

CONEJO QUIVER



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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.

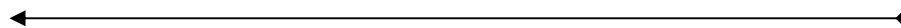
A few that I like can be found at www.nbef.org ("Field Dressing & Processing Deer" – DVD) & ("Bowhunting Basics, Shot Placement and Game Recovery" – DVD), also the Colorado Parks and Wildlife has two videos: (<http://wildlife.state.co.us/NewsMedia/Videos>), ("How to field dress a big game animal" & "Done 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.

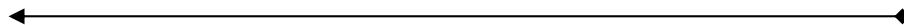
The easiest way to do this is to “bone out” your game (see Down to the Bone – DVD above), this is a process where you remove the hide, separate meat from bone and leave the internal organs where they are. This is a very good way to handle your meat particularly in hot dry climates such as southern California. 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.



The Longest Night

Lost and alone in the mountains, a hunter succumbs to the elements
From March 2013 issue of Outdoor Life magazine “Fatal Adventures”.

As darkness closed in around him, Gordon Longenecker was not prepared to spend the night in the mountain wilderness of central Montana. Of course, he never intended to be out in those mountains overnight in the first place, but somehow over the course of the day he'd become separated from his hunting partner, and now he was lost and alone – and cold.

Longenecker's companion wasted no time in reporting him missing as soon as he got back to town, to start the ball rolling for a search-and-rescue operation. Unfortunately, snow and fog prevented the air search crews from lifting off from Malmstrom Air Force Base in Great Falls. It was going to be a long, cold night for Longenecker, with visibility near zero.

The search began the next day when the Sweet Grass County search-and-rescue team launched a ground search with dogs that picked up Longenecker's scent that afternoon. The dogs tracked the lost hunter 6 miles into the backcountry and found their man unconscious but still alive.

The crew loaded him onto an ATV and transported him to an ambulance. But despite every effort, he died a few hours later in the hospital. The cause of death was hypothermia.

Postmortem: Be Prepared

*They used to call it “exposure.” Now it goes by the more clinical name “hypothermia.” No matter what you call it, this is a major killer of outdoor enthusiasts. **Hypo** (low) + **thermia** (heat) occurs when the body's core temperature falls below what is required for normal bodily functions.*

To protect the body's core temperature, it's necessary to do five things: stay dry, take shelter from the wind, use insulation to prevent heat loss, avoid becoming fatigued, and add nutrition and hydration (preferably by way of warm food and drink).

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.*

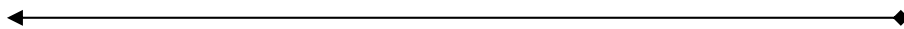
**Clothing – capable of serving as protection against moisture, wind, and the loss of body heat.*

**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

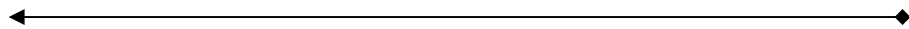




I have always admired how dedicated our members are at just getting the job done.

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.)

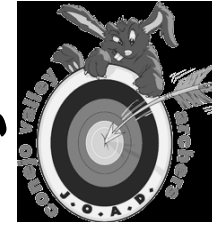
At the top this month was Norman Rice with a 551 (485 scratch). He was followed in turn by Keith Murphy (538, 499) and fellow Golden Ager Chuck Thurber (523, 399). Top Scratch score went to Keith Murphy again this month.

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

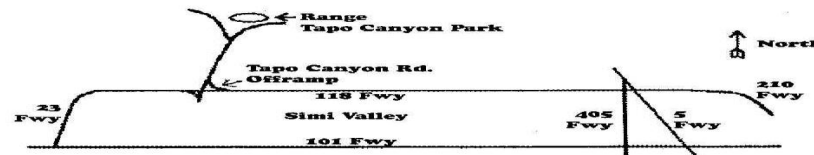
Activities to include:

- 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



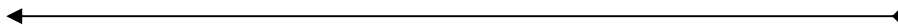
For more information contact Robert Luttrell at 805-490-8601 or wudstoc@aol.com
Check us out online at www.cvarchers.com



For Sale

Carter target 4 Thumb release for sale
Like new \$100
Call Norm at 805-210-0764
Check it out 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



22ND 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 1st Arrow, in case of miss, 2nd 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

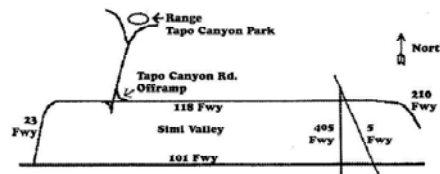
Family - \$40 Youth - \$15

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

