

# **CONEJO QUIVER**

**April 2024 Issue**



**The next club shoot and General Meeting (11:30am) is scheduled for  
April 28, 2024. Hope to see you there.**

## FROM THE EDITOR

John Downey

Welcome to the April issue of the Conejo Valley Archers Quiver Newsletter.

We have another nice issue for you this month (yeah, I know it sounds like a broken record). All of the usual folks are back with offerings for your edification.



In addition to Kurt & Cathy's informational columns, we have JOAD's latest offering as well as Curtis Hermann's newest on "**Cutting the Carbon Arrow Shaft by Bobby Paquette**". We also have a number of photographs from recent tournaments on the range, and members shooting on the road, including a few of Kenneth Downey from the Bronze Medal Match at the recent *Arizona Cup Tournament* (one of the *U.S. Archery Team Qualifier tournaments*).

All of the Field Range Scores to date and handicaps (as applicable) have been included in my article in the Quiver. Make sure to check it out for Shooting Style & Division errors. Please also check that your appropriate Age Category is correct (as well as your shooting style category on club score cards when you turn them in or email to yours truly).

Keep stick'n them pointy ends in the target. Hope to see you around the range.

Regards

John Downey, Editor

[JOHNDOWNEY@SBCGLOBAL.NET](mailto:JOHNDOWNEY@SBCGLOBAL.NET)

## FROM THE DESK OF THE PRESIDENT

Kurt Hoberg

### CVA Range News

**Overall Range News:** Weeds. For those who have adopted lanes, now is the time to get to work and clear the weeds. The rains have really hit hard this year and it shows. Addressing the growth sooner will make things much easier later.



**Field Range:** The rains have made the mustard grow quickly. Those who have Field lanes adopted (some are still available), please continue to assess anything that needs to be done to your lanes. I highly suggest a bi-weekly visit to your lane to knock weeds down before they become unmanageable. With the rainy season upon us it's important to keep abreast of the weed situation before it becomes a large problem.

Some quick tips for those who have adopted lanes on what to look for:

- Stand by each of the shooting stakes and clear any vegetation that is hanging into the lane and may be blocking the target from where shooters are taking their shots.
- Take a look at the shooting stakes themselves and assess if they need to be painted.
- Your lane responsibility also includes the walkup to the next target.
- Assess the bales and stands and let a Board member or Range Captain know if there are repairs needed.

Lane adoption is a great way to book your working member hours.

**Public Session:** The rains got us bad. First, the rain saturated the bales, then the wind knocked them down, then more rain saturated the bales again. Each haybale must weigh over 200lbs which makes them nearly impossible to move. So – Richard and team have added bales to the 18M to get us some shooting space and striped a 5M line there. We will run PS at that location for now. Club members, while we are running in this fashion, please utilize one of the other CVA ranges to shoot on Saturday as the longer distances will not be available to shoot.

We are looking at re-doing the entire range, as it was originally setup for the JOAD program which is now being hosted at the Tournament Range. There is an opportunity to adjust the PS range to better serve the public, including using target backers other than hay bales. The Board is actively working this so we can adjust the range as soon as possible. If you have ideas on re-arranging the PS range, let a board member know, we are open to all ideas.

**33rd Annual Bombardier Traditional Challenge March 23 -24, 2024:** Rain- Day 1 (of course!) and great weather Day 2. The shoot was loads of fun. Unfortunately, due to the weather turnout was not as high as hoped, but those who did shoot had a great time, I know I did!

**CA State Outdoor:** Currently the Sat/Sun afternoon line is full and waitlisted. There are a handful of spots for Friday JOAD, and plenty of room on the Sat/Sun AM line. I've reached out to the T-Shirt vendor and have them working on a new artwork design. I've got parts for the additional target stands and will be assembling them sometime within the next couple of weeks. I'll be reviewing the volunteer roster as we have some adjustments to do to fulfil USA Archery's archer safety requirements. Lots to do, and more to come.

### **Range Security**

We continue to have issues with members not locking the tournament range gate. There has been some improvement, but the issue continues.

If you are leaving the range, lock the gate. If you are coming onto the range, lock the gate behind you. If you are unsure if you should lock the gate – lock the gate. Be careful with the locks, don't drop them, or use them as pry-bars, hammers, etc.

All Club members must do their part to secure our range!

See you on the range!

Your President,

Kurt

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



One of our Range Friends – pic courtesy of Wendell

# FROM THE DESK OF THE VICE PRESIDENT

Cathy Linson, Vice President

## Highlights of the April Board Meeting

No proposals or requests for funds were brought to the board during the meeting.

