts.

This amount will certainly change as we try to bring in other help that will reduce these costs. The grading for the project is one of the highest costs for the project. We are looking into possible connections with the Seabees as one option to do the work at a cost savings but there is always an amount of red tape and constant communication that has to happen to make this work. Bob Bombadier and Clark Pentico have been leading the charge as far as getting contacts and processing plans and permits and surveys and coordinating the “physical” aspects of the project.

So to my reasons for this letter. With this type of project we need to have in place a person who is willing and capable of handling the processes that go along with the monetary side of raising the additional funds needed to close our funding gap.

This person would organize and coordinate any amount of people deemed necessary to make contacts, write grants, and check into possible monies from foundations and other non-profits through marketing and personal contacts. The Board would oversee this person and assist them as necessary to keep track of all processes and presentations representing our club. All of us on the board are committed to assisting this Task Force.

I will pull no punches here. This is a large responsibility, but one that will come with huge benefits to our club, its members and to the sport we all love.

We have already discussed some fundraising ideas at the board meetings and have been doing some research such as a marketing presentation that could range from selling advertising space in the Quiver to promotional corporate business banners that can be displayed on the newly built range. Also such things as a “Path to Archery” created by selling bricks to supporters that would identify them as such. The possibilities are extensive and we won’t be recreating the wheel but, again we need a leader who can take on the role as the facilitator of this fundraising project.

We of course also need individual members who are willing to do outreach and make those personal contacts to local businesses. Think about the contacts that you already have and who might benefit from advertising and promotion at a site where hundreds of people come every week! Every member can have a hand in helping with this process.

I think I have presented what I can to clarify the need we have as a club for someone to fill these shoes. I hope you will all think seriously about stepping up and if not in a lead position then possibly as an assist. As is with any big job at the range, many hands make light work. I hope you will consider lending one of those hands. If anyone would like to chat about possible ideas, or if you have any questions, please don’t hesitate to contact me or any of the board members.

Thank you,

Bonnie Marshall



Club Championship (Best 5 Handicapped Scores in a Particular Style)  
 Clark is back at the top this month with a 556.8. Keith Murphy was right behind with a 555.2 – less two points off.

NAME	HSCORE AVG	STYLE
Clark Pentico	556.8	FS
Keith Murphy	555.2	BHFS
Chuck Thurber	535.6	FS
Randy Estrella	534.8	FS
Norman Rice	534.2	FS

Club Championship Traditional (Best 5 Handicapped Scores in either LB or Recurve)

Garry Magness is looking pretty good for the Traditional Buckle right now with a 512.8 average. John Brix is on his heels though with a 502.2 average.

NAME	HSCORE AVG	STYLE
Garry Magness	512.8	LB
John Brix	502.2	Recurve
Tom Swindell	498	Recurve
Robb Ramos	489	Recurve
Rob Lind	480.6	Recurve

Perpetual Trophy (Best 10 Scratch Scores)

Norman Rice, by virtue of having all ten scores is at the top for now. Will Norm take home the trophy (along with a can of ‘Pledge’), or will it be Clark, or maybe Keith – stay tuned

NAME	SCRATH TOTAL	STYLE	SCORES	AVG
Norman Rice	4766	MIXED	10	476.6
Clark Pentico	4671	MIXED	9	519.0
Keith Murphy	4660	MIXED	9	517.8
Chuck Thurber	2932	FS	7	418.9
Steve Price	2844	FS	6	474.0

Golden Ager Trophy (Best Three Handicapped Scores)

Norman Rice is at the top for this trophy as well, though either Steve or

NAME	HSCORE AVG	STYLE
Norman Rice	556.0	BHFS
Steve Price	544.0	FS
Chuck Thurber	541.3	FS



Name	Division	Scratch Score	Style	Handicap	Handicap Score	Date Shot
Brent Richter	A	439	FS	83	522	2/24/2013
Brent Richter	A	461	FS	0	461	12/23/2012
Brent Richter	A	412	FS	0	412	11/25/2012
Brent Richter	A	470	FS	90	560	1/27/2013
Brianna Erickson	A	19	BHFS	0	19	1/27/2013
Carlos Parada	A	445	FS	63	508	7/28/2013
Carlos Parada	A	493	FS	50	543	6/23/2013
Carlos Parada	A	505	FS	48	553	4/28/2013
Carlos Parada	A	496	FS	0	496	2/24/2013
Carlos Parada	A	501	FS	0	501	1/27/2013
Chuck Thurber	GA	435	FS	107	542	6/23/2013
Chuck Thurber	GA	414	FS	117	531	4/28/2013
Chuck Thurber	GA	431	FS	114	545	3/24/2013
Chuck Thurber	GA	399	FS	124	523	2/24/2013
Chuck Thurber	GA	395	FS	0	395	12/23/2012
Chuck Thurber	GA	435	FS	0	435	11/25/2012
Chuck Thurber	GA	423	FS	114	537	1/27/2013
Clark Pentico	A	530	FS	26	556	7/28/2013
Clark Pentico	A	536	FS	30	566	6/23/2013
Clark Pentico	A	519	FS	38	557	5/26/2013
Clark Pentico	A	510	BHFS	0	510	5/26/2013
Clark Pentico	A	511	FS	37	548	4/28/2013
Clark Pentico	A	510	FS	34	544	3/24/2013
Clark Pentico	A	519	FS	0	519	12/23/2012
Clark Pentico	A	513	FS	0	513	11/25/2012
Clark Pentico	A	523	FS	34	557	1/27/2013
Connor Richter	Y	172	FS	314	486	6/23/2013
Connor Richter	Y	134	FS	331	465	2/24/2013
Connor Richter	Y	104	FS	0	104	12/23/2012
Connor Richter	Y	200	FS	0	200	1/27/2013
Curtis Hermann	GA	308	TRAD	214	522	7/28/2013
Curtis Hermann	GA	241	LB	0	241	5/26/2013
Curtis Hermann	GA	312	TRAD	228	540	4/28/2013
Curtis Hermann	GA	257	TRAD	230	487	3/24/2013
Curtis Hermann	GA	303	TRAD	0	303	12/23/2012
Curtis Hermann	GA	295	TRAD	0	295	11/25/2012
Curtis Hermann	GA	256	TRAD	221	477	1/27/2013



Name	Division	Scratch Score	Style	Handicap	Handicap Score	Date Shot
Joe Bittner	A	177	TRAD	288	465	3/24/2013
Joe Bittner	A	413	BHFS	0	413	12/23/2012
Joe Bittner	A	448	BHFS	0	448	1/27/2013
Joe Cavolkai	A	182	TRAD	0	182	7/28/2013
John Brix	GA	276	TRAD	242	518	7/28/2013
John Brix	GA	258	TRAD	249	507	6/23/2013
John Brix	GA	241	TRAD	256	497	5/26/2013
John Brix	GA	248	TRAD	259	507	4/28/2013
John Brix	GA	233	TRAD	251	484	3/24/2013
John Brix	GA	227	TRAD	248	475	2/24/2013
John Brix	GA	247	TRAD	0	247	12/23/2012
John Brix	GA	294	FSL	0	294	11/25/2012
John Brix	GA	278	TRAD	238	516	1/27/2013
Julio Durado	A	387	BHFS	0	387	1/27/2013
Keith Murphy	A	524	BHFS	31	555	7/28/2013
Keith Murphy	A	516	BHFS	32	548	6/23/2013
Keith Murphy	A	523	BHFS	32	555	5/26/2013
Keith Murphy	A	197	LB	0	197	5/26/2013
Keith Murphy	A	521	BHFS	38	559	4/28/2013
Keith Murphy	A	516	BHFS	39	555	3/24/2013
Keith Murphy	A	499	BHFS	39	538	2/24/2013
Keith Murphy	A	515	BHFS	0	515	12/23/2012
Keith Murphy	A	526	BHFS	0	526	11/25/2012
Keith Murphy	A	520	BHFS	32	552	1/27/2013
Kevin Derry	A	452	FS	0	452	11/25/2012
Laura Loya	A	120	TRAD	356	476	7/28/2013
Laura Loya	A	129	TRAD	0	129	6/23/2013
Laura Loya	A	96	TRAD	0	96	11/25/2012
Luke Sekerka	A	478	BHFS	66	544	6/23/2013
Luke Sekerka	A	474	BHFS	65	539	4/28/2013
Luke Sekerka	A	483	BHFS	66	549	3/24/2013
Luke Sekerka	A	471	BHFS	0	471	12/23/2012
Luke Sekerka	A	481	BHFS	0	481	1/27/2013
Luz Garces	A	406	BHFS	0	406	1/27/2013
Mike Davis	A	205	FSL	0	205	7/28/2013
Mike Guidicessi	A	329	BHFS	0	329	7/28/2013
Mike Keena	A	486	FS	0	486	1/27/2013
Miles Gould	C	492	FS	0	492	6/23/2013



