Conejo Quiver



Monthly Newsletter

January 2015

From the Desk of the President

Kurt Hoberg

There exciting developments continue around the CVA Tournament Range. Currently work is being done to finalize required plans and paperwork so permits can be pulled



The Tournament Range team is working diligently on completing these final requirements as soon as possible so we can start moving dirt. I'll be reporting out information

In last month's article I mentioned that the Board of Directors is looking for a 3D Range Captain / Chair who will be in charge of the 3D range, organize work parties to keep the range shoot-able, and who will be asked to attend the monthly Board of Directors meetings to give a report on the state of the 3D range. No one has stepped up as of yet, so please, if you are on the fence on volunteering don't be hesitant. The club needs your help, leadership, and vision to continue the progress with the 3D range. Please let me know if you are interested.

Congratulations to this month's Adult Achievement Pin program award earners. Great job and fine shooting! As of the time of writing this article, here are the achievements:

- Andy Cleveland 1st, 2nd, and 3rd pins, shooting Compound (Release)
- Barbara Richter 6th pin, shooting Compound (Fingers)
- Rose Hoberg 6th pin, shooting FITA Recurve

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The JOAD pin program has leveled out a bit over the last month. For those youth archers who are interested in participating in the JOAD pin program please see me during our Saturday Public Sessions. Congratulations to the following archers for their fine shooting! As of the time of writing this article, here are the achievements:

Carissa Goldberg – 6th pin, shooting FITA Recurve

On February 20th the 2015 JOAD National Indoor and on February 21-22nd the 46th US National Indoor Tournament will be held in Tulare CA. The format for these two tournaments is the same as the CA State Indoor that was recently held in the same venue, however the tournaments are National in scope. Each United States region will shoot their respective tournaments and the scores are combined to determine National rankings. These two tournaments are just as popular as the State Indoor tournaments, so if you are interested in competing you need to register and book your hotel ASAP. Registration and tournament information can be found at http://calarchery.net/

See you on the range!

Your President,

Kurt

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

From the Desk of the VP

Hope you like my post-holiday pic! Life is good after the break! Happy New Year to All



Can you believe that we are already into the third month of our new club year! I hope you all have set a New Year's resolution to shoot more arrows!!!

As spring approaches it is time to set our sights on some upcoming range projects and events. The next Range Beautification Day is Saturday February 7th. This will be a big cleanup day due to all of the wonderful tumbleweeds that need to be addressed all over the range. Make sure to bring your gloves and be ready to roll some big ole tumbleweeds! Of course there are many other projects to address and there is something for everyone to do regardless of physical strength or time available. Even an hour helps.

The next big tournament we will be hosting will be the Pacific Coast 3-D Tournament on March 28th & 29th. The newly revamped 2 day event will have some exciting new changes and target layouts that will need some prep work. Also work on the kitchen and parking lot areas will need to be worked on to get everything ready. Please contact Clark Pentico to let him know you would like to volunteer at the event and just show up on February 7th and we will get to work on these areas.

As always please remember to contact any of the board members with ideas or concerns you may have.

Bonnie

"Quiver" column Jan. 2015 by Curtis Hermann New Year's Resolutions? Let's pick a more natural life!

Every January, columnists all across the country like to write about New Year's Resolutions and make predictions for the coming year. I don't hold that against them, it is a chance to do a little something different and add variety to your topic. So this year I'm going to take a shot at it, maybe I can hit the archer's Gold!

The beginning of the New Year brings a string of resolutions, fitness schemes that are unrealistic along with a "promise" to live a "healthier" life -------Whatever that may encompass. Making them realistic and attainable goes a long way towards building the confidence that comes with success.

Archery, fitness and good health certainly go hand in hand and I'm quite sure many CVA members are making themselves promises to improve in all three of these areas. To help you in that goal I would encourage you to adopt the simple attitude: "live a more natural and balanced life this year."