A discussion was had about encouraging working members to complete half of their hours in the first half of the year. There are 28 out of 111 working members (25%) that have not worked half their hours as of now. For now, we will send an email reminding people and post in the Quiver. Also, may take some pictures of lanes and post in the Quiver. We also discussed some ideas about possible incentives and consequences for future use.

A Budgeting Committee was formed by Kurt consisting of Kurt Hoberg, Cathy Linson, Ken Exum, Ken Downey and Philip Mastinick.

A Lane Adoptions page was added to the Members Only section of the website. You can see who has adopted lanes and which lanes are open for adoption. You can also request a lane if you would like to adopt one. The same password gets you in, if you do not have this password let me know.

Discussed using online scoring, where scores were entered directly from collected cards in the presence of each archer, for all tournaments in future. We did this at the Spring Classic using a system designed by David Jockisch; scores were quickly entered using cell phones. It was agreed that the club needs to head in this direction for all tournaments in the future.

The Public Session started new hours, 9AM-11:15AM for shooting and temporarily using the old 18 meter line as a 5 meter line. The

shortened time is due to staffing availability. The use of the old 18 meter line as a 5 meter line is due to the wind damage to the range and gives us a chance to evaluate replacements for the straw bales and possible range layout changes.

Had a discussion about changing the layout of the Public Session to take advantage of the hillside and the natural backstop it provides. Anyone with ideas about a layout can submit diagrams which will be taken into consideration.

Richard Carpenter and Cathy Linson are looking at options to replace the straw bales that require less maintenance, will hold up better to the critters and the elements and are similar or lower cost. In consideration are:

1. Pacific Bow Butts, a super compressed straw that come wrapped and unwrapped. Pasadena used these and gets 18 months to 2 years between replacements. There is some evidence that the wrapped and unwrapped versions may be molding with the heavier rains that past few years. We may have to consider adding some type of roof if we go this direction.
2. Closed Cell Foam. Cherry Valley Bowhunters use these for both indoor and outdoor ranges with a lot of compound archers. They just replaced the ones they bought 15 years ago. We received some test products which we will evaluate over the next few weeks. If you plan to go to their tournament on May 11, please let me know, we would love more information about how they mount the foam.

Our biggest needs for working members are Adopting Lanes and helping at Public Session. If you can't adopt a lane but have time to work on one lanes 4, 8, 14, 19 and 24 are in great need of clearing.

The sign up for State Outdoor will be posted soon. remember that 4 hours for each membership need to go toward a tournament.



Projects in the planning stages include:

- Roof between the bins to protect equipment
- Base for 3D Shed
- Improving the broadhead pit

Ken Exum did what he could on the tractor to clear the range. Tom Cayia used the flail mower on some of the lanes as well. An email was sent reminding adopters to work on their lanes.

Ken Downey has been clearing weeds on the practice range, and Geoff has been dragging. The tractor is needed to scrape the edges along the sides and back of the range to level out the gopher holes and ruts.

Ken Exum is in the process of determining what 3D targets we need to consider purchasing. First step in an inventory of what we have. Bullocks is offering us prices just above dealer cost. Looking at Wildcrete animals with replaceable cores.

It was brought to the attention of the board that some of our tournament quality animals were left out after the past 2 tournaments. It is the tournament director's responsibility to reset the range, putting away any animals brought out specifically for the tournament, at the end of the shoot. A work party will be scheduled.

State Outdoor currently has 342 registered shooters. Friday and Saturday afternoon are almost full. Kurt may need some assistance assembling the last 5 stands.

It is time to start thinking about the coming board elections. If you are interested in running for any board position, please let any board member know.

## Cathy

Cathy Linson  
Vice President  
Conejo Valley Archers  
Vicepresident@cvarchers.com  
805-791-5102

Please attend the General Meeting on Sunday if you can and especially if you are interested in discussing changes to the public session. There are currently 2 proposals for range layout; the pros and cons of each will be discussed and a vote will be taken regarding best way to layout the range.

Also, replacements for the straw bales, we currently use, will be discussed; right now, we are leaning toward a super compressed and wrapped straw which increases the life of the bales from 3 months to 2 years and decreases the amount of labor required to keep the public session range in shooting shape. There will be discussion and a vote to allocate moneys.