Name	Division	Scratch Score	Style	Handicap	Handicap Score	Date Shot
Norman Rice	GA	496	BHFS	74	570	6/23/2013
Norman Rice	GA	496	FS	58	554	6/23/2013
Norman Rice	GA	471	BHFS	82	553	5/26/2013
Norman Rice	GA	483	FS	62	545	4/28/2013
Norman Rice	GA	437	BHFS	79	516	4/28/2013
Norman Rice	GA	468	BHFS	77	545	3/24/2013
Norman Rice	GA	485	FS	66	551	2/24/2013
Norman Rice	GA	479	BHFS	0	479	2/24/2013
Norman Rice	GA	470	FS	0	470	12/23/2012
Norman Rice	GA	469	FS	0	469	11/25/2012
Norman Rice	GA	481	FS	70	551	1/27/2013
Norman Rice	GA	446	BHFS	0	446	1/27/2013
Peter Loya	YA	42	TRAD	0	42	7/28/2013
Peter Loya	YA	42	TRAD	0	42	6/23/2013
Peter Loya	Y	61	TRAD	0	61	11/25/2012
Randy Estrella	A	497	FS	58	555	7/28/2013
Randy Estrella	A	479	FS	65	544	6/23/2013
Randy Estrella	A	487	FS	71	558	5/26/2013
Randy Estrella	A	472	FS	89	561	4/28/2013
Randy Estrella	A	456	FS	0	456	3/24/2013
Randy Estrella	A	418	FS	0	418	2/24/2013
Rob Harp	A	343	FS	0	343	7/28/2013
Rob Lind	GA	156	TRAD	325	481	7/28/2013
Rob Lind	GA	141	TRAD	310	451	5/26/2013
Rob Lind	GA	165	TRAD	299	464	4/28/2013
Rob Lind	GA	214	TRAD	299	513	3/24/2013
Rob Lind	GA	181	TRAD	313	494	2/24/2013
Rob Lind	GA	162	TRAD	0	162	11/25/2012
Rob Lind	GA	165	TRAD	0	165	1/27/2013
Robb Ramos	A	176	TRAD	301	477	7/28/2013
Robb Ramos	A	168	TRAD	290	458	5/26/2013
Robb Ramos	A	209	TRAD	286	495	4/28/2013
Robb Ramos	A	214	TRAD	300	514	3/24/2013
Robb Ramos	A	184	TRAD	317	501	2/24/2013
Robb Ramos	A	158	TRAD	0	158	12/23/2012
Robb Ramos	A	152	TRAD	0	152	11/25/2012
Robert Lindsey	A	453	BHFS	0	453	7/28/2013

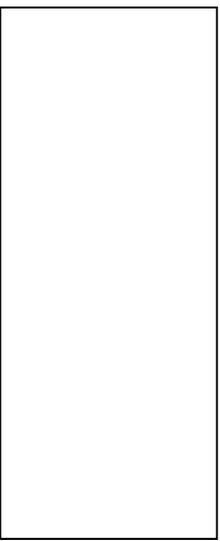
Name	Division	Scratch Score	Style	Handicap	Handicap Score	Date Shot
Robert Luttrell	A	165	LB	310	475	4/28/2013
Robert Luttrell	A	171	LB	313	484	3/24/2013
Robert Luttrell	A	182	LB	0	182	2/24/2013
Robert Luttrell	A	154	LB	0	154	1/27/2013
Stephanie Hullar	A	68	TRAD	0	68	12/23/2012
Steve Erikson	A	80	TRAD	0	80	3/24/2013
Steve Erikson	A	95	TRAD	0	95	2/24/2013
Steve Price	GA	478	FS	66	544	7/28/2013
Steve Price	GA	475	FS	70	545	6/23/2013
Steve Price	GA	478	FS	65	543	5/26/2013
Steve Price	GA	465	FS	71	536	4/28/2013
Steve Price	GA	494	FS	0	494	2/24/2013
Steve Price	GA	454	FS	0	454	1/27/2013
Steven Mahoney	A	413	BHFS	0	413	4/28/2013
Todd Bartel	A	47	TRAD	0	47	3/24/2013
Tom Swindell	GA	195	TRAD	274	469	7/28/2013
Tom Swindell	GA	215	TRAD	270	485	6/23/2013
Tom Swindell	GA	244	TRAD	268	512	5/26/2013
Tom Swindell	GA	210	TRAD	281	491	4/28/2013
Tom Swindell	GA	221	TRAD	290	511	3/24/2013
Tom Swindell	GA	197	TRAD	294	491	2/24/2013
Tom Swindell	GA	175	TRAD	0	175	12/23/2012
Tom Swindell	GA	204	TRAD	0	204	11/25/2012
Victoria Kale	A	63	TRAD	0	63	3/24/2013
Victoria Kale	A	63	TRAD	0	63	2/24/2013
Wesley Richter	C	198	FSL	295	493	6/23/2013
Wesley Richter	C	173	FSL	278	451	2/24/2013
Wesley Richter	C	264	FSL	0	264	12/23/2012
Wesley Richter	C	250	FSL	0	250	11/25/2012
Wesley Richter	C	202	FSL	258	460	1/27/2013



Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
11:00 AM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



CONEJO QUIVER



[info@cvarchers.com](mailto:info@cvarchers.com)  
[www.cvarchers.com](http://www.cvarchers.com)

Monthly Newsletter

**September 2013**

## **From the Prez**

### **To all CVA member's**

CVA's year is coming to a close end and elections coming up; I would like to reflect on where we have been over the last year. There have been a lot physical changes to the range and several adjustments in the way we run the organization.



Last fall the JOAD range was upgraded to create a level 18 meter shooting line. This totally shifted the dynamics of our Saturday morning JOAD sessions taking off some crowding on the 5 meter line.

We also graded the roads and laid down crushed asphalt, put up several target covers and cleaned up areas around the bins. The club has grown about 23% over last year (247 vs. 200 memberships). The expansion is great in that we are sharing the sport that we enjoy, but with it comes more individual opinions in how we operate as an organization. These differing viewpoints can lead to new directions for the club that the original founders could not have imagined. We should expect the club to develop as an organization and meet more diverse needs of its members.

The key to this growth will be to make sure there is a need and there are individuals willing to do the hard work to make any new programs we start successful. In the past there have been a lot of individuals who want to the club to do one thing or another, but when they are pressed to organize the event they back down fast. We must keep in mind that this is a club of volunteers and without these self-sacrificing members we would not have much of a club. As we grow there will be more policies, much like the new coaching policy, put in place in order to regulate the activities of club members. This is in no way intended to restrict members from promoting archery, but to supply a framework where we can balance the needs of the club, follow our mission statement, and still meet the desires of the members.

Elections coming up this month, I would like to thank all the current board members, JOAD coaches, and all the other volunteers over this last year who have helped the club have a successful year.

Clark

Hi Everyone,

The year is coming to a close very fast. Remember everyone, that ballots have been sent out so please vote and send them back ASAP, or you can bring them to this months Club Meeting. Also we are still very busy at our Saturday JOAD sessions and we are planning the annual Halloween JOAD Bash. It is set for Saturday November 2nd. and



Coach Mike and his crew are planning another of the famous BBQs. We also have a very large Private Party that Coach Bonnie has been putting together and that will be held on Sunday September 29th. I also want to take a moment to Congratulate our newly promoted Level 3 Coaches, Bonnie Marshal, Rose Hoberg and Ryan Vartio. Great job to all of you, your new found skills and knowledge will be put to good use!!

Not much else to report, see you all around the range!

Coach Dave

# *Membership Corner*

Hi All,

It's been another busy month for membership as our club continues to grow with amazing and committed members getting involved every week. New members sworn in this past month include: Jack and Jackie Finnegan, Joseph Cavalieri, and Steve Mahoney. Welcome to the club!

A letter was sent out to the coaches up at JOAD for proper protocols in processing memberships. We are trying to **promote** membership at the Saturday Open Sessions but **not process** memberships at that time. Everyone is asked to have all prospective members get an application and attend the next General Meeting so that all paperwork and monies can be processed at one time.

This gets new members to: attend meetings, gets them down to the field range if they have never seen it, processes all paperwork and money, have their safety seminar and then get their key all at the same time. They get introduced at the club meeting and we all attach a face with a name. They meet other members and can connect with other archers who can then guide them through the field range. After their safety seminar they also have a chat with me for a few minutes about their archery goals, goals they may have for the club and what they can do for the club as a volunteer. This has become an important part of the membership process. Having a face to face with them creates a more active volunteer who is willing to be a part of something bigger than just them. Remember most of the people coming through the Public Sessions have no idea about what the field range is, or what it has to offer. These processes will help to change that.

Dan and I have found that this is working out very well and the process is very smooth and professional. I would ask that all members introducing the club to someone use these protocols.





Anniversaries this month include:

John Downey and family - 15 years

Nathan Bordofsky and family – 11 years

Hoberg Family – 8 years

Grace Getzen and family, Ryan Vartio – 7 years

Travis Siros – 4 years

1 year: Robert Gardner and family, Allesandra Henze and family, Gary and Susan King, Senji Itow and family, Daniel Gonzales, Stephanie Hullar, Glenn Nearing, Amanda Wilson and family.

Just a reminder that the renewals for the new club year will be going out next month. Remember to remit your dues quickly and save the club money so that multiple renewals don't have to be sent. Also very important if you have had a family membership with kids under 18 who have now come of age to be Senior members (over 18) they are required to have their own membership now! Yes it is time to let go Mom and Dad's!

To everyone who has stepped up to help with the National Charity League event on Sunday September 29<sup>th</sup>. I will be sending out an email to update you on times and where I have you assigned. Your help is so appreciated and I am excited to see our club have a chance to expose our sport to so many new people at one time. It will be a challenge but together we will have a successful event. More to come. That's it for this month!

