

Conejo Quiver



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Monthly Newsletter

September 2014

To all CVA members,

September is elections month at CVA. I want to encourage all members to vote. This is your opportunity to make a difference by selecting officers to represent your stance in the direction of the club.



This has been my third year as president of CVA