## FROM THE PEN OF MORGAN THOMAS

**April 2024**

### Member Anniversaries!!!!

7 Years	John Bennett
20 Years	Richard & Renee Carpenter
13 Years	Tom Cayia
2 Years	Felipe Gamboa
11 Years	Steven Mahoney
14 Years	Carlos Parada
2 Years	Ronn Pisapia
6 Years	Richard Silverio & Family
8 Years	James Takakura
8 Years	Rae Zimmerman
3 Years	Kevin Gamboa
2 Years	Jason Lafferty
2 Years	Joseph Sanroman



**Thank you all for your continued support of our club!**

**Morgan**

## FROM THE DESK OF OUR VOLUNTEER COORDINATOR (COMMUNICATIONS)

Richard C. Silverio

Hello fellow members.

I hope this article finds you well. My column for this month will be relatively short and is basically to let all working members know that we have some lanes that need some luv'n.

If you are still short in hours worked and need to retire some club hours, we have several lanes that are up for adoption. While all the middle range lanes are currently adopted, there are a few targets on the field range that still need to be adopted - specifically Lanes 4, 8, 19 and 24, are all open for adoption.

For our 3D Range, lanes 6-9 and lanes 12-22 are open for adoption. If interested to adopt, please contact our club vice president, Cathy Linson via email at [vicepresident@cvarchers.com](mailto:vicepresident@cvarchers.com) and let her know which lanes you are interested to adopt.

Please continue to be on the lookout for emails from me for more upcoming volunteers or work parties opportunities. If you have any questions or concerns, please contact our club Vice President, Cathy Linson at [vicepresident@cvarchers.com](mailto:vicepresident@cvarchers.com) or via her cell at 805-791-5102 or myself at [richardsilverio@cvarchers.com](mailto:richardsilverio@cvarchers.com).



# Bronze Medal Match Arizona Cup 2024

Seth McWherter vs Kenneth Downey

Ken took out a number of the Olympic Center USA resident athletes in his OR matches, and finish fourth overall.



Kenneth Downey Arizona Cup 2024 Bronze Medal Match



Seth McWherter vs Kenneth Downey Arizona Cup 2024 Bronze Medal Match



Some Pic's from the [@tbc.rendezvous](https://www.instagram.com/tbc.rendezvous)

Courtesy of Josh Fint







This one of the largest traditional archery competitions in the West, and was attended by a number of Conejo Members. There were reportedly over 500 attendees. The tournament consisted of 3 courses - most people shot 2 on the first day and 1 on the second.





Camp Chores



Some Nice Trophy Mugs







Some nice tight shooting

### Leader Board Results

A 18-59	A 18-59	A 18-59	A
Christopher Acosta Perez 686 3 <sup>rd</sup>	Daniel Adams 454	David Quiroz 313	Israel Avila 640
Christian Bryant	Tod Aral 614	Andrew Riggle 391	Matt Barnes
Darrell Crouch 674	Demian Ashley	Erick Rivera 601	Cesar Maugin 436
Jack DeJesus 605	Francisco Calderon 375	Juan Rojo 584	Mario Montalvan 430
Andrew Dunne-Goral 588	Miguel Casas	Jeff Beckman 580	Randy Mora 473
Josh Flint 697 1 <sup>st</sup>	Brad Chaney 637	Sam Sanchez 475	Mike Nash 374
Vincent Geyer 311	Lawrence Chow 518	Myke Santiago 821 1 <sup>st</sup>	Cody Neal 755
Jonathan Hinrichs 546	Ernest Jimenez	Francisco Calderon 375	Rob Norland 456
David Hirotsu 546	Parker Kall 693 2 <sup>nd</sup>	Kai Tanger 322	Ryan Ono 731
ERNEST Jimenez	Jose Maugin 546	Brannon Terrell 362	Javier Otero 375
Parker Kall 693 2 <sup>nd</sup>	Eric Miller 521	Douglas Thorburn 420	Winston Ou
Jose Maugin 546	Jeff Mitchell 578	Jeremy Wilkens 661	Adolfo Trullas 657
Eric Miller 521	Johnny Perez 597	Dale DeVila 778 2 <sup>nd</sup>	Tyler Palmer 657
Jeff Mitchell 578	Joel Plata 671	Owen Wilkens 497	Troy Santiago 582
Johnny Perez 597	JonJohn Ramos 449	Tri Duong 422	Curtis Schukar 431
Joel Plata 671	Roberto Ramos	Shane Emmert 707	Rogelio Segundo 766 2 <sup>nd</sup> *
JonJohn Ramos 449	Chris Droege Mueller	Jacob Passio 381	Anthony Silva 257
Roberto Ramos	Chris Droege Mueller	Ray Delosantos 690	Alexander Stover 742
Jimmy Stobaugh 506	David Fabian	Tri Duong 422	Bryan Tanger 541
Jonathan Styrlund 447	Javeli Garcia	Shane Emmert 707	Tom Tucker
Wolfe Dylan 546	Alfredo Garza	Jacob Passio 381	David Whitefield 667
John Yurick	Jesse Gil 468	Jerome Glazowski 420	Brett Woltanski 691
	Bernhard Goessmann 763 3 <sup>rd</sup>	BRANDON HAMLETT	Thomas Wong 551
	Derek Grant 580	Joseph Hinrichs	Michael Young 403
	Joaquin Hernandez 596	Thomas Hinrichs	Louis Zimmerman 570
	Jon Jara 439	Thomas Hinrichs	Joseph Zavala 525
	Sina Jenani 475	Chris Holt	
	David Johnson 586	Walt Johnson 685	
		Sam Johnson 697	
		Brandon Kayen 671	
		John Khao	

