

CONEJO QUIVER



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www.cvarchers.com

Monthly Newsletter

January 2013

From the Prez

To all CVA member's

Happy New Year

2012 was a good year for CVA. We have upgraded the JOAD and roving range, membership is up, volunteer hours are up and finances are solid. We are in an ideal position to move forward and continue improving the club and our facilities.



Over the next few months we are planning to re-organize our JOAD program in order to give our top archers more time with the senior coaches. We will still keep our walk up program intact. This will be a reallocation of resources, getting more of our level 1 and 2 coaches to help out more, which should free up the level 3 and 4 coaches. This should be a great opportunity for those of you who want individual/small group instruction, without paying for private lesson.

The roving range will have target covers and animal stakes in a few months. With all the recent interest in archery this year I would expect more participants in the club shoot this year. I noticed that the targets caught quite a few arrows over the holidays, which tells me people have been out there having fun

We are moving forward with Easton in order to set up the tournament range at the back gate. Hopefully, the grant will be funded and we will be able to break ground this year.

As you can see there are many things that are happening around the range and it could not happen unless CVA volunteers make it happen. If you have time and would like to help please let me know

Speaking of needing help. I need your help. Somehow I volunteered to chair the PAC Coast 3D tournament (February 3rd). This is a big money maker for the club, which helps keep your dues down. I am looking for volunteers who would like to help. I need help with trail clearing, snack shack workers, clout operators, people to put out targets and pick them up. There is a lot of work to be done. There are some jobs that you can do and still have time to participate in the shoot. So don't be shy. Call me 805 630 1749. Leave a message with your phone number if I don't answer.

I hope to see you out at the range.

Clark Pentico
CVA President

From the desk of The Vice Prez

Dave Dragan

Hi Everyone and Happy New Year!!!



The New Year is starting out with a bang and busy! It has been a little cold and rainy but our Saturday JOAD turnout has been great and everyone really likes all the improvements that were made to the JOAD Range. Thanks again to everyone who helped, your work is greatly appreciated and noticed by all!! As usual the year always starts out with the Indoor Tournament season and our JOAD kids working hard to prepare for it. We all went up to Tulare this past weekend for the California State Indoor Championships. This year we were missing some of our past competitors but gained a few new Archers experiencing their first Indoor Tournament. I want to first take a moment to thank all the Parents for continuing to support your children and giving them a chance to fulfill their goals and dreams!! I know how expensive and difficult it is to take the whole family for the weekend to one of these competitions; I did it with my Daughter, Carissa for many years. But those memories of watching them grow not just as Archers but as young adults and just great people you can't put a price tag on that!! I am very proud to be a part of CVA JOAD and a part of all our young and older Archers, and watch them succeed in those goals in Archery and in life!! I know all of the Coaching staff agrees with me on this and that's why we do it!! So Thank you Parents for giving us a chance to be a part of your kids life, and I know I will continue to work as hard as possible to give them every opportunity available for that success!!

Now for the Tournament itself. We had 6 Kids competing on Friday in the JOAD completion. Jack Thomas took the Gold Medal in his division with Hunter Conley taking the Bronze. They both shoot recurve and did very good. We have a new member of CVA JOAD and it was his first Tournament,

Miles Gould. He took the Bronze Medal in Compound Bowmen Division. Also in her first Indoor Tournament was Doritina Pentico who also took the Gold Medal in her division. Also shooting was Connor and Wesley Richter who did not Medal, but continued to improve and had fun and ultimately that's what it's all about!!! Congratulations to you all, great job and as Coach Dave always says keep practicing!!!

In the Open Tournament on Saturday and Sunday the above Kids shot along with April and Kyle Hoberg joining in. In the adult Divisions we had

Kurt and Rose Horberg {Rose shooting sick both days}, Brent and Barbara Richter, Clark Pentico, Luz Garces {Her first Indoor Tournament}, and Kianna Mainwall. So all tolled up we had 8 Kids and 7 Adults representing Conejo Valley Archers! Not a bad showing and I hope next year we can take more of our Archers up for the experience. Now I don't have any of the results of the Open Tournament yet but I will post them soon, as I did not stay for the awards. But I know that all the Adults were shooting well and I'm sure there will be a few more Medals in there. Especially the Lady Compound Shooters, Luz, Barbara and Kianna. They were tearing up the Gold Spot on Sunday and looking good!! So Congratulations to all again, great job!!