Bonnie

**bmarshall79@verizon.net**

## **“Little things mean a Lot”**

**By Curtis Hermann**

Over the years, no matter the sport, we all learn that it's the little things that add up to making a difference, in the right combination, they truly help one to “Up their Game!” This penchant of going to the “little things” seems to happen in archery around the second year. I'm not sure just why - it is just an observation – but it seems to hold true for many archers.

I think in the beginning that the thought process is that any one little thing “doesn't matter that much” and that may be true, but added to a couple of other little adjustments and you soon begin to see a measurable change in your shooting abilities.

Most new archers start out with a bow set up by the local pro-shop and right away find they are grouping in the size of a pie plate out to forty yards, then we begin to learn how to make small adjustments in our set up and now we grouping a couple of inches tighter and adding twenty points to our average. Can we say that a “light goes on” or a “reality check” has occurred. It is at this point that one realizes that others may not actually be a more talented archer but that they may just have equipment that has been tuned a little tighter. So we begin to search for more information on tuning and start paying more attention to our form. Our next goal is to reduce our group to the size of a soft ball, then a baseball, then a Ping-Pong ball,

Most archers in the beginning focus on the bow, finding the best sight, the best stabilizer, the best arrow rest etc., and eventually when there is little more that can be done with the bow they either buy a more expensive bow or turn to the arrow. Buying a new bow can be an expensive process and the gains are not always that great, you see a bow has but one purpose and that is to transfer energy from the limbs to the arrow and to propel it down range. If your limb timing is balanced



(cams in sync – limbs in tiller) and your release smooth - then the objective has been met. Adding refined sights, rests and stabilizers only force you to provide better form and that is where much of your gains come from. It is a learning process, but we have now got to the point where our” focus is on the arrow” and now many “little things” can make a real difference.

For thousands of years man has attempted to improve the bow, progress has been made, yet good archers have always known that most any bow will do the job, accuracy comes from the arrow and the talent of the archer.

An arrows job is even simpler than that of the bow, an arrow is just a means of delivering a “point” to the intended destination. Changing the “point” changes what the end result will be. A target point results in a score on a target, a broadhead brings down man or beast, a blunt can provide a “shock value,” and a fishing head, bird head or whistle can be used for their intended purpose. What makes the arrow more important to accuracy is the fact that it must deal with distance, gravity, elevation and wind and to be successful at overcoming these obstacle’s it must be exact in straightness, spine and weight.

An arrow shaft is divided by the front (point end) the center (where it bends and spine or stiffness is measured) and the rear (where the fletching and nock are mounted). To be accurate the front end of the arrow must be heavier than the rear end by 13% to 23% forward of center (foc). 13%( foc) has been the standard for target archery for many years but the thinking has changed in the last decade to more (foc), particularly for the hunting archer, the bigger the game the more (foc), which means elephant/cape buffalo equal 23% (foc) and elk/moose etc, equal about 20%(foc) and medium game to target archery run about 15%/20%(foc). Because I am both competitive and hunt large game, I have settled on 18% forward as a nice balance of weight forward of center for accuracy, flat arc over distance, good penetration and a stable arrow, your choice should vary by shaft choice and need, if you intend to try for the Olympics than 15% is probably a good choice, if you intend to hunt elephant then more (foc) will be required.

Most modern arrow shafting is held to straightness tolerances of .0015 to .007 across the length of the shaft and whether or not the material is carbon or aluminum or a combination of these two materials - you will pay for the amount of straightness you desire. I choose shafts with a straightness of .002 or .003 and find paying for more straightness does not improve my traditional score, if I were going to Vegas or the World Games I would probably spend more and get a straighter shaft. Many of my traditional friends are happy with .006 - .007 straightness but I do not find that up to tournament standards, for short range hunting they are ok.

Regardless of which shaft you purchase you need to understand that these shafts are made by wrapping a stainless steel mandrel with fibers and the not so straight portions of the shaft are at the ends, so one of the "little things" you can do to make your arrow more accurate is to trim the ends to get rid of the less than perfect sections.

One other thing about straightness, a little bit of a bend at the point end is far less damaging to accuracy than an equal amount of bend at the nock end of the arrow. So lay your new shaft on a carpenter's level, raise it to eye level and rotate the shaft while pointing the side of the level at blue sky, as the shaft rotates you will see daylight between the shaft and the level at any point where the shaft is not straight. Usually this bend will be near the ends, so pay particular attention to the end you intend to place the nock and trim accordingly.

One last thing we need to discuss about shafts and that is spine or stiffness (Static Spine). Spine is measured by placing the shaft on posts that are 26" apart and then placing a 2 pound weight in the center and measuring the bend in 100's of an inch, for instance a 400 carbon arrow will read .400 on the spine tester and will work nicely from most 45 to 65 pound bows, a .340 arrow will work nicely in a 55 to 75 pound bow. This is referred to as Static Spine





The most accuracy robbing arrow is one where the nock fit on the bowstring is too tight. This seems to be the one item that most archers have trouble getting their head around but it is true, nock fit is critical. The nock should just fit on the string tight enough for it to hold its own weight, if you just tap the string then it should fall off. If it won't hold its own weight then it is too loose and will come off the string too soon and will increase flexing downrange decreasing accuracy, if it is too tight then it will not leave the string until after it has passed brace height robbing the arrow of energy and diminishing arrow speed (by as much as 5 feet per second) and hitting low on long range targets. Tight nocks increase nock fatigue and wear on the serving and nothing is more annoying than having to replace a center serving on a string especially during a tournament. There are solutions (another little thing that counts) to this problem, use a smaller diameter center serving (.100-.108 usually works well) or try alternative nocks until one size or brand fits just right, lastly (one we traditionalist have done for years) is to use a finger nail file and file away the inside of the nock slot until a perfect fit is attained. This one is long I know, hope you found it useful, til' next month,

Curtis



## August Shoot

We had a nice turn-out again this month with 20 folks making the round. Back at the top again this month with the top scratch (533) and handi-capped score (555) was none other than Club President Clark Pentico. Norman Rice was one point back with a 554 (500 scratch) and Steve Price was one point back from that with a 553 (490 scratch).

The end of the club year is rapidly approaching, with just the September shoot to go. Then John will be checking his scores list to see who has been “good” this year. Trophies have already been ordered and preparations are in the works for the Club Awards Ceremony and Banquet in October. Make sure to pencil in the date (October 27) on you social calendars.

Another date you won’t want to miss is our October Fun in Sun Zombie Romp. It will be a mixed novelty and 3D target again this year. See you on the range, and put them pointy-ends in the target.

JBD

NAME	HSCORE	SCRATCH	DIVISION	STYLE
Clark Pentico	555	533	A	FS
Norman Rice	554	500	GA	FS
Steve Price	553	490	GA	FS
Keith Murphy	547	513	A	BHFS
Randy Estrella	546	488	A	FS
Jim Niehoff	546	455	GA	BHFS
Didier Beauvoiz	533	242	A	TRAD
Tom Swindell	524	253	GA	TRAD
Chuck Thurber	516	402	GA	FS
Rob Lind	504	184	GA	TRAD
Garry Magness	493	276	A	LB
Curtis Hermann	489	281	GA	TRAD
Doritina Pentico	485	485	YA	BHFS
John Brix	480	238	GA	TRAD
Steven Mahoney	461	461	A	BHFS
Randy Knox	436	436	A	BHFS
Terry Gieslewski	436	436	A	BHFS
Stan Ogle	434	434	A	BHFS
Kris Ogle	405	405	A	BHFS
Joe Cavaleri	190	190	A	TRAD



# CONEJO VALLEY ARCHERS ANNUAL FUN IN THE SUN SHOOT



**SUNDAY OCTOBER 13, 2013  
30 TARGET MARKED YARDAGE 3-D  
(Traditional Stakes – None over 50 yards)**

**Senior, Adult, Young Adult,  
Youth, Cub**  
FS, FSL, BHFS, BHFSL, BH, BB  
FITA Recurve - LB (Longbow)  
RB (Recurve) – SB (Selfbow)

Class 1-A Zombie License  
Issued at range

**2 ARROWS**  
**Marked Yardage**  
**10 – 8 – 5 SCORING**  
**Mulligans, 2 available \$1 each**



## **REGISTRATION** **7:30am Shoot** **starts After Regis-** **tration**

Adults	\$20
Family*	\$30
Couples	\$25
Seniors (60+)	\$15
Young Adults (15 - 17)	\$15
Youths (12 – 14)	\$10
Cubs (under 12)	\$ 5
<b>(*Includes Husband, Wife, and Dependent children under 18)</b>	





## Your CVA Officers

President	Clark Pentico	(805) 630-1749
Vice President	Dave Dragan	(805) 218-5912
Secretary	John Downey	(805) 527-4894
Treasurer	Dan Dix	(805) 376-3568
Board Members	John Brix Keith Murphy Kurt Hoberg Chuck Thurber Robert Luttrell Bonnie Marshall	(805) 523-2428 (805) 558-9312 (805) 552-9934 (805) 497-4587 (805) 490-8601
Range Captains	Keith Murphy	(805) 558-9312
Editor	Robert Luttrell	(805) 490-8601
CVA Answering Service		(805) 530-1339

### **Reminder**

Saturday October 5th  
Is Range Beatification Day  
Please come out and give us a hand

Election results are this Sunday  
at our club meeting , if you  
haven't mailed in your ballots  
Please bring them and they will  
be counted

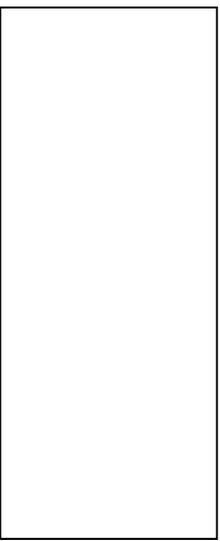




Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
11:00 AM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



CONEJO QUIVER



[info@cvarchers.com](mailto:info@cvarchers.com)  
[www.cvarchers.com](http://www.cvarchers.com)

Monthly Newsletter

**October 2013**

## **From the Prez**

**To all CVA member's**



As many of you know last month there was an errant arrow that went into the nursery next to our property, so we have closed several targets due to the potential safety hazard. There is a high priority to relocate these targets, but because of the large effort that is required we need to update our master plan so we do not interfere with future projects. This takes some detailed planning, which is in process. We should be ready to start moving the targets in the near future. I want to thank everyone in advance for their patience and understanding during this inconvenience and encourage everyone to come out and help when it comes time to move the targets.