I can't get away with the above line without giving a description to the two words, *natural* and *balanced*. Natural can encompass so many things, but to my mind and to accomplish our goal for the year, I think it should mean "maintaining health and wellness without it being a drudge or a chore" which means no idiotic chase to a fantasy lifestyle, body or unrealistic improvement in your archery score. Instead of saying "I'm going to lose 40lbs by June," say: I'm going to the gym at every opportunity until I get to the place where it feels strange if I am not at the gym. Now you have changed your life! Losing 40lbs is a temporary fix, once accomplished your goal is complete, so you stop and soon it comes back, change the lifestyle and that vicious cycle of "loose/gain" can go away. I'm no fitness expert, I'm just passing on what I have learned. Today I had a BMI test (Body Mass Index) and I am on track with 20% BMI or 43.2lbs of fat on my body 43.9 lbs. of muscle and 121.7 lbs. of water for

a total of 208lbs. Not perfect yet, but two years ago I was 240lbs with 75lbs or 31.5% of pure fat.

Archery is a component of a "natural life-style," it gets you outdoors, it is physical, it is mentally demanding – it is good for mind, body and soul. I don't think anyone disagrees with that assessment, but it may not be enough, do you find yourself "not going to range" as often as you think you should? Perhaps it is because the part of the range you're using is not enough, have you tried switching to the roving/field range or the JOAD side to add variety? Going to more tournaments, trying a different style of archery or even taking up hunting can add to your archery pleasure and increase your outdoor time. "Natural" essentially means to consume less and do more in a balance that your body loves. Go on walks, hiking or camping or archery tournaments on weekends --- not to the mall, or fancy restaurants.

Balance--- If you love to read (as I do) this can cause trouble, it is not hard for me to spend several hours reading and skip the gym, so my rule is: go to gym, stay the full time, don't pick up the reading until you return! I must do it this way to maintain a balance between the two. I fortunately prefer to be outside instead of inside - so walking, hiking, bird watching or just working in the yard or garage is not a difficult choice for me to make. Also I am not a techno-guy, so I am absurdly "out of balance" with techno-knowledge and must rely on archery friends for help in this area, I try to trade archery knowledge for techno-knowledge, not a good balance but maybe this year I can improve.

A natural and balanced lifestyle is not some hippie statement, nor is it an elitist lifestyle only for those who can afford overpriced produce at Whole Foods, it is for those who just give some thought to balancing activity with rest, entertainment with learning, living inside with outside, doing things that keep emotion and stress in balance. So for each thing you like to do, or want to do, find a counter balance and make sure that each gets an equal amount of attention. The very richest of people are those with a life of harmony and balance with nature and community.

In the beginning, I did mention "predictions," a very risky endeavor for anyone to put in print but, I think I can do a couple of safe "predictions". First I predict that CVA will continue on a slow but steady road to improvement, we have good leadership, we have many

bumps in the road - but we are also a determined well-meaning group that will do all the right things in the end and add the new range and manage it in a safe and viable way.

My next prediction is a bit more adventurous, I am predicting that the "speed-bow" has peaked and that the archery marketing teams will slowly focus the archer's interest toward more shoot-able and accurate bows. Speed will never go away, but having speed and consistent accuracy is not easy for the manufacturer to accomplish. Speed bows require a low brace height (fismel), harsh cams and a short axel to axel length, all of which creates a wild action from cam lean as the string moves forward, a bow that is easier to shoot accurately requires a longer axel to axel length, cam lean distributed over a longer distance between cams, less reactive side-to-side cam-lean action and a higher brace height. I base this prediction on several of the bows introduced in the last few years. First is the Prime dual-cam that has no cam-lean and secondly Mathew's just released their "no-cam" bow that has two large off-set wheels (no cam's) on a very long riser and parallel limbs, now neither of these bows will replace the "speed-bow" for the average archer but are designed for the archer who wants the most shoot-able accurate bow made. Will either replace Hoyt on the tournament circuit, that's a hard one, but they are predictors that there is a change in many archers mind in just what they want from the bow they purchase, the same event is happening in the traditional bow hunting world as the hunters adopt the Olympic bow technology to improve their accuracy. The proof of this prediction will be if Hoyt comes out with a similar competitive compound design choice next season.

Happy New Year to each CVA member and their families, may this be the best year ever!

