

Conejo Quiver



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Monthly Newsletter

October 2014

From the Desk of the President

Kurt Hoberg

As many of you might be aware, I've been elected (or railroaded!) to the office of President for CVA. I have been a Board of Directors member for several



years and during that time have been amazed at all the hard work and effort that goes on behind the scenes to run a club of CVA's caliber. My tenure on the board has been highly educational and a fulfilling experience which I'm sure will continue in my current role.

I want to thank Clark Pentico for his service to the club as its past President. During his tenure there have been countless improvements to our club including renewing our lease with the county for another 10 years, the creation of new policies to address challenges presented to our growing club including a coaching policy, youth scholarship policy, and specifics around delivery of our Saturday Public Sessions just to name a few. The back canyon Tournament Range has morphed from a dream to an actual reality, with the necessary funding and permits in play to possibly break ground within the next few months. To say that Clark has been busy is an understatement. He is a hard act to follow and I'll do my best to continue the momentum. I want to personally thank Clark for his monumental effort, sacrifice, and vision for Conejo Valley Archers. You can expect him to continue to be very involved with CVA.

Last month I added an article to the Quiver penned by Gary Spiers, President of the Pasadena Roving Archers that outlines PRA's fight to continue their program in Pasadena's Lower Arroyo. The city meeting to discuss this has been pushed out yet again, so there is time to get your letter to the city in support of PRA. Please visit PRA's web site (<http://pasadenaarchery.com/>) to get more information about this concerning issue.



This tournament is traditionally the one that CVA attends en-masse, so if you are on the fence about trying out competition I would highly suggest this tournament as a starter. Since this tournament is so widely adopted in California, now is the time to register and get accommodations in Tulare, as the hotels fill up quickly. Visit this WEB site for more information and to register. (<http://calarchery.net>).

The CVA team typically tries to shoot the first weekend of the tournament (Jan 3-4) as on Friday the 2nd the JOAD tournament is run, then on Saturday and Sunday the State Indoor is shot. Plus, we get together for pizza and ice cream Saturday night, which is always a lot of fun.

I have had many first time shooters approach asking questions about this tournament. The Coaches will be holding a first time tournament seminar, so you know what to expect and how to prepare. We hold these on Saturday either during or after the Public Session and go over many of the logistical specifics that the more experienced tournament shooters have learned by experience over the years. We will let you know when we are going to hold this important discussion once we get closer to the tournament date.

Please do not hesitate to talk to me about any questions you have, as this tournament is very fun and rewarding.

This month's club shoot on Sunday the 26th is our yearly fun shoot, which is shorter shoot on the field range and held just before our yearly CVA Club banquet. All members and their immediate families are invited and encouraged to attend the banquet as we will have food (typically we cater some BBQ) and our yearly club awards will be presented. This event is our yearly cumulative event at CVA and one that I urge all members not to miss.

See you on the range!

Your President,

Kurt

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



VP and Membership Corner

October 2014

ATTENTION: To the member who paid your renewal in CASH during registration at the Zombie Shoot. Your name was not on the renewal paperwork and there was not a waiver attached to it so we do not know who it belongs to!!! Please CONTACT ME!!!

As this new club year begins I would like to thank those of you who participated in the club elections. Our new board is excited to get started and our first meeting brought forth some new ideas and a positive attitude for the direction of our club. I ask that all of you please feel free to contact me with any questions, issues, ideas or suggestions you may have for the club. As your new VP, I stand ready for whatever our new president throws my way. I will continue as Membership Chairman and etc. As I don't have any specifics yet to report as VP, I will concentrate on membership for this article.

Renewals are coming in!! I have attached the renewal form here for your convenience. Please fill in your name on the form. Renewals can be dropped off to me at the JOAD range during Saturday Open Public Sessions or at the next General Meeting. I do ask that you have everything in an envelope and sealed with your name on it.

Range keys will be good until November 21st! Please see the exchange schedule below:

KEY EXCHANGES

Range locks will be changed on Friday November 21 sometime during the day.

Key exchanges at the range will be on the following dates ONLY:

Saturday November 22 JOAD Range 9am-1pm

Sunday November 23 General Meeting – after the meeting

Saturday November 29 JOAD range – 9am-1pm

Saturday December 6 JOAD range – 9am-1pm

Sunday December 14 Toys for Tots tournament – after registration

Following any General Meeting or at any tournament after registration

If you must **mail in** your key for exchange - please tape your key to an index card and mail it to Dan Dix. If you have lost your key please add a \$5 key deposit

, I do ask that you get your membership paid before the key exchange time. It makes the exchange process go much faster for everyone.