The Board is actively pursuing several options to secure financial support for the tournament range. Hopefully, we can get the additional funding soon and start moving dirt next year. This project has been a long time in the making, but we continue to make forward progress.

Over the next few months, we are planning to update our long term plans for the range. The last time this was done was when CVA moved to Simi Valley. It is because of this plan that the tournament range is finally getting underway. There were a lot of ideas on the original plan that have fallen to the wayside, but some that could still be implemented. If anyone has any input please let a board member know so that we can consider your ideas.

The Fun in the Sun (Zombie Romp), chaired by John Downey, was a great success. You never know when you might have a zombie apocalypse so it was good training just in case. We had 89 shooters and lots of fun. If you were there please thank John for his efforts to make the shoot a unique offering.

The CVA annual end of year awards and BBQ is happening on Sunday October 27th. This is also a fun shoot, with several unique novelty targets. Since this is not a competition, there are plenty of opportunities to “adjust” how the targets are shot with your group to liven things up. It is 14 targets, 2 arrows each target. It should be possible to complete the course in just over an hour, so come out early and have some fun. This is a great way to meet club members, have fun and fling a few arrows.

Awards/Fun shoot Agenda for October 27th, 2014:

8:00- 11:00	Fun shoot
11:00-12:00	Awards
12:00-	Lunch

I want to thank everyone who voted for new officers during last month’s club elections. We have new members on the Board of Directors, with Norm Rice and Cher Riggs joining. I would also like to thank John Brix and Chuck Thurber for their service on the board. Their valuable insight and input has benefited the board over the years. This coming year should be an exciting year, with lots of new programs and projects starting up. Enough writing. I’m going to go out and shoot my bow.

Clark Pentico

### **CVA coaching policy**

The new coaching policy has been approved by the CVA Board of Directors.

The policy is available on line along with an application form.

If you wish to apply to coach on the CVA please get your applications into a Board member before the next Board meeting so it can be reviewed in a timely manner.

The Board would like to thank everyone who has been involved in the development of this policy, especially for all the vigorous debate during the club meetings.

From the Desk of the Vice Prez

Kurt Hoberg

I'm excited to be CVA's new Vice President. My family has been a member of CVA for many years (I'll need to synch with Bonnie Marshall for the exact number!) and in that time I have seen the club grow exponentially. I'm honored to have been provided this opportunity as the club's VP to help as our club continues to develop and expand.



When my wife and I started attending CVA's Saturday Public Sessions and enrolled our children in the JOAD program, twenty archers on the range was a 'big' Saturday. Now...we typically get ten times that many archers, many who are returning from past Public Sessions. To see a new archer's joy at hitting the gold for the first time, or hearing how impressed a new member is when first seeing our field course, well, it makes me proud to be involved with this club and excited for its future!

What a future it is. Here is a short excerpt of the 'to-do' list:

The FITA range continues to become more of a reality.

We have a Coaching Policy that outlines the specific requirements on how that activity will be conducted on our club's property.

CVA's bylaws and non-profit documents have been aligned.

I'm working on a scholarship program for JOAD or field archer youths that compete to help defer some costs of competing.

Our WEB site will be undergoing improvements.





That's just the brewmaster's sampler of exciting developments at CVA!

Now - I'd like to ask for your help in answering a question. What would you as a CVA member like to see the club focusing on in the short and long term? What do you think would be a positive improvement here at CVA? This club is about the membership and really I want to hear what you think.

Be sure to support your club in participating in the upcoming CVA Club Awards Banquet, the Halloween shoot/BBQ held during our Saturday Public Session, and the Toys for Tots charity shoot. All this before the end of the year too!  
See you on the range!

Your VP,

Kurt

Always remember, archery is easy. Shoot a 10, do it again!

## Membership Corner

I have to say, the end of the club year has gotten away from me along with other life duties and I have just our monthly anniversaries for you, so thank you to the following members, from old to new, who have been with over the years!! New member announcements to come next month!

Laurence Thomas – 38 years

Wanda Buffington – 18 years

John Brix – 6 years

Kevin Cloepfil and family – and Anthony Leonardi – 5 years

Ron Blum – 4 years

Rodney Karampour, Adrian William, and Ron Jones – 2 years

Terry Gieskewski, Robert Lind, Edwin Benedetto and family,  
Rod Fields and family, Gustavo Macias and Todd Schwartz and family –  
1 year

Have great month and go shoot!

Bonnie



OK So I have a story to tell.

As most of you know Emily's bike was stolen a couple of weeks ago and we have been trying to figure out a safe way to get her to the library every day to catch her bus to Moorpark. We have a friend who offered up his old bike. We arranged to meet, as he said he has "something for Emily", which we believed to be his bicycle. Lo and behold he shows up at our door without a bike but with a big folded piece of cardboard and he said he had a story. He said that his Dad had already gotten rid of his old bike and he felt bad that he couldn't follow up on his offer so this is what he did.



Kenny stood outside of the malls in Simi and TO and collected money! He got approached by security a couple times but even they believed his story and let him hang out! He said one old man at the Oaks Mall came up to him and read his sign said “You don’t look homeless”! And after Kenny told him the story he reached in his pocket and said: Here is the smallest bill I have” and handed him a \$50 bill! After laughing and crying over the whole story Kenny handed Emily a gift certificate for \$400 to the bike shop in Simi Valley! He had raised over \$340 dollars (plus phone numbers from two young ladies!!) and he and his Dad (we love you too John!) put in the rest. BTW he did this all on HIS birthday!

With all of our faiths restored again in humanity and counting our blessings all over again, we know how blessed we are as a family to have the people we have around us who know us and take care of us in so many ways and those around us who are strangers and in their own ways keep our faith that things will keep working out as long as we stay positive. We can’t tell you how much we love this guy!! Kenny you are so much more special than even you realize.  
Thank you!





**On Sunday September 29th Bonnie had organized on an event for National Charity League see below**

Hi Bonnie,

We just wanted to thank you and your fellow archers for helping our group from National Charity League, Vista Robles Chapter, have such a fun event last Sunday September 29th. Everyone really enjoyed being on the archery range, and for many it was their first experience. Many commented how great it was and that they'd love to come back and learn more about archery. Your group is very passionate about archery and we appreciated their enthusiasm.

Thank you so much!!

Kathy Kotin  
Tracey Carter  
NCL, Vista Robles Chapter  
Father/Daughter Event Coordinators











Everybody has their tastes and just how much they are willing to carry to meet their personal comfort level. I'm the minimalist in this group and willing to give up the comfort of a few square feet of shelter space for a smaller lighter pack, doing so makes gear choices quite critical but it is a challenge I like and have proven to myself to be quite good at over the years. Although each year I find something new and better (ie lighter, warmer and packs smaller) to add to or replace in my pack. This year I am waiting on the winter sale at my local REI store for a new air mattress that is 6oz lighter and takes up half the pack space without giving up any comfort.

Another variable in "High Camp" that one must deal with is altitude sickness. This requires a discussion with your doctor and some research on your part. I tried a new medicine this year and I had no side effects or symptoms of altitude sickness, I did however have terrible allergies and they were exasperated by the altitude, I have some questions about that being a side effect of the new altitude medicine and am going to discuss that with my Doctor on my next visit. The switch to the new high altitude medicine came about because I still had one side effect with the old medicine and that was that I would lose my appetite! It was an odd feeling, I never felt weak or hungry I just simply had no thoughts of- or interest in food. I usually pack about 10% extra when it comes to food, I came out with 60% of my supply, great for the waist line but not the ideal situation.

My first year in elk camp went as expected, I wanted to reunite with old friends, learn a new hunting area, get acquainted with their hunting methods and try to get a grasp on the big picture. Most of my elk hunting experiences had taken place in established wilderness (Roadless – no vehicle) areas, this was the first time in a long time where I had hunted that one could leave camp by vehicle and drive to within reasonable approach of elk country. I had to adjust to separate morning and evening hunts that might be miles apart- when I was used to leaving before daylight and returning late at night staying in one 5-6 square mile area.



Elk behave differently in areas where there is vehicle traffic and learning those differences took some time, in Colorado roads do change elk routes, so does the ease of terrain, the tougher the terrain the more likely one will be in to elk, in wilderness areas elk choose easier pathways and are not as restricted by the manmade elements of roads and so many hunting camps.

