

CONEJO QUIVER



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Monthly Newsletter

**February 2013**

## **From the Prez**

**To all CVA member's**

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



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

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

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

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

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

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

Clark Pentico  
CVA President.

## From the desk of The Vice Prez



Hi Everybody,

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

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

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

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



They will probably be set up in 6 week sessions and people will have to pay for them. All us Coaches agree that we want to keep our classes small with 4 to 6 students per class that way the students get very individual training with each Coach. And there might be 4 to 6 classes offered each Saturday depending on demand with classes running about 1 1/2 hours in length. We will also break up the classes by skill level and what the Archer is expecting to achieve. We also are planning to find a place away from the regular open session to hold the classes so there won't be any distractions and students can work and concentrate. If this sounds like something you would like get involved in please come by on Saturday and talk with me or any of the other Coaches.

Or you can always email me and please feel free to call if you need more information. Like I stated we haven't worked out all the details but I would like to start offering these classes in April or May and keep them going all year long. I am very excited and proud that we have this much talent and experienced Coaches in our club and we all can't wait to share our knowledge with all of you.

It is our goal as High Level Coaches to help you all achieve whatever level of success you want in the sport from Olympic Style Target Archery and Tournaments. Or just improving your ability and accuracy so when you go hunting you come back with that "Big Pig" or Elk!!

**Don't forget the general club meeting and club shoot on Sunday**

**February 24th, you can also use that opportunity to talk with me about these classes.**

Thanks all, see you around the range. Shoot for the Gold, and always be safe!!!

Coach Dave

“For Jim”

A Survival Kit Designed for Today’s Bowhunter

By Curtis Hermann for the CVA “Quiver” February 2013

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

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

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



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

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

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

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

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

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

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

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

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



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

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

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

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





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

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

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

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





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

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

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

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

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

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

For you Jim, hope you find it a value,

Curtis







# Calendar of Events

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

**Feb 24th CVA Club Shoot**

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

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

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

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

Mar 17th San Diego Archers Field 28 marked

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

**Mar 24th CVA Club Shoot**

## FITA/JOAD Calendar of Events

JOAD Mail-In Tournament Series 2012

October 15 – December 31, 2012

44th U.S. National Indoor Championships and

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

February 22-24, 2013

Tulare, California

### **Reminder**

Saturday March 2nd

Is Range Beatification Day

Please come out and give us a hand



## Some Useful Internet Links to Archery Organizations and Resources

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

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

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



# Pacific Coast 3D Adventure

No results just pictures







## January Club Shoot Scores

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

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

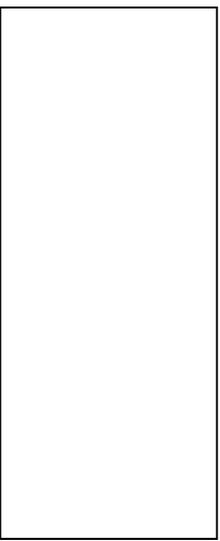
Sadly, I need to report that a few folks did not fill out their cards completely so I had to guess on either their name, division and/or style. Check out the results below and get any corrections in to me by next month.

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



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



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