Yup, some familiar names there



# CVA MONTHLY CLUB TOURNAMENTS

John Downey, Tournament Chairman

All results to date for the club year.

Please review your results and let me know if you have an issue. I doubt that I have all the correct shooting styles and age divisions yet.

NAME	DIV	STYLE	SEX	NOVEMBER	DECEMBER	JANUARY	JAN HSCORE	FEBRUARY	FEB HSCORE	MARCH	MAR HSCORE
BRANDON NEWCOMER	A	BHFS	M		397					382	
BRENT SIEMER	A	FS	M	445				458			
BRIAN CARTER	S	TRAD	M	304		311		315	515	345	534
BRIAN ROHRER	S	TRAD	M	186	155	189	496	264	542	276	530
CARLOS PARADA	MS	TRAD	M					243			
CHARLES NEACE	A	FS	M	506	515	523	559	528	558	514	544
CURTIS HERMANN	MS	TRAD	M	245	227	168	445	202	470		
GARY HOWERTRON	MS	BB	M		131					181	
JACLYN HOWERTON	A	FITA	F		356					367	
JAMES STANKOVICH	MS	LB	M	244	289	282	513	282	503		
JEFF OWENS	SS	LB	M					342			
JIM COLLINS	SS	BHFS	M	383	413	423	546	450	555	447	543
JOE CAVALERI	MS	TRAD	M								
JOSH FINT	A	LB	M		369	359		388	538	377	523
KEITH HUEBNER	A	FS	M							507	
KEN EXUM	SS	LB	M	147	191	190	497	190	486		
KURT HOBERG	MS	FITA	M		424						

MATTHEW IVE	A	FS	M		495			477		476	538
MORGAN THOMAS	A	TRAD	F		156			258			
OSCAR MELENDEZ	A	FS	M	344 inc	532			544		532	551
PATRICK BULLINGTON	A	BHFS	M								
PHILIP MASTINICK	S	BB	M	318	382	358	524	400	544	395	529
ROGELIO SEGUNDO	S	LB	M					350			
STEPHAN BUBA	A	FS	M	504	500						
TERRY MARVIN	SS	LB	M			104					
TERRY MARVIN	SS	FS	M	430	417	460	559	497	575	489	551
TOM SHEPPARD	MS	BHFS	M								
TOM SWINDELL	MS	LB	M	190	229	208	489	274	532		
WENDELL WRIGHT	MS	LB	M	361	327			341	515	358	523

**Reminder:**

We are now using the NFAA handicapping rules in the new club year.

The club has also decided to follow the NFAA age groups as well. The only difference is that we are now adding the Silver Senior Age Group (60-69).

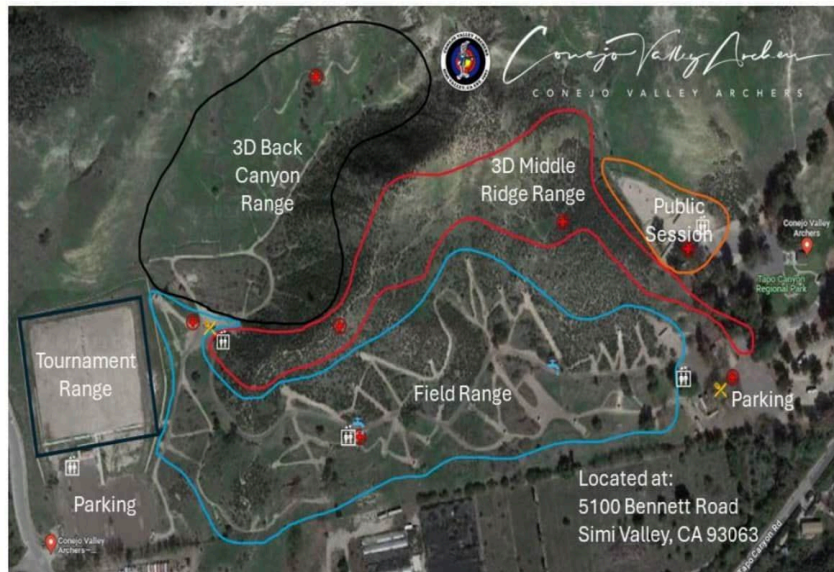
**NFAA competition divisions include the following:**