In Year two I began to learn some of my friend's techniques, blending them with my own and I began to pinpoint areas where I expected to hunt without interfering with places they had learned with hard work. So when year three came around, I finally had expectations of possible success and some real plans that I thought had a chance of panning out. Year three however had a new trick to add to the difficulty of hunting elk and that was rain, did I say rain – it wasn't rain it was a long monotonous twelve days of drizzle, downpour, with sporadic sunshine (just enough to get your hope up) and then rain, more rain and then more rain. There are good and bad side effects to lots of rain, rain does make the woods quieter and lessens the ability of both elk and humans to hear travel in the forest, it can also hold back your scent travel and its staying power. An example, most elk hunters have seen an elk cross their trail, stop instantaneously and do a 90 degree turn and disappear, sometimes as much as two hours after your passing, well in this rain Jerry and I had utilized an old logging road for about three miles to an old cut that was now a high meadow that we were interested in, on the way back out about an hour later we found elk tracks that were using the same path and they stayed with that path for about 150 yards before leisurely meandering off into some lower meadow! The rain had removed the entire scent trail and the elk was never on to our presence.

Rain also has other side effects and this year it took a toll on boots and feet, several of the guys had purchased some mighty fancy and expensive boots made in Montana that worked very well, as new boots should, but even with that they had to switch boots each day in order to let the old ones dry out.

Boots are a very personal thing with me and I'm very conscious of boots that are what I refer to as over built for hunting, some boots have great ankle support and are very good when packing out 70-80 pounds of elk meat on a freighter frame but not so good when stalking or trying to stay quiet in the forest. Trying to find a balance between the two is not easy and sometimes tradeoffs are part of the bargain, I like an air-bob sole as the round ends of the bobs seem to slide off debris and are more quiet yet I have had no trouble with traction or ankle support, other soles with hard edge grooves definitely make more noise.

I had taken three pair with me but when packing I put a fourth pair of rubber LL Beans back on the shelf, should not have done that, this was the year they were needed. My main hunting boot has been with me 11 years and were still in what I thought was great shape, they lasted seven days when the very front edge began to loosen slightly and let in a little water, thank goodness Jesse had brought boot dryers with him and we were all able to use them. My light weight boots did well for four days until I climbed up to 11,200 feet to Grey Rock peak, where the rubber sole got a small crack just under the ball of my right foot. I was never miserable and could hunt for about 2 ½ hours before I would feel the water seep in which worked well most days. Jerry lost his entire left sole on a very expensive pair of boots that were only four years old, hanging on by just the rear edge of his heel, thank goodness we had strong cord in our survival gear and was able to tie the bottom to the top and get him that last two miles out. Everyone had some boot/water issues of some sort during this season and many lessons were learned by all. So upon my return, I took my favorite boots to Pop's Shoe Repair and had them made better than new.

Steve Burns was able to fill his either sex tag with a yearling calf on an evening hunt in the rain, the day before he was to leave. He and Gary struggled with the blood trail as all blood was instantly diluted and barely visible when it came in contact with the wetted vegetation, they are determined hunters and did not give up and were able to recover the elk. It was a lesson Gary learned well and he now will not hunt on a raining evening as the possibility of not recovering a hit animal in the darkness of night and in the rain is so great.



, I had noticed many rubs from our position and feeling he was never going to let us get any closer, told Jerry to go ahead, I wanted to scout this area. Jerry returned a half hour later, the last he saw of the elk they were 300 yards ahead of him and had quit communicating and were not slowing down. In the mean time I had counted 19 rubs in that area, some old, some new, and it was very apparent to me that the bull liked this neighborhood and liked to spend his night time here, the next meadow over I found six more rubs. This spot will be a first check come next season.

The plan next year will be to arrive early afternoon, find good cover within 50-60 yards above the exit to bedding trail they took and some 300-400 yards up from the meadow wait for his evening arrival, this should connect us in the last of the shooting light, give me area with cover in which to close distance and if the air currents and spirits of the hunt are with me, a harvest.

The lesson learned from this encounter is that before you give up your cover during a bugle session, give another cow estrous call and wait a few more moments before stepping out into the open, you never know when an elk is sneaking in for a visual, wanting confirmation before responding to your calling. This would have been standard calling technique whether or not you were calling elk or predators or other game, we were both knew the technique, but when you get careless in the woods the elk usually wins.

Jerry and I wanted to hunt the north slope of the mountain behind camp and the position we wanted was less than three miles as the crow flies but the circuitous route to get there was a 6 mile drive and a 1.8 mile hike in the dark. So we left camp extra early one morning and when we parked we had a few stars but by the time our packs were shouldered and bows were in hand the rain clouds had completely covered the sky above. Head lamps on we headed into the woods anxious to cover the 1.8 miles before shooting light arrived. We had been making good time when a sudden “chirp” from dark not 30-40 yards away



identified a curious elk trying to figure who or what we were, switching to red lenses we still could not locate the inquiring elk. Using our “Hoochie Mama” cow elk calls we would “chirp” back and the woods would go silent, then as we moved on down the trail the “chirp” would sound again, this went on several times over the next 100 yards, Jerry and I both took separate positions that we hoped would give one of us a shot. 30 seconds maybe 45 and I will have enough light to make a shot was the thought racing through my head as my eyes searched the darkness for movement and my ears on intensified alert for any clue of the elks position, the grey light began to give some shape to the woods around me and I could not make out our target. Finally the minutes past and it became obvious that our “ghost elk” had slipped away silently into the woods. Jerry stated just as he had given his last “chirp” he had felt a light breeze on the back of his neck and of course that is all it takes, that is elk hunting at its most real.

Elk bugles intensify or escalates (like a well-planned marketing program) as the coming estrous cycle makes the cows more active. Cows come into heat every 21 days until they are bred, giving bulls ample excuse to advertise by bugling and extending their movements in search of estrous scent. Biologists believe that bugling allows the bull to advertise their dominance, wrangle herds and intimidate lesser bulls. My sense is that elk bugle more in an unmolested wilderness area than they do in areas of heavier hunting pressure. Although in areas of known wolf packs elk are resistant to bugling as a wolf pack can hear the bugles for a very long distance and zero into their location to remove a weak member of the herd.

High ground allows your bugle to carry further and gives one a better chance of a response, one must be very conscious of the air currents (thermals) as elk never question their nose, one hint of human scent and they will put a good deal of distance between you. Your initial bugle is to contact and locate a bull, a response gives you a bearing or direction and a sense of distance

, your job at this point is to close the distance by physically moving in his general direction (if cover is available and air currents in your favor) and to tempt him to move in your direction, further closing the distance. Elk are very precise at locating the exact bearing and distance of a sound, far more precise than we are and will know exactly where you are located and will look intently for your presence before moving into shooting distance. It is best to have the shooter in the forward position and the caller a bit further back, that way the incoming elk will be focused on the position of the caller and not see the shooter.

A single bugle without the “chuckle” at the end impersonates a young bull looking to join a herd or to challenge the herd master. Add a cow mew (yearning love sick call) and you could irritate a nearby bull that thinks you may be tending estrous cows. This will not get a bull to leave his herd and move a long distance, it works only in close proximity. Don’t over call - that is the most common mistake I hear in the woods.

I’m not the best caller so I’m probably not qualified to give the best advice but there are some common knowledge points that are pretty universal. Don’t get caught up in the entertainment of calling, elk are used to hunters calling or over calling. Match their response and don’t ramp up the conversation unless they do so first. Your initial call should not include a chuckle at the end. This chuckle shows dominance and may intimidate a less mature bull into not responding, a bull that you would be happy with if you knew he was there.

So for three years now it has been tag soup at the end of the season for this hunter, but many lessons were learned and perhaps it is those who make the mistakes that eventually become better. Our most experienced hunter (Bill Vaughn) was successful about a week after Gary and I left camp, on his 22<sup>nd</sup> day of hunting he harvested a very nice 6x6 (Royal) bull elk proving that persistence and dedication along with time in the woods will pay





**off even for the traditional archer/bowhunters**



## Your CVA Officers

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Vice President	Dave Dragan	(805) 218-5912
Secretary	John Downey	(805) 527-4894
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CVA Answering Service		(805) 530-1339

**Reminder**  
 Saturday December 7th  
 Is Range Beatification Day  
 Please come out and give us a hand





# Calendar of Events

## **Oct 27th CVA Fun Club shoot**

Nov 3rd San Diego Archer 28 unmarked 2 arrow

Nov 3rd Verdugo Hills Archers New Daze of Verdugo 28 unmarked 3  
arrow

Nov 17th Mojave Archers “Fall Back” 42 unmarked 1 arrow

Nov 17th Pasadena Roving Archers “ 21 or bust” Novelty

Nov 17th Riverside Archers William Tell” 30 Marked 2 arrow

Nov 17th San Diego Archers Hunter 28 marked 4 arrow

## **Nov 24th CVA Club Shoot**

Dec 1st San Diego Archers 3-D 28 Unmarked

**Dec 8th CVA Toys for Tots 28 targets 2 arrows**

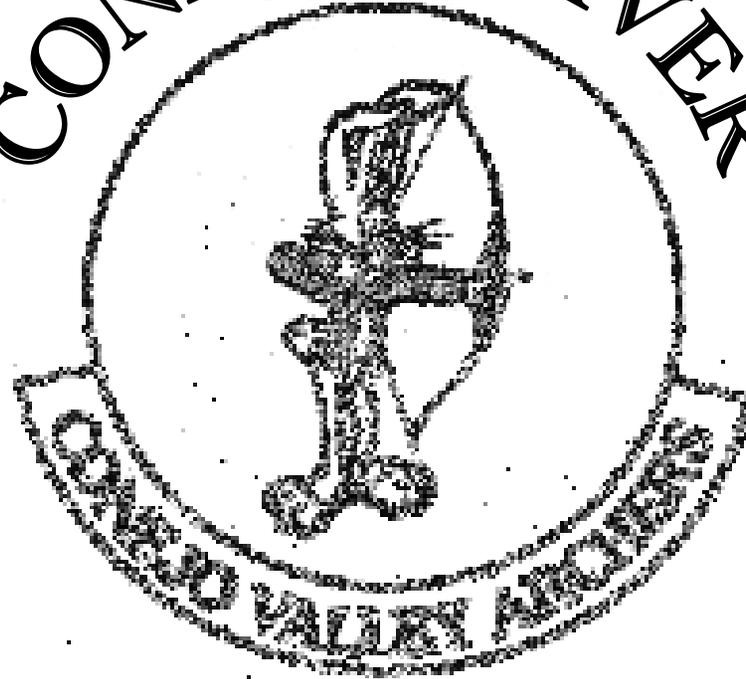
Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
11:00 AM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months



# CONEJO QUIVER



[info@cvarchers.com](mailto:info@cvarchers.com)  
[www.cvarchers.com](http://www.cvarchers.com)

Monthly Newsletter

**November 2013**

## From the Prez

To all CVA member's

Wow. What a busy month.