I spent a lot of time reconnecting with other Coaches and friends from all around the State and everybody agrees that the past year was great for Archery in general. All the other clubs experienced the same explosion of interest as we did with most not being as fortunate as CVA to have the space, equipment and volunteer staff and Coaches to handle that increase. Again all this due to the Media, Movies and Television shows highlighting

Archery in some capacity. We all agreed that we have to work hard to take advantage of this popularity and grow our sport as much as we can. Some of that was evident with the huge turnout at the Tournament with over 400 shooters competing in all divisions, , with the Tournament hosts having to close registration because of space availability. When was the last time you heard that there were too many Archers and not enough space, and that was with them offering an evening line to take up the slack!! It is awesome to see this and I hope it continues!!



I am going to work with some of the other JOAD Clubs in our local area and try to set up some Tournaments for the Kids, maybe one every quarter. That idea was very well received and our friends out in Pasadena are willing to also sponsor a Tournament so we can get the kids together more than once or twice a year. More on this as I get information together and plan it with our Coaching Staff. One last thing that I did while up in Tulare, we had a board meeting with the Directors of State Archers of California. Yes I'm also a member of that Board! I just want to put it out there that this organization is also trying to improve and build Archery in our State. Help with more Tournaments and information to all Archers in our State. So if you have any suggestions or even better if you would like to serve on this board we definitely could use some help. It really doesn't take much time; most of our meetings are done via email and by phone. We only get together at State Indoor and Outdoor and if you make it to the Gold Coast in Sacramento. If you are interested or know someone who you think might be interested let me know please. We will be having elections for board members in June at the State Outdoor, if you need more info contact me or you can visit the SAC website. Well like I stated at the start we are going to have a busy year with lots of things on our "to do list!" CVA will be hosting our first club Tournament on February 3rd, the Pac Coast 3D. If you would like help contact Clark or any board member and we will find something for you to do to help. That's what makes CVA so great is that we all help even if it just a little bit. That was what I heard a lot of complaining about in talking to people up in Tulare. Not enough participation with members. We are very fortunate to have such a great club with everyone willing to help out and everyone was very surprised and maybe a little jealous when I told them about our club! We have a lot to be proud of and thanks to you all for that!! That's about all for now; look forward to seeing you all around the range. Shoot well and often!!!

All My Best Coach Dave



CVA JOAD News

Hi all,

This month we had a few shooters come out and test. Early emergence from hibernation I guess? Anyway, Jalen Lowry got his next pin (Bowman) with points to spare but he's approaching his first plateau. There will be some work ahead for him but I know he's up for the challenge. Likewise, Stephanie Huller got her Junior Bowman pin. Unfortunately time is tight for Stephanie so she isn't able to practice as much as she would like. Hopefully that will change. Doritina Pentico came out with both guns blazing as she shot a 276 closing in on the coveted 280 points she needs for her Bronze Olympian medal.

What an exciting round! Just to put the score in perspective; because she is shooting with a compound bow, the prerequisite for a "10" is the X-ring on a 40cm target. Everything else is a "9." The size of the X-ring is the size of a penny! From just under twenty yards, try hitting a penny at least ten times out of thirty arrows! Oh, by the way, the other twenty arrows...they all have to be 9's! No 8's or less allowed!

On another note: Our editor-in-chief just got certified as a Level 2 coach this weekend. Congrats Robert! Now come on out to JOAD so we can put you to work!

Julio Dorada and Brianna Erickson also got their Level 2's a few months ago. If you are interested in a coaching career come see me and we'll set something up.

I talked with Chef Mike and he's going shopping in February. And you know what that means...yup! BBQ time! Mike and crew will be putting on the 8th Annual JOAD Barbeque Bash sometime in the Spring. Dates to be announced. So, keep your ears open and be ready to feast. Well, that's about it for now...see you all out there Saturday.