- Cub Under 12 years of age
- Youth Ages 12 through 14
- Young adult Ages 15 through 17
- Adult 18 years of age and older (to 49)
- Senior 50 years of age and older
- Silver senior 60 years of age and older
- Master senior 70 years of age and older

Please double-check all score cards that you turn in with the appropriate age group and shooting style (I'm still seeing some mistakes).

... jbd





## CVA OPEN RANGE DAYS

May 18th and 19th, 2024

A weekend a year that Non-Member Archers can explore our full range. Consisting of four distinct areas:

- **Field Range:** NFAA certified with 28 Stations, Carpet Bales.
- **3D Back Canyon Range:** NFAA Certified with 25 Stations.
- **3D Middle Ridge Range:** NFAA Certified with 17 Station, up to 25 Animals.
- **Tournament Range:** Separate Recurve and Compound Practice Areas.

We invite you to bring your friends and explore the benefits shared by our members on what some have called the best, most comprehensive, archery range in Southern California.

### When:

Saturday the 18th from 9AM to 2PM

NOTE: Saturday Tournament Range opens at 12:00pm

Sunday the 19th from 9AM to 2PM

### Equipment:

Archery Equipment not included.  
MUST PROVIDE YOUR OWN GEAR

**Cost:** Registration on the day of the event requires Cash Payments.

One Day: \$15 Per Person or \$20 per Family

Two Days: \$20 Per Person or \$30 per Family

For more information and to Register go to our Web-site:



[www.cvarchers.com/open-range-day](http://www.cvarchers.com/open-range-day)



Congratulations to CVA member ROGELIO Segundo for winning a CBH California State Championship at the 3D Traditional Archery Tournament in Dunlap, Ca. Rogelio also won the *Best of the Best Archers* out performing over 200 archers in all classes from all over California.



## JOAD – Always On Point

### **\*\*\*Important JOAD UPDATE\*\*\*** As of

April 2024, Conejo Valley Archers JOAD will no longer be instructing Olympic Recurve; JOAD will focus on compound archery only. This decision was not taken lightly and careful consideration was made to evaluate the abilities of our current archers and the direction we feel the sport is going. JOAD students will now be required to procure compound bows and equipment. Any questions please contact Ken Downey, CVA JOAD Lead Coach and Tournament Field Captain. **If you are still reading this then, April Fools!**



Greetings JOAD and CVA Families,

Not only is spring in full effect (bloom?) but it was Easter as well. This month's Easter Shoot was unfortunately rainy. Only three die hard archers came out in the rain: Johann, Isabelle and Jack. The three did find hidden eggs, and the prizes that went with it. Check out the "Conejos" in the pictures below. Additionally, outdoor season has been going strong for our archers. Many of the kids have been working with Coach Ken to tune their equipment as most have grown considerably since last season. Our archers may need to utilize new arrows, limbs, and sometimes risers!

Many of our kids have been attending various tournaments throughout California and our nation. Archers Jack H and Isabelle B recently attended the Long Beach California Olympic Round Robin. This tournament helped the archers become familiar with the format of round robin elimination found at many USAT tournaments including the So Cal Showdown. Jack and Isabelle had a great time but the weather did turn quite nasty and the shoot was delayed several times due to heavy downpour, flooding, and eroding targets. As an important tip for parents of archers and those attending tournaments, it's important to look at weather forecasts ahead of time. If it wasn't for Coaches Andrew B and Geoff H brining E-Z-Ups, MANY parents would have been drenched. Thanks Andrew and Geoff.

Coach Ken Downey met up with Harley K, former JOAD archer from Texas, at the Arizona Cup and Ken did not disappoint! Ken qualified 27<sup>th</sup> but then climbed the field and finished 4<sup>th</sup>! Very impressive and well-done Ken. Ken will be attending most of the USAT tournaments this season so stay tuned for updates.