The last three weeks have been busy at the range. We had the Fun in the Sun Zombie shoot, fun shoot, a novelty shoot, awards/BBQ for the club shoot and then the JOAD Halloween BBQ. I hope you made it out to at least one of these great events.



Big thanks to John Downey for taking charge in the fun in the sun Zombie romp. It was a lot of fun getting ready for the upcoming zombie apocalypse. If you were there and had fun let John know.

In John's spare time he also took care of the club tournament and awards. Another great job. The range record trophies were nice folding Buck knives. Make sure you see one. It will make you want to participate in the club shoot just for a chance to own one of these fine cutting instruments.

Thanks to Bonnie for organizing the food for the Awards BBQ. Everyone ate way too much and loved every minute of it.

It was great that we had a couple of special guests who are CVA life members out for the Awards BBQ. Gordon (5 years as CVA President) and Claudia Marks (Gordon's better half) were instrumental in organizing the club and making sure it survived several difficult years. And another CVA life member Justin Huish (Olympic Gold Medalist), was on hand to share a little about his experiences in archery. It was great having them and hearing about how they contributed to the club in the earlier days. Hopefully, we will see more of them around the range.

Mike Keena put on another one of his wild meat BBQ Halloween parties at JOAD. Thanks Mike for organizing all the food. Thanks to all the coaches for helping make it a special event

2014 should be pivotal for the club. We have a lot of new things happening and changes that should make CVA an even better place to participate in archery.

If you want to do private coaching on the range you must be approved by the board first. Please get your coaching applications in. We had 2 people apply and were approved by the board this month.

The roving range is a center piece of CVA, but much of it has been shut down for the last couple months due to a perceived safety issue with our neighbors below the range. Since it has been shut down we have been working to re-layout about a dozen targets in order to increase the safety zones behind the targets. Bob Bombardier and Keith Murphy have spent many, many hours looking at countless possibilities in an effort to reorganize the range so that the new layout will also accommodate the planned FITA range off of Bennett road. This plan finally completed.

In the next coming weeks we will mark the new stake and target locations to prepare for the changes. This will be a major project, which will require a truly heroic effort of the members to accomplish in a short time. We will also need to line up heavy earth moving equipment to clear new lanes and help relocate bales. The hope is that we will move the targets in the next few months.

We are still looking to complete our funding for the FITA range in the back canyon. We have a couple of solid leads and hopefully if everything goes well we can get to work on the range next year.

In December we have a work party to help clean up the range and set up targets to get ready for Toys for Tots shoot. If you can come out and help it is always most appreciated. If we get enough people to help the set up is quick. Remember this shot is to collect toys for the kids so that they might have a better holiday. If you cannot make it and would still like to put a smile on a child's face, feel free to make a donation in the name of Toys for Tots.

California State Indoor is coming up at the beginning of January, so it is time to start training. There are several people going who regularly shot at JOAD. My daughter and I are planning to go for the first time, and punch our “Rookie tickets” for indoor completion. It should be fun. If you are considering going, please check with the JOAD coaches or myself and we can try to figure out carpooling arrangement. We should have a strong showing this year.

I hope to see you at the next meeting, as we might have something special for you.

Clark Pentico





From the Desk of the Vice Prez

Kurt Hoberg

We started our weekly 300 round for the CVA Tournament Team this month, and I am very happy with the participation and impressed with the scores. We had 11 shooters turn in scorecards for our first session, and after a brief hiatus for the Halloween Shoot/BBQ, we had 20 scorecards turned in for our second session. Feedback has been positive and I am very happy with the input I have received.



Some of you might be asking, what is a 300 round? Its 30 arrows, shot in 5 ends, 6 arrows per end, on a standard 40cm FITA indoor target at 18 meters distance. Max score for each arrow is a 10.  $30 \times 10 = 300$ . Easy!

Things that will be changing for the Saturday Public Session 300 round based on participant feedback:

- Starting time will change from noon to 11:00am.
- I will have a sign-in sheet posted at the 18M tables. If you are shooting the 300 round be sure to write your name on it before 10:45am so I know how many participants, targets, and scorecards will be needed.
- The scorecards will change from a 3 arrow to 6 arrow end, and be larger for legibility.
- Help putting up targets and preparing scorecards is always appreciated! (Level 1 and 2 Instructors...hint, hint!)

Tips / tricks / recommendations:

- Have a writing implement of some sort on your person.
- If you have a clipboard, bring it along to put your scorecard on. This makes scoring much easier
- If addition is not your strong suit a calculator may be of use. We have some in the bin for those who would like to borrow one, or bring your own.

I will be posting the weekly 300 round scores on the JOAD bin's bulletin board during our Saturday Public Sessions, and will be tracking progress for those who are consistent in the program.

We will also be starting an Adult Achievement Program during our Saturday Public Sessions. This program is similar to the JOAD advancement program, with a variety of achievement pins for earned scores at specific distances. The program will be open to archers 20+ years of age, shooting any style of bow for a nominal fee. The plan is to run these achievement scoring rounds during our Saturday 300 rounds for Indoor distances, then during Outdoor season moving to the longer distances. Stay tuned for more information as this program is in the planning stages.

Another opportunity to shoot for score will be provided when we begin participating in the USA Archery sponsored mail-in JOAD tournament. This tournament is run once per quarter, with Indoor 300 rounds twice per year, and Outdoor 360 rounds the other two times per year. The next opportunity for CVA to participate in the mail-in tournament starts in 2014, so expect to hear more from me on the when's and how's of this exciting opportunity to compete in a National Tournament from the comfort of your own club!

On a different topic, I would like to express my thanks to Mike Keena and Team for another successful BBQ held during our annual Halloween shoot at the JOAD range. As always the food was delicious and the costumes were scary! It's wonderful to have a group of such great, hardworking people who put these BBQs on and is one of the reasons that that CVA is such a unique club.

The 2014 California State Indoor Championship tournament has been scheduled in Tulare CA, and unlike past events has 2 weekends to choose from in January. The tournament organizers are expecting another huge turnout this year due to the surge in the popularity of our sport, hence the dual dates.



This tournament is traditionally CVA's largest participative event, and I think it would be great to have a large CVA contingent descend upon Tulare to dominate!

If you are interested in shooting a sanctioned Archery tournament and have questions, please feel free to contact me and I'll let you know the process and what to expect. You can also visit <http://calarchery.net/> for tournament registration and other information.

See you on the range!

Your VP,

Kurt

Remember, archery is easy. Shoot a 10, do it again!

# CVA “QUIVER”

**November 2013 by Curtis Hermann/Lt. Mike Norris**

“Electronic’s” A Part of Archery?

This month’s issue primarily concerns the bowhunters among our ranks, however I think all members will find this an interesting topic.

Archery has always been considered a “primitive outdoor sport” but modern technology has always found a way to creep into our ranks and continually move us forward. Every States Department of Wildlife must now review every improvement (or gadget) invented for archery and decide to “accept or reject” each of these improvements on the basis of meeting their idea of how to maintain the “primitive” in this primitive sport as it relates to hunting. Other organizations (NFAA, NAA, IBO, etc.) must do the same to make sure no one has a mechanical (or in this instance an electronic) advantage over another competitor in a tournament.

Electronics in archery have always been a part of this debate and many states and game recording organizations and tournament associations have always had to decide on each item as it came along. In California the major issue for several years now has been the lighted nock, which is a miniature flash light (battery operated LED bulb) placed inside the shaft at the aft end of the arrow just below the nock. When the light is turned on the nock glows brightly and you can see the flight of the arrow and exactly where it makes contact with the target, if the target is a game animal then sometimes it can help in recovery, especially in low light conditions.

California Department of Fish and Wildlife Archery Regulations always stated that no electronic device may be used upon your bow that enhances aiming (my summary) and so I have always taught in my Bowhunter Education classes that electronics nocks were legal as they did not relate to “aiming” but were an asset in “recovery.” Some weeks ago I read in our local newspaper that the DFW Game Commission had recently ruled otherwise and I was now prepared to change my teaching format to inform students about the new change.