Coach Mike



Archery Skills are there to be learned
By Curtis Hermann

The ³World of Archery² is a very broad term; I often forget just how broad it is or exactly how many things are encompassed in this term, but I get a wake up call in the form of a question every now and then from a CVA member who is trying to learn something new in the ³World of Archery.²

Recently I have had quite a few different questions and it got me to thinking that maybe it is time for our club to do more than just provide a range and a few tournaments a year. Please don't get me wrong those two things require an enormous amount of energy and time and asking more of the club seems like overkill in my mind, however our Robert Luttrell has been trying to get some of us together to provide some seminars or work shops on a Saturday or at a fourth Sunday meeting for the members. Now we all know this is a good idea, we know it is needed and we all ask him if he can't find someone else to do it anyway! Shame on us.

There is a lot of talent in this club and almost anyone who is good at any of the aspects of archery that would be helpful to other members is willing to share, but were not always confident that what we know is what you want to learn, so we kind of try to wiggle out of committing a date and time to share.

So perhaps you the member can help in this regard, perhaps you can tell us what you would like to learn next in your world of archery. Now that the shoe is on the other foot I see some of you wiggling and getting a bit nervous, thinking maybe you'll sound dumb, maybe you'll ask if you can't find someone else to comment or ask a question. Don't worry, no one thinks you are dumb and we appreciate your question or in put as it will give us direction, it takes our doubt about ourselves away.

Perhaps your not sure what there is to learn and would like to know more about how big is this world of archery is anyway so you can pick and choose what to do next, well I think that is a good idea so I'm going to list some topics and I hope you will add several to the list that I haven't thought of.

1. How do I become a coach?
2. Where do you find directions to build a field range?
3. How do I make my own arrows? Primitive, Traditional or modern.
4. How do I make my own bowstring? Endless loop or Flemish twist.
5. Where do I find knowledge on how to make a bow?
6. How important are State, Regional and National Championship tournaments?
 7. Are these groups important in my world or archery? Pope and Young Club, Professional Bowhunter Society, Compton Traditional Archers, NFAA, NAA, National Bowhunter Education Foundation, or others you may have an interest in knowing more about.
8. How do I tune my own compound or traditional bow?
9. How do I make my own leather goods, ie. Quiver, tab, arm guard etc.?
10. 10. What is bowfishing and how do I do it?
11. How do I become a National or World Champion?
12. Bowhunting sounds like fun, what do I need to know?
13. How do I choose a broadhead?
14. How many ways are there to hunt with a bow and arrow?
15. Are tree stands really the way to bow hunt? How do I know which tree to put my stand in?
16. What does FOC mean when choosing an arrow?



I could come up with dozens more but I think you get the idea, if you have something you would really like to learn just email me at onerobinhood@roadrunner.com or Robert Lutrell at wudstoc@aol.com. We will gladly add it to the list or tell me which items in the above list interest you, your input is valuable to us.

We have great knowledge and talent in this club and they are all good people who are willing to share what they know. I'm going to stick out my neck here and list some of them so you will know they are willing to help answer your questions. I'm sure I will also forget some names and for that I apologize and my excuse is that at my age I have only two brain cells left and one of them is usually on break, its just the way it is.

Bob Bombardier

Gary Magness

Keith Murphey

Clark Pentico

Don Smith

John Downey

Mike Broder

Dave Dragan

Richard Carpenter

Dan Dix

Curtis Hermann

Carl Ward

Till next month, see you on the range where ³Life is Better Outdoors²

Curtis

· **A little history on the Plains Indian Bow, the Dog, and the Horse**
By JBD

You are probably wondering how I intend to tie the Horse, Dog and the Plains Indian Bow to each other. There is a surprising interaction here that will become more apparent as you read further. Let's start with the Plains Bow.

There is a common misconception by many about how primitive and ineffective the American Indian Bow was. While it is certainly true that some of the tribes were better at making bows than others this frequently was more the result of the quality of bow wood that was available. The preferred wood for bow making was (and still is by many) Osage Orange, though lots of other wood was used including Hickory, mulberry, yellow locust, and Ash. Osage was such a favorite when available that noted Boyer Jim Hamm said

“On the Southern Plains osage orange was the overwhelming favorite for making bows. I've examined several dozen old Comanche and Kiowa bows belonging to museums and Indian families and every single one was made from osage orange. It was such a good bow wood that the Southern Plains Indians, to my knowledge, never had to sinew-back their bows ...”