At the end of April, several of our archers will be attending the always fun and famous Fresno Safari. Pictures and updates will be in next month's Quiver. Our archers will also be preparing for the So Cal Showdown and CA State Outdoor Championships.

A little fun fact about our range. Did you know that millions of years ago our range was underwater!? Not only was it underwater, but it was teeming with SHARKS! Over the years, Ken, Geoff, Andrew and our archers have found sharks teeth, pointing through the surface of the soil or laying amongst the rocks. It's fun to find these fossilized choppers from millions of years ago! Not only did Coach Andrew find sharks teeth, he even found a very old Native American arrowhead! Check out the picture below of some of our fun finds.



CA Olympic Round Robin. It was a very rainy day. Jack finished fourth though!



One of several rain delays....





The sun did come out briefly!



Great pic of father daughter/coach student: Andrew and Isabelle





The targets were decorated for our three Easter archers.



Three little Conejos standing in a range ... Johann, Isabelle and Jack. What a bunch of hare-brains...get it, see what I did there?



Check out these amazing sharks teeth found on the range! The arrow is pointing to the arrowhead that Coach Andrew found.

# SNAKE BITE – FIRST RESPONSE PROTOCOLS

## THIS ARTICLE IS REPOSTED AGAIN THIS MONTH DUE TO ALL OF THE RECENT SNAKE ACTIVITY ON THE RANGE

You may be unsure whether you've gotten a snake bite or an unrelated injury. Some signs of a bite include puncture marks at the site of the wound, pain and swelling as well as neurological symptoms such as blurred vision or numbness and tingling of your face and limbs.

If you or another person, are bitten, try to remember the color and shape of the snake, because that may help medical professionals treat the injury.

1. Sit down and stay CALM
2. Do NOT apply a tourniquet
3. Do NOT suck on the wound
4. Stay calm, and alert any immediate local assistance to coordinate transportation to hospital, or call 911 – arrange to meet emergency vehicles at gates

### Site addresses:

- **Main Gate:** Tapo Canyon Park – 4651 Tapo Canyon Road
  - **Tournament Range side:** 5000 Bennet Road
5. Wash the wound with warm, soapy water if possible
  6. Circle the site of the bite with a Sharpie and write the time next to it. You should keep a list of your symptoms and

periodically update it, as that could help the medical team that treats you.

7. Cover the wound with a clean, dry dressing. **First-Aid kits** are posted all around the range areas at Main Kitchen, Stage area, between Targets #12 and #13 at the portable restroom, 3D Shade structure, Tournament Range, and the Public Session Range.
8. **Remove jewelry and watches, which will be much harder to get off if your limbs start to swell.**
9. If you begin to experience anaphylaxis, including swelling of the face and throat, hives or difficulty breathing, use an EpiPen if you have one.
10. **VERY IMPORTANT** – Call ahead to the local hospital to alert them that you are bringing in a rattlesnake bite victim and verify they have anti-venom immediately available at the site.

Local Hospitals that generally have or have access to anti-venom onsite:

- Los Robles Hospital – Thousand Oaks – 805-497-2727
- Adventist Health – Simi Valley – 805-955-6000

Report the incident to the club as soon as possible.





# A Few Pic's from the Bombardier Traditional

Courtesy of Kurt Hoberg and John Gisan















Great view of the Tournament Range





# Some Pics from the Spring Classic

Courtesy of John Gisan





















## Cutting the Carbon Arrow Shaft by Bobby Paquette

*A column for the "Conejo Quiver" by Curtis Hermann April 2024*

I came across this hint while viewing a digital version of Traditional Bowhunter Magazine. The hint was a good one and, in the comments section, was a discussion on some safety considerations that you must be aware of when dealing with carbon fibers that make up a carbon arrow. A good topic for the "Conejo Quiver" I thought, so let's get into it.



I have found an easy and economical way to cut carbon arrow shafts using a hacksaw blade. To get the perfect cut, drag the blade backwards, but don't move it forward. That will give you a clean cut without destroying the arrow. I cut all my arrows that way and get a perfectly straight cut without the need for an arrow cutter.