Then in the mail came my “Hunter Education Quarterly” the magazine put out by the California DFW Hunter Education Staff. Lieutenant Mike Norris Southern District Hunter Education Coordinator (my Boss) addressed this issue in his column and I felt that I should allow you to share in this information. Take it away Mike!

“There have been recent changes in technology regarding equipment used for archery hunting”. There is currently an arrow developed and being used by hunters that has a nock that emits light. This allows the arrow to be seen as it travels through the air and the ability to see the arrow path after it leaves the bow is improved. “This can assist the hunter in determining whether they accurately hit the intended target. If the arrow hits an animal and it does not pass through the animal in a low light situation, the hunter may be able to see the lighted nock attached to the animal and track the light to assist in finding a dead or wounded animal and recovering the animal.

“Fish and Game Code (FGC) section 2005 regulates the use of lights and gives the Fish and Game Commission authority to regulate the use of lights while taking game. Wording in FGC 2005 makes it illegal to use lights while taking big game and other game under certain areas and situations. FGC section 2005 allows the use of a lantern as long as the lantern does not cast a directional light. The intent of FGC section 2005 is to not allow someone to cast a large directional beam of light while taking game.

“... It is the policy of this state to encourage the conservation, maintenance and utilization of the living resources of the state’s wildlife under the jurisdiction and influence of the state for the benefit of all the citizens of the state and to promote the development of local California hunting in harmony with federal law respecting the conservation of the living resources of the state.”

“It is illegal to waste game, and this technology will assist hunters in retrieving animals and therefore decrease loss and waste.”

And so, regulations dealing with archery equipment (see 354, T14 CCR), were amended to specifically allow the use of illuminated arrow nocks.

Clear as an LED on the end of an arrow? Good.

I want to thank my friend Lt. Mike Norris (Thanks Boss) for his article, I will be using this in February’s class and thereafter when the question of lighted nocks comes up again.  
Till next month,

**Curtis**





Perpetual Trophy (Top 10 Scratch Scores)

**Clark Pentico**

Golden Ager Trophy (Average of Top 3 Handicapped Scores)

**Norman Rice**

**Range Record Award Trophies** (minimum of 5 scores required)

Male Adult Free Style (FS) Clark Pentico – 536 points

Male Adult Bow Hunter Free Style (BHFS) Keith Murphy – 526 points

Male Adult Long Bow Garry Magness – 301 points

Male Adult Traditional Recurve Robb Ramos – 214 points

Male Cub Free Style Limited(FSL) Wesley Richter – 264 points

Male Golden Ager BHFS Norman Rice – 496 points

Male Golden Ager FS Norman Rice – 500 points

Male Traditional Golden Ager Curtis Hermann – 312 points

Male Youth BHFS David Loya – 188 points

Male Young Adult Traditional Peter Loya – 61 points

Female Adult FSL Barbara Richter – 258 points

Female Adult Traditional Laura Loya – 129 points

Female Young Adult Doritina Pentico – 501 points



# JOAD Halloween











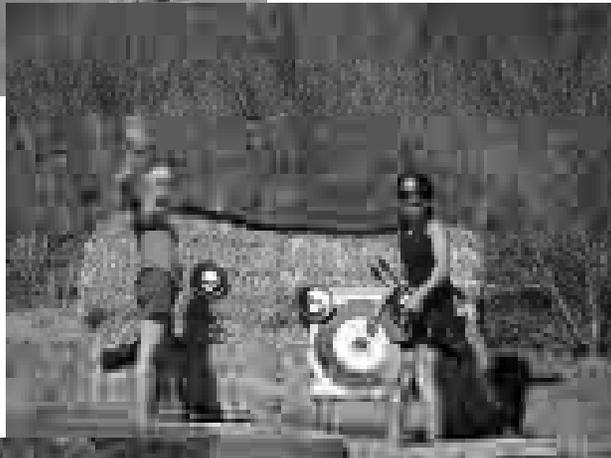
# FUN SHOOT BANQUET











## Renewals are due!!!

You renewal forms were sent out on approximately October 6th from Dan Dix. Please check your inbox or spam if you haven't seen it. Please mail in all renewals to Dan or bring it to the General Meeting.

### **Please do not drop off checks at the JOAD range.**

It's the start of a new club year and with the flurry of tournaments, end of year banquets, BBQ's and awards, we start off the upcoming holiday season with a few quiet weeks in the schedule. Not to say we aren't busy (we are!!!), but maybe we can breathe for at least a few days!

The New Year brings along a few more changes in our membership policies and the most important item will be the new membership cards! We will be handing out cards along with keys this year and also a couple of special gifts if you pick up your key at the range.

The new cards will be useful for discounts to local businesses. We are working to connect with more companies for more discounts also.

If you have a business and would like to offer a discount to club members, let me know.

If you know of a business that you think we should connect to (maybe your favorite Sunday Brunch restaurant,) then let me know that too! I will contact them with the appropriate paperwork.

We will offer an announcement in the Quiver as we add a new business and then they will be posted on our website. Members can refer to these supporting businesses anytime you need.





# New CVA Promotional Items

Make plans to save some of your holiday shopping with CVA and J.O.A.D. branded t-shirts, polo shirts, hats, pins, patches, and decals, along with some member perk gifts. Items are being prepared now and make great holiday gifts!! Look for more information to come.

## November Anniversaries

Gary White - 9 years

Shylo & Julie Stiteler - 7 years

Steve Price and Family - 4 years

Jim Neihoff - 4 years

Pete Lance - 2 years

1 year anniversaries:

William Giordano and family

Christopher Andrews and family

Leon Darius

Glenn Wens and family

Grant Schnebly and family

Bill Tandrow and family

Happy anniversary to you all!

**November is usually the slowest month for new memberships so make sure you are inviting friends to the club!  
See you at the meeting!**

**Bonnie**





## Your CVA Officers

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**Reminder**  
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 Please come out and give us a hand





# Calendar of Events

**Nov 24th CVA Club Shoot**

Dec 1st San Diego Archers 3-D 28 Unmarked

**Dec 8th CVA Toys for Tots 28 targets 2 arrows**

Dec 8th Oranco Charity-Toys for Kids Unmarked

Dec 8th Pasadena Roving Archers Spark of love Toy Drive

Dec 14th Mojave Archers Christmas Charity 28 targets 2 arrows

Dec 15 Riverside Archers Christmas 3D 42 Marked 1 arrow

Dec 15th San Diego Archers Field 28 Marked 4 arrows

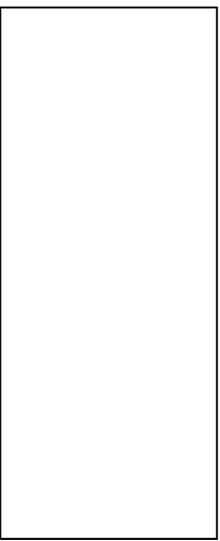
**Dec 22nd CVA Club Shoot**

**Remember with the time change  
Novembers club meeting will start at  
12:00 PM**

Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
12:00 PM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months





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Monthly Newsletter

**December 2013**

## **From the Prez**

**To all CVA member's**

The holidays are upon us, with the end of the year coming quickly.

I want to thank Rose and Laura for putting together a successful "Toys for Tots" shoot. It was a little chilly this year, but the shooters seemed to have a good time. I'm sure the children who receive the gifts will also appreciate all those who came out.



We have started the New Year for the club shoots. We had a lot of new archers out this last month. Hopefully, we will have more coming out this month. There is still plenty of time to establish a handicap score and win the belt buckle. It is a lot of fun and gives everyone a chance to meet each other before the club meeting.

This last weekend we had a large JOAD work party and upgraded all the bales and cleaned out the bin. Thanks to all the volunteers that came out to help.

Also, I want to remind everyone that if you are looking for an end of the year donation, CVA is a 501(c)(3) organization. If you donate now you can get a tax deduction on your taxes.

I am very excited about this next year. We have a lot of changes planned, which should totally upgrade how we support archery and promote the sport.

Now, get out and shoot.

Clark Pentico  
CVA President

From the Desk of the Vice Prez

Kurt Hoberg

The weekly 300 Rounds Tournament took a breather the first weekend of this month due to rainfall, and the next week's round saw a hardy six competitors brave the gusty winds. We will continue to hold these scored rounds each Saturday during the Public Session with scored shooting at the 18M line starting at 11am. Come on out, shoot, and look for your scores posted on the bulletin board on the JOAD bin!



I have made progress on the CVA Scholarship, the intent of which is to assist youth club members in offsetting the costs of tournament attendance. The board has been presented with a first draft and we are working through the details. I am hoping to have something much more refined to discuss during our next club meeting this month.

This year's California State Indoor Tournament looks to be well attended, including a healthy turnout from our club. We will be holding a meeting (date TBD, most likely after a Saturday Public Session) for those of you who are attending your first sanctioned archery tournament to give some tips, tricks, and suggestions that will help make the tournament even that much more enjoyable. This link provides very good information for those who are attending their first tournament. (<http://www.archerygb.org/tools/documents/12ScoringandTournaments-%5B13156%5D.pdf>). If you have questions and would like to discuss in a one on one setting, I'm more than happy to chat with you. Feel free to reach out.

This year's Toys for Tots charity shoot (organized by my lovely wife, Rose!) was held on a cold, muddy, Sunday, with nearly 40 archers shooting for charity. CVA was able to donate 50 toys due to this event! I want to thank everyone that helped, including the crew that braved the worst of the rain on Saturday to set up the range. Thanks everyone!