It was not unusual for the better made (i.e. better wood quality) bows to pull 70 lbs or more. The Plains Indian bows originally were around 60 inches or more in length but were shorted with the introduction of the horse by the Spanish. The introduction of the horse totally changed the lifestyle of the America Plains Indian allowing a more nomadic lifestyle, and the ability to hunt Bison from horseback among other things. So important was the horse, that the wealth of many tribes was measured in how many horses the tribe had.

Up until the introduction of the horse the dog was the standard beast of burden carrying up to 50 or more pounds. The Indian work dog was similar in size and shape to the gray wolf and could carry 50 pounds on its back or 75 pounds with the use of the travois, or dog sled.



When he reportedly heard a newcomer make a disparaging remark about the Indians' weapons as compared to the romance of English longbows, he replied:

“I have seen a great many men in my time spitted with ‘dogwood switches’, but have never heard one of them yet complain of feeling anyways romantic under the circumstances. But the truth is, if you only understood the use of them, you might have a worse weapon than a good bow and arrows; at least, I know they are pretty dangerous in the hands of the Indian. They can shoot their arrows faster than you can fire a revolver, and almost with accuracy of a rifle at the distance of fifty or sixty yards, and with such force that I have frequently seen them drive a shaft through a full grown buffalo”.

Wallace greatly respected the Comanche and Kiowa bows and arrows, more so than their collection of ‘ragtag firearms’. The Plains bows were not used in stand-up long distance archery contests, but rather from horseback. It was this combination of horse and bow that made the Plains Indian so feared in warfare.



December 2012 Club Shoot

We had another nice shoot in December, with most of the Archers shooting the tournament two days before Christmas (no doubt they got all they shopping done early unlike some of us). Nineteen archers in all completed the round to post scores for the second club shoot of the new club year. No one picked up a handicap yet as the earliest that happens is the third club shoot, which is January for all the 'regulars'. I suppose it wouldn't hurt to go over how handicaps are determined one more time.

They are calculated upon the completion of the archer's third club shoot, and are based upon 80 percent of the difference between a perfect score (560) and the average of the three shoots. For example if I shot a 490 at the first shoot, 500 at the second shoot, and 510 at the third shoot, my average for the three shoots would be 500. The difference between my hypothetical average and a perfect score is 60 points, and hence my handicap applied to the third shoot is 48 points. Hence my handicapped score would be 558 (510 plus 48) points, which is 2 points off perfect. You'll notice that it made no difference in which order the various scores were shot to determine my first handicap. I could have shot them in reverse order and wouldn't have changed a thing.

Let say I now shoot a 520 at the fourth club shoot. My handicap would now be base on the average of 500, 510, and 520. The new average of the three scores you notice is 510, so the difference from a perfect score is 50 points, and 80 percent of that is 40 points. My handicapped score then for the fourth month would have been 560. If I keep up the same pace of improvement by increasing my total score shot each succeeding month by 10 points, my handicap will continue to decrease as I continue to improve. This is why it is possible for someone to consistently shoot better than anyone else and still lose the Club Championship. The Club Championship handicapping system favors those whose scores are improving. Check out the table below to see how the applied handicap goes down as the average goes up.

| Shoot | Shoot | Shoot | Handicap | Handicapped Score |
|-------|-------|-------|----------|-------------------|
| 490 | 500 | 510 | 48 | 558 |
| 500 | 510 | 520 | 40 | 560 |
| 510 | 520 | 530 | 32 | 562 |
| 520 | 530 | 540 | 24 | 564 |
| 530 | 540 | 550 | 16 | 566 |
| 540 | 550 | 560 | 8 | 568 |