*I also thought that this comment to the above column should be in the "Quiver." Today we shoot carbon arrows without much thought to safety concerns and a little reminder of the toxic nature of carbon whether it is breathed in during the cutting process or has entered the blood stream through a sliver from a broken shaft, the carbon particles are dangerous.*

### Comment on Cutting Carbon Arrows

**River W. wrote:** I just thought that I would chime in on the

**Comments on Cutting Carbon Arrows** using a hacksaw. There seems to be concern regarding proper equipment to prevent breathing any carbon fiber dust. I work in the hydroelectric industry, in facilities that date back over 100 years and were built when asbestos was thought to be the best product in the world. We find it everywhere, from flooring to panel construction to insulation on wire. In all of the research and training that came about because of this, it all boiled down to mitigation and correct application of personal protective equipment (PPE).

Based on the material below regarding the hazards and their management, I believe that a common practice that we have often implemented for dealing with asbestos would also work for dealing with the hazards presented in cutting carbon fiber arrows with a hacksaw. The term we use is *encapsulation*, which is essentially preventing the fibers or dust from becoming airborne. When cutting carbon arrows, I use a spray bottle (atomizer) filled with soapy water to wet the saw blade and the arrow where the cut is to be made. Keeping the arrow and cutting surface of the saw wet with this solution helps prevent the dust from becoming airborne. Additionally, a good pair of gloves, safety glasses or goggles, and a properly fitted P100 rated dust mask should meet all of the PPE requirements for performing this type of task. Once the work is complete, a good clean up would remove the hazardous dust from the workbench.

I would like to note that this encapsulation method **would not work** when using power tools, such as an abrasive disk saw, when cutting carbon arrows.

Below are a few statements from the [Monash University Occupational Health & Safety website's OHS information sheet on carbon fiber composites](#).

### Health effects of carbon fiber exposure:

- The principal health hazards of carbon fiber handling are due to mechanical irritation and abrasion similar to that of glass fibers. The fibers can easily become a fine dust during cutting. These micro fibers, if uncontrolled, have a potential to stick into human skin or the mucous membranes causing irritation.
- Most fibers have a coating (called a 'sizing' which is often an epoxy or other resin) that can also cause chemical irritation. Health effects typical of these chemicals include irritation of the eyes and upper respiratory tract, dizziness, drowsiness, nausea, and vomiting.

### Risk management:

- Heavy style gloves should always be worn when handling materials to protect against penetration of these fibers as well as contact with resins.
- Protection of eyes and throat from carbon fiber dust is paramount. Users must wear full goggles and a dust mask to prevent dust inhalation. Dust particulate masks must be fit tested to the individual. Protective clothing should be worn whenever dust is created (such as while machining). The use of elastic cuffs on the protective clothing will keep dust from getting inside protective suits.
- Carbon fibers are electrically conductive, and dust or waste can cause short-circuits within electrical equipment. Specific vacuum cleaners (designed specifically for extraction of conductive substances) should be used in conjunction with a suitable HEPA filter.



**For the young mothers in CVA:**

<https://linktr.ee/bekaqarris>

After over 4 years of backpacking her first daughter on hunting trips, Beka Garris decided to share what she has learned in book form.

Check out Beka Garris's e-book, ***Field Guide To Feral Parenting***, a field guide with tips, tricks and how-to's on backpacking your child in the outdoors while hunting and fishing or hiking.



## This Month's Tip:

You all know how I like to use everyday household items to make our archery a little easier, here is a couple of items that does just that, enjoy!

Those empty small pill bottles that seem to accumulate around the house are ideal for organizing small items on the archery bench. Fletching glue or string wax has a longer shelf life kept in these small bottles. This is an excellent way to organize your field points, inserts, nocks or other small items as you can write information on the outside with a "Sharpie permanent marker." Need to change the contents, no problem, just spray with rubbing alcohol and wipe the writing off and re-label.



Another little household item that is very handy to have is the 4x 1/4" rubber bands! Carry them by running your belt through as if they were a belt loop or wrapped around your quiver. We have all made the mistake of wearing a pull over or shirt with blouse like or large sleeves that get in the way of the bowstring upon release, your little stash of rubber bands solve that problem! If you need to drop

a layer because the morning has warmed up having two of these rubber bands on your belt quiver works perfectly for storing away that extra layer behind your back and out of the way.