Here are upcoming events and activities that you can expect to hear more from me on in the coming months:

The Adult Achievement program

US Archery Mail-in tournament

See you on the range!

Your VP,

Kurt

Remember, archery is easy. Shoot a 10, do it again!

## **Toys for Tots Archery Tournament**







## BALANCE IS THE KEY

By Curtis Hermann

Way back in “Oldin’ Times” (1988) a fine bowhunter/field tournament archer by the name of Dave Holt wrote a book titled “Balanced Bowhunting.” This book took the hunting and field tournament archer audience by storm, myself included. The concept “of all things in archery should be blended to provide the best overall performance” has had me hooked ever since. Dave’s first book was an attempt at helping the everyday archer balance shooting accuracy with an equal amount of hunting knowledge, to improve his performance in both areas. His book was directed at the compound archer (even though the Traditional Archer “like me” was well on his way to returning as a significant element of the archery community), he was not the targeted customer, never-the-less the concept crossed all barriers and I adopted it.

Many years have gone by and it seems this idea of “BALANCE” has been lost in the speed of the times, but I think it has a lot of value and I want to visit it several times over the next year because I believe it has value to both our club and each individual member of the Conejo Valley Archer’s. So today we are going to discuss “balance” as it relates to our club, in later column’s we will discuss “balance” as it relates to shooting styles, range types, equipment choices, etc.

Just how “balanced” is the “Conejo Valley Archers?” Well at first it seems that we are nicely balanced, we have a 28 target field range that has drawn archers from near and far for forty years. It has survived several incarnations and has always maintained respect as a club with a challenging range and as a leader in our area of the state.

We have one of the most successful JOAD programs in the country, one that introduces literally thousands of people to our sport every year. A program that is in expansion as we contemplate a FITA style range near Bennett Road to provide even more tournaments and access for archers.

We have a dedicated group of “Traditional Archer’s” that have been an active and successful arm in our club since the very beginning, often providing much of the physical labor and one of the more successful tournaments of the year. Yet this segment is the least organized and the least prepared to help others explore this side of archery.

Over all it seems pretty good doesn’t it, so how do we improve on such a good product? We need to look at the strengths and weaknesses of each area and see how we can improve that area and use it to introduce their participants to the other areas of the club.

Let’s start with the field archery side. Most of our members shoot compound bows yet we do not have even one certified NFAA coach in our club, not one compound shooting or tuning clinic scheduled per year and little discussion in the “Quiver” on NFAA rules and regulations or tournament etiquette. Many of our members have no idea who the NFAA is or our state archery association (CBHSAA) and what our relationship is with these two organizations. I would guess that few of our members have any idea on how to map out a program that would lead them to becoming a recognized State Champion in this state. These are responsibilities of the field archery side that need to be improved upon in order to bring “balance” to our members.

Next in importance to our club is the JOAD program and we have been praising its successes for some time now without addressing some of its weaknesses. It certainly has a strong coaching program (I know they complain they need more coaches) but in comparison to other clubs in the state, our coach making program is as successful as any and certainly better than most. As I see it, as an observer from the corner of the chess board, is that the JOAD program is challenged to just keep up with its popularity and has little time to consider much else. Yet I know, (as a traditional archer) that many people go to JOAD to learn instinctive archery without knowing that JOAD is a specific style of archery that leads to world or international target championships in Olympic style target archery. .





I know that this search for archery help is because of the movies promoting archery in their films, never-the-less, the archery that many are now searching for is the simple “stick-n’-string, at one with the arrow” type archery that we refer to as “traditional,” or “instinctive” archery.

So it appears to me that the Saturday program needs to be expanded to include an area with a NFAA certified coach and an area with some “Instinctive” help (there is no certification for instinctive coaches) to help those looking for help for what JOAD does not provide. This requires more communication and volunteerism between all the segments of the CVA club.

In summary, every CVA member should be aware of the three styles of archery that we provide, the relationship of the club and the ruling organizations, (NAA/JOAD, NFAA, CBH/SAA) and the loosely organized but always “hanging in there” group of traditional/instinctive archers and be able to find scheduled help in the style of their choice. This is what we mean by “BALANCE.”

One last paragraph, I have not discussed “Balance” in looking at hunting knowledge or forward to the future, but to be completely “balanced,” these last elements also need to be considered. Providing hunting knowledge is just simply part of archery, always has been, always will be. Making it a part of the clubs agenda is simply and we will cover that in another column. There is a form of archery that has been coming down the pike for some twenty years now and will have to be included some time down the road, my guess is in the next twenty years or less and that is crossbows. It may be a contentious point at the moment but it will not always remain so, so keep that point in mind.

See you next month,  
Curtis



## **Membership Corner** December 2013

This may look like last month's article and that is because a lot of it is the same! Only because this is an important and busy month!

### **Renewals are due!!!**

**You renewal forms were sent out on approximately October 6th from Dan Dix. Please check your inbox or spam if you haven't seen it. Please mail in all renewals to Dan\*\* or bring it to the below mentioned times when exchanging your key. You cannot get a new key if you haven't renewed. Please bring checks for payment.**

### **KEY EXCHANGES – NEW POLICY**

Locks will be changed on the early evening of **Friday, December 20, 2013** – an email will be sent out to all members for a reminder.

**Key exchanges and membership card pick up will take place on the following dates ONLY:**

\*\*The **two** Saturdays following the change, during the Open Public Sessions at the JOAD range,

**December 21st and 28th from 9:30 am to 1pm**

\*\*Any monthly General Membership Meeting

\*\*Any of our CVA tournaments **after** registration

You must bring in your old key for exchange or pay a \$5.00 replacement cost fee. Your name will be checked off from our paid membership list.

\*\*Anyone not able to make these dates/times will need to send a stamped/self-addressed envelope to Dan Dix 4008 Monterey Ct. Newbury Park, Ca. 91320 and include your old key in the envelope or a \$5.00 deposit for a new key if you have lost the old one.





3" Embroidered Patch \$5.00 - (preorder only at this time – will not be available until after the holidays)  
CVA or JOAD logo

CVA Lapel Pins - \$3.00 (each member gets one free when picking up their membership card at the range!)

To pre-order please send me an email with the items, sizes and logos specified.

Email me at [bmarshall79@verizon.net](mailto:bmarshall79@verizon.net). Please do not call me about pre-orders. All styles and quantities limited at this time. First come first served!

## **December Anniversaries**

Gale and Hilda Fowler officially have their membership anniversary of 41 years this month! I say official because membership records only go back to 1972! But obviously as the founding members of our club we would like to say Thank You to them for their actual 46 years as members! Maybe they might think about joining us for our 50<sup>th</sup> anniversary in 2017!

Other notable anniversaries include:

The most honorable Dan Dix (Treasurer extraordinaire) is also celebrating his 24<sup>th</sup> year with the club. Thank you Dan for your ever present patience in all matters financial and life just wouldn't be the same without a good dose of Dan jokes and hilarious t-shirts quotes at meetings and tournaments.

Frank Suarez and family – 8 years

Anthony Price – 7 years

John Ives – 4 years

Lee Glasser and Alyssa – 3 years

Marc Reinoso – 3 years

Lance Peet, 2 years

1 year: Todd and Angie Bartel and family, John Gould and family, John Strubbe and family, Roy Brokaw, Frank Charlton and family, Gilles Godin and Jacqueline

Happy Holidays!!!

Bonnie





## Your CVA Officers

President	Clark Pentico	(805) 630-1749
Vice President	Kurt Hoberg	(805) 552-9934
Secretary	John Downey	(805) 527-4894
Treasurer	Dan Dix	(805) 376-3568
Board Members	Norm Rice Keith Murphy Dave Dragan Cher Riggs Robert Luttrell Bonnie Marshall	(805) 210-0764 (805) 558-9312 (805) 218-5912 (805) 492-3209 (805) 490-8601 (805) 379-8721
Range Captains	Keith Murphy	(805) 558-9312
Editor	Robert Luttrell	(805) 490-8601
CVA Answering Service		(805) 530-1339

**Reminder**  
 Saturday February 1st  
 Is Range Beatification Day  
 Please come out and give us a hand



**805.581.1671**  
 2150 Agate Court • Simi Valley, CA 93065



# Calendar of Events

## **Dec 22nd CVA Club Shoot**

Jan 12th Oranco Bowmen Stump and Varmint unmarked 2 arrows paper

Jan 18th Santa Ynez Valley Bow Club 2014 Point Series 30 unmarked 1 arrow

Jan 19th Mojave Archers Clara 3-D Challenge 30 unmarked 2 arrows

Jan 19th Archery Outpost Host CBH/SAA indoor Championships

Jan 26th Riverside Archers Javelina Hunt 42 Marked 1 arrow

## **Jan 26th CVA Club Shoot**

Jan 26th Cherry Valley Bowhunters Winter 300 indoor 11am 20 yard

Feb 9th Oranco Bowmen Rendezvous 42 Unmarked

Feb 16th Santa Ynez Valley Bow Club 2014 Point Series 30 unmarked 1 arrow.

## **Feb 16th Conejo Valley Archers Pacific Coast Adventures 45**



**CVA** has created a memorial rock honoring past members who are no longer with us. You can view the rock located next to the grand stand. When you get a chance take a look.

Conejo Valley Archers  
P.O. Box 3982  
Thousand Oaks, CA 91359

*Remember with the  
time change next club  
meeting will start at  
12:00 PM*

**Reminder:** Range Beautification Days  
are the 1st Saturday of even months