Curtis



Hi All CVA members,

"Adopt a Target" is for members to volunteer to help maintain one of the 28 shooting lanes on the Roving range. It mostly consists of keeping the weeds and brush at bay and general clean up on a selected lane. On most lanes this would require the person(s) to spend only about 30-45 minutes working on the lane maybe 2 or 3 times a year. This would allow me to focus on other project on the range. Because if I have to clear all of the lanes (30 minutes x 28 lanes) it eats up my available time to do other things like working on bales, spraying weeds, putting up covers on the target, fire abatement, repairs, etc.....

If you're not sure of what maintaining a lane would consist of feel free to give me a call with any questions you may have.

If you are interested on a particular lane send me an email. It will be first come first serve so if you want a particular lane let me know ASAP.

If you have adopted a lane already please take the time to maintain it. If you're no longer able to maintain it please let me know so we can show it as available.

Thanks.

Keith Murphy (CVA Roving Range Captain)

klmurphy1@sbcglobal.net

805 558-9312

Adopt a Target Sign-Up Sheet

Target #	Distance	Adoptor(s)
1	35 yrd fan field 36 yrd fan hunter	Gary Magness
2	30 yrd. field 32 yrd hunter	Rob Lind
3	20 yrd. field 19walk-up hunter	Robert Luttrell
4	35 ft. walk-up field 11 yrd hunter	
5	80 yrd. walk-up field 70 yrd. walk-up hunter	Norman Rice
6	25 yrd field 28 yrd. fan hunter	James, Nathan, & Joshua Colins
7	55 yrd field 53 yrd walk-up hunter	James, Nathan, & Joshua Colins
8	45 yrd walk-up field 44 yrd hunter	Terry Gieskewski
9	15 yrd. field 15 yrd. walk-up hunter	
10	65 yrd. field 64 yrd. walk-up hunter	
11	40 yrd field 40 yrd. Hunter	Steve Price
12	60 yrd field 58 yrd. walk-up	
13	45 yrd field 23 yrd. walk-up hunter	
14	50 yrd. field 48 yrd walk-up hunter	
15	45 yrd.walk-up field 44 yrd. hunter	
16	50 yrd. field 48 yrd. hunter	Julio Durado
17	20 yrd field 19 yrd. walk-up hunter	Clark Pentico
18	80 yrd. walk-up field 70 yrd walk-up hunter	
19	55 yrd. field 53 yrd. walk-up hunter	
20	25 yrd. field 28 yrd. fan hunter	
21	35 yrd. fan field 36 yrd fan hunter	Jim Niehoff
22	30 yrd. field 32 yrd. fan hunter	Jim Niehoff
23	35 ft. walk-up field 11 yrd. hunter	Sharron Jacobs Casey Nolte
24	45 yrd. field 23 yrd. walk-up hunter	·
25	65 yrd. field 64 yrd. walk-up hunter	Kit Raquel
26	60 yrd field 58 yrd. walk-up	Jonathan & Diana Geiger
27	15 yrd. field 15 yrd. walk-up hunter	Chuck Thurber
28	40 yrd. field 40 yrd. hunter	Chuck Thurber
	20-40 yrd practice butts	
	20 yrd. practice butts by running pig	Kris Ogle

Calendar of Events

Jan 25th CVA Club Shoot

Feb 1st San Diego Archers Flying Pig 3D UnMkd 29 targets 1 arrow

Feb 8th Oranco Bowmen Rendezvous UnMkd 42 targets

Feb 15th Hunter Round Mkd 28 targets 4 arrows

Feb 21st Mojave Archers Lucky 7 Combo Novelty and 3D 28 Mkd 1

arrow

Feb 22nd CVA Club Shoot

U.S. J.O.A.D. National Indoor Championships

Western Regionals, Tulare CA Friday, February 20, 2015

U.S. National Indoor Championships

Western Regionals, Tulare, CA Saturday & Sunday, February 21 & 21, 2015

SoCal Showdown – USAT Qualifier Series

June 19-22, 2015 Chula Vista, CA



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Your CVA Officers

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CVA Answering Service		(805) 530-1339
What ever we need him to do guy	Clark Pentico	(805-630-1749

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Remember Time Change Ail Start at

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