Finally remember our Annual Club Banquet is on Sunday October 26th after the annual Fun Shoot. This is a great shoot to come out and try the field range if you have never shot it or to just have fun with the gang if you have! We will have a VERY short meeting and then start in on the Club Awards and then lunch will be served up by your board members and catered by Dave's Famous BBQ!!! Ribs, chicken, pork, buns and all the fixins!! And cake! All members are welcome!!!

Finally remember that the **NOVEMBER GENERAL MEMBERSHIP MEETING WILL MOVE TO 12 NOON** with the change in daylight savings time.

October Member Anniversaries

7 Years	John	Brix	SGA
6 years	Kevin	Cloepfil	F
	Anthony	Leonardi	S
5 years	Ronald	Blum	S
3 years	Rodny	Karampour	S
	Peter	Sperling	SGA
	William	Adrian	S
2 years	Terry	Gieskewski	S
	Robert	Lind	SGA
	Gustavo	Macias	S
1 year	Johnny	Kirkwood	S
	Michelle	Pietroforte	S
	William	Allinson	SGA
	Michael	Yanagida	S

Thanks for
supporting
our club!

Bonnie



Things Every Archer Should Know

By Curtis Hermann October 2014

Conejo Valley Archery members are a pretty sophisticated group of archers, even those who are new to archery have been absorbing a great deal of knowledge from the Saturday coaches and from fellow members they have become acquainted with. There is just nothing with as much benefit to the beginning archer as becoming a member of a successful and well organized club.

There is also a lot of information that is confusing in the beginning - whether we are learning the process of shooting a bow (form), learning how to set up your equipment properly (tuning) or trying to learn how to hunt the many species available to the archer. Those three subjects fill volumes in most archer's personal libraries and is far too much material for this small column but I thought I could bring out one item in each category that you may find helpful.

(Tuning) "Aligning the Nodes"

I picked this one because I'm willing to bet that most of you have no clue what this term means. So just what are the "nodes"? The nodes are two spots on an arrow shaft that stay in alignment with the target as the arrow oscillates along its path to the target. For a finger shooter (compound or recurve/longbow) at the moment of release the center of the arrow shaft flexes horizontally toward the bow riser and then at the end of the power stroke as the nock leaves the string the center of the arrow flexes horizontally away from the riser, this oscillation diminishes as the arrow goes down range but during the whole flight these two spots on the shaft (one just forward of the feather/vane and one closer to the point due to the mass weight of the point) always stay in alignment with the arrows course.

To align the "nodes" for the finger shooter the point of the arrow as it rests against the cushion plunger or arrow rest must be just "outside" the centerline of the string by 1/16" to 1/8."

The two elements that effect this distance is arrow spine (weak or stiff) and the smoothness of the release. *A weak spine or poor release will need the 1/8" measurement, a perfect spine deflection or slightly stiff arrow and a clean release will be closer to 1/6."*

A compound shooter with a release creates a different scenario, a release causes the arrow to flex in a vertical direction (first down then up) and so the exact center of the arrow point at full draw should be aligned with the bowstring and the sight pins.

Form (release and follow through),

This one many of us struggle with not only in the beginning but on and off over a life time of archery. Release aids were invented to eliminate the problem of a poor release, they help but do not cure the problem, a back tension release was created to improve follow through and eliminate release issues, it seems to work pretty well but many archers have a lot of trouble with the time and amount of discipline required to become good with a back tension release.

It is a belief of mine that you cannot control the release, how well you release is dependent upon how successful you are at follow through. If you have perfect follow through you also have a perfect release, if you have poor follow through the release is also poor. It makes no difference if you use fingers or a release aid, either requires good follow through for consistent accuracy. Follow through is just an extension of the release but it is a component that you can focus on. The secret of course is back tension, follow through can only happen when you have transferred the bow weight to the back which allows the back of the bow hand and the release hand to relax and the fingers to open smoothly or the trigger finger to feel in control of the release.

There is also a mental aspect to the shot sequence and that is switching from the right brain to the left brain where aiming, release and follow through is done correctly and the arrow flies true. This is one where you have a little more control because you can still switch brain sides without having switched to the back muscles, but you cannot be consistently accurate with this method, and you may find that this is where "target panic" gets its foothold on you.