Till next month keep those arrows in the air,  
Curtis



## NEW MIDDLE RANGE TRAIL

ALL LANES HAVE BEEN ADOPTED

Middle Range		
Target	Adopter	Type
1	John Gusan	Rabbit
2	John Gusan	Bear
3	Ben Shirley	Raccoon
4	Ben Shirley	Coyote
5	Ben Shirley	Coyote
6	Rogelio Segundo	Deer
7	Brian Carter	Caribou
8	Brian Carter	Standard Brown Bear
9	Trad group	Deer
10	Trad group	Deer
11	Brian Rohrer	Turkey Flock
12	Trad group	Raccoons & Ground Hogs
13	Trad group	Black Crow & Raccoon
14	Wendell Wright	Deer in Meadow
15	Tom Swindell	Antelope, Turkey & Pig
16	Jeff Owens	Deer & Dogs
17		Black Boar, Pig & Standing Bear

## ADOPT-A-TARGET

*Target lanes 4, 8, 19, & 24 are in need of adoption.*

If interested in helping to care for one of them you can contact our Club Vice President, **Cathy Linson** at [cmlinson@yahoo.com](mailto:cmlinson@yahoo.com) or by calling her at 805-791-5102

Jbd

Current Field Range Lane Adoptions

Field Range		
Target	Adopter	Description
1	Torrey Johnson	35 yrd. fan field 36 yrd fan hunter
2	Torrey Johnson	30 yrd. field 32 yrd hunter
3	Tom Swindell	20 yrd. field 19 yd walk-up hunter
4		35 ft. walk-up field 11 yrd hunter
5	Doug White	80 yrd. walk-up field 70 yrd. walk-up hunter
6	Felipe Gamboa	25 yrd field 28 yrd. fan hunter
7	Doug White	55 yrd field 53 yrd walk-up hunter
8		45 yrd walk-up field 44 yrd hunter
9	Brian Carter	15 yrd. field 15 yrd. walk-up hunter
10	Kory Collins	65 yrd. field 64 yrd. walk-up hunter
11	Randy Jenkin	40 yrd field 40 yrd. Hunter
12	The Siemer Family	60 yrd field 58 yrd. walk-up
13	Kyle Adlof	45 yrd field 23 yrd. walk-up hunter
14	Randy Jenkins	50 yrd. field 48 yrd walk-up hunter
15	Chris Skor	45 yrd. walk-up field 44 yrd. hunter
16	James Traher	50 yrd. field 48 yrd. hunter
17	Carl Ward	20 yrd field 19 yrd. walk-up hunter
18	Brent Richter	80 yrd. walk-up field 70 yrd walk-up hunter
19		55 yrd. field 53 yrd. walk-up hunter



20	The Siemer Family	25 yrd. field 28 yrd. fan hunter
21	Michael Brien (until end of July)	35 yrd. fan field 36 yrd fan hunter
22	Erik Hammerquist	30 yard field 32 yard hunter
23	Conner Blackwell	35 ft. walk-up field 11 yrd hunter
24		45 yrd. field 23 yrd. walk-up hunter
25	Ben Spielman	65 yrd. field 64 yrd. walk-up hunter
26	Tom Fullham	60 yrd field 58 yrd. walk-up
27	Brent Richter	15 yrd. field 15 yrd. walk-up hunter
28	Thomas Cayia	40 yrd. field 40 yrd. hunter
Practice Butts	Thomas Cayia	20 yd practice butts running pig

16		
17		
18		
19		
20		
21		
22		
23	Victor Smith	
24	Victor Smith	
25	Target not completed yet	
Practice Area	Carlos Parada	

Back Canyon 3D		
Target	Adopter	Type
1	Bennet Family (Michelle)	
2	Bennet Family	
3	Bennet Family	
4	Brain Bennett	
5	Phillip Bruno	
6		
7		
8		
9		
10	Phillip Bruno	
11	Phillip Bruno	
12		
13		
14		
15		



**805.581.1671**

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



## CVA CONTACT INFORMATION

<b>BOD Member</b>	<b>Position</b>	<b>E-Mail</b>	<b>Phone</b>
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Cathy Linson	Vice President	<a href="mailto:vicepresident@cvarchers.com">vicepresident@cvarchers.com</a>	805-791-5102
Scott Leviant	Secretary, Coach	<a href="mailto:secretary@cvarchers.com">secretary@cvarchers.com</a>	213-590-6370
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Brandon Newcomer	Field Target Chair		
Tom Cayia	3D Range Co-Captain, Field Range Co-Captain	<a href="mailto:Tom.cayia@cvarchers.com">Tom.cayia@cvarchers.com</a>	805-427-2960
Ken Exum	3D Range Co-Captain, Field Range Co-Captain, Project Management Chair	<a href="mailto:Ken.exum@cvarchers.com">Ken.exum@cvarchers.com</a>	309-335-6546
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# CVA 3D Ranges MAP