So nineteen folks made it around the course and turned in cards in their pursuit of a handicap ;-). At the top this month once again was Club President Clark Pentico, with a nice 519. Keith Murphy followed him with a 515, and Doritina Pentico came in third with a 477. The top 'Traditional Shooter' (Recurve or Longbow) was Golden Oldie (ahem Golden Ager) Curtis Hermann with a 303.

| NAME | SSCORE | DIVISION | STYLE |
|------------------|--------|----------|-------|
| Clark Pentico | 519.00 | A | FS |
| Keith Murphy | 515.00 | A | BHFS |
| Doritina Pentico | 477.00 | YA | FS |
| Luke Sekerka | 471.00 | A | BHFS |
| Norman Rice | 470.00 | GA | FS |
| Brent Richter | 461.00 | A | FS |
| Joe Bittner | 413.00 | A | BHFS |
| Chuck Thurber | 395.00 | GA | FS |
| Curtis Hermann | 303.00 | GA | TRAD |
| Wesley Richter | 264.00 | C | FSL |
| Garry Magness | 262.00 | A | LB |
| John Brix | 247.00 | GA | TRAD |
| Barbara Richter | 220.00 | A | FSL |
| Tom Swindell | 175.00 | GA | TRAD |
| Bob Bombardier | 175.00 | A | LB |
| Rob Ramos | 158.00 | A | TRAD |
| Connor Richter | 104.00 | Y | FS |
| Andrew Ramos | 94.00 | Y | TRAD |
| Stephanie Hullar | 68.00 | A | TRAD |

Conejo Valley Archers



Pacific Coast 3D Adventure

Sunday February 3, 2013

No Rain Out Date - This is a Rain or Shine Shoot

45 Separate 3D Targets

NO RANGE FINDERS -

Double score cards and shooting groups of three or more required to compete for trophies

REGISTRATION
7:30 - 9:00 AM
SHOTGUN START

ADULTS \$20
COUPLES \$25
FAMILY \$30
65 & OVER \$10
ALL KIDS \$5

Non-members of
the CBH/NFAA add
\$5 to above fees.

Membership is
available at the
tournament

For Information Call
Club Phone
805 530-1339
Clark Pentico
Cell (805) 630-1749



AWARDS

1st, 2nd, & 3rd
in all styles

Food and Drinks Available
All Day

No Dogs Allowed on Range

ADULT STYLES

Release * Sight (Finger)
Non-sight
Recurve * Longbow
*Self Bow

YOUNG ADULTS

YOUTH/CUB STYLES

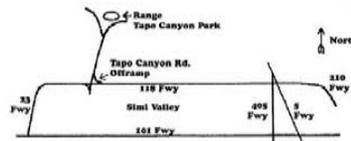
Sight * Non-sight

1 (one) Arrow
Unmarked Yardage
10-8-5 Scoring

DIRECTIONS TO RANGE

118 FWY East or West
to Simi Valley
Exit at Tapo Canyon Rd.
Go North on Tapo Canyon
Rd. to Tapo Canyon Park.
Range is inside Park

**** Notice ****
The Conejo Pacific Coast Traditional
Challenge Full Two Day Shoot is on May
4thth & 5th, 2013
See www.cvarchers.com





Editors Note

As I was watching the JOAD instructors teach on Saturday at the range, I was reflecting on how fortunate I am to have been taught how to shoot, crest, fletch arrows, make Flemish stings, and work with leather, all from individuals that belong to our club.

It was unfortunate that we lost our archery shop late last year, so now the question begs "where do people go now"? That got me thinking about the possibility of taking the resources we have as a club and putting those to good use. I would not want to see someone stop shooting because they did not know how to fix or maintain their equipment.

I would like to look into the possibility of putting together a clinic, once a month, on the different parts of archery; each clinic devoted to one aspect of archery such as:

Cresting

Fletching

Sting both endless loop and Flemish

Bow care both Traditional and Compounds (different classes)

Leather

I am just starting on this idea and would like help in putting the pieces in place. My thought is that these clinics will be held on Saturdays and will correspond with JOAD.

If you are interested in helping me and don't want me to track you down, please send me an email at: wudstoc@aol.com

Conejo Valley Archers
P.O. Box 3982
Thousand Oaks, CA 91359

*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