So use the “KISS” system, practice the shot sequence, get into your back, switch brains, relax and love the arrow that hits the target.

Hunting (scent control tactics),

First I must explain what I believe can and cannot be accomplished. Advertising at one extreme and too many pessimistic hunters at the other tend to mislead the silent majority that either scent control products is the cure-all to successful hunting or that all odor control products are a waste of money and time. Every bowhunter (beginning or experienced) knows that the answer lies somewhere in between these two extremes. I know bowhunters who are nearly religious about their scent control methods and carry them into nearly cult like behavior, I know others who only consider the wind and try to stay clean and scent free and without a doubt those who carry the odor control methods to the extreme are several times more successful than those who don't.

Here is the simple truth of the matter according to many of the country's top bowhunters. Scent control products are an asset, not the perfect answer but they have certainly been a serious part of their hunting technique. Mother-nature does as she will and you cannot always depend on the wind to be in your favor, there are times when you must chance an approach when the wind is iffy at best and swirling at its worst, it is here that you hope your scent control routine will pay off. Can you fool your prey every time? No, probably not even most of the time but the one time careful scent control pays off will make you a believer for life.

Most scent control companies put out booklets or pamphlets on techniques using there scent control products, pay careful attention to the directions and be fastidious about cleanliness and there will be more venison at your table.

See you next month, Curtis



2014 CVA Tournament Scholarship Award

CVA is so very proud of Emily Marshall. This fine young lady is out at CVA's Saturday Public session without fail, helping new archers on the 5M line while also shooting as many arrows as she can to practice.

Emily carries a 4.0 GPA at the High School at Moorpark College, is an amazing photographer, dances, and has placed 15th in the nation twice in her age division in archery.

Emily has aspirations of shooting in more tournaments and is now at the age where she needs to shoot at 70M, so having the correct equipment becomes very important. Her trusty Samik Sage, while a fantastic beginner's bow, is in dire need of upgrading.

Due to her hard work, discipline in all areas of her life, and her enthusiasm for archery and competition, the Conejo Valley Archers Board of Directors unanimously chose to present Emily with a \$1,000 scholarship to be used for equipment and offsetting of tournament / travel fees.

As CVA's new President it was my absolute pleasure to award the check to Emily. And to make her jump for it as I'm so freakishly tall.

Congratulations Emily! - with Emily Marshall.



LOST and FOUND!!!

We have accumulated a large amount of lost and found items at the range. They will be out during the banquet so last chance to get them or they will be recycled!

Samick Polaris 66" 20 lb bow with a white string and a black serving

TruFire Thumb release marked "Thomas"

Shooting sack with misc items and water bottle

Various field archery hats

And a few other items

We will also put out the lost arrow buckets. You may be surprised what you see in there. Make sure to check it out!! Realize that even if you lost an arrow at the JOAD range or in the field range it may have ended up in either bucket!

See you at the BANQUET!!!

FOUND!!!

armguard, camo, spring loaded, left on
bale, contact Curtis at

onerobinhood@roadrunner.com

LOST

Left at target butts, 4 Radial Weave 100
Arrows Green and white fletching, 24 1/2
inches long. Please return to Norm or
Jacque
Rice 805-210-0764



Calendar of Events

Oct 25th Archery Outpost 5th Annual Boot Hill Indoor

OCT 26th CVA Club Shoot

Nov 2nd Verdugo Hills Archers New Daze of Verdugo 28 Mkd 4 arrows

Nov 8th Santa Ynez Valley Bow Club Turkey Shoot 28 Mkd 2 arrows

Nov 9th Riverside Archers William Tell Shoot 30 UnMkd 2 arrow

Nov 16th Mojave Archers Fall Back 42 UnMkd 1 arrow

Nov 23rd CVA Club Shoot

Dec 7th CVA Toys for Tots 30 3D/Novelty

Dec 7th Pendleton Sportsman's Club Bowhunter course 3D tournament

42 UnMkd 1 arrow

Dec 7th Riverside Archers Christmas 3-D Tournament 42 UnMkd 1 ar-

row

Dec 13th Mojave Archers Christmas Charity 28 2 arrow

Dec 14th Oranco Bowen Charity 3D 42 UnMkd 3D



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Conejo Valley Archers
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*Remember Time
change , next club
meeting will start at
12:00 P.M.*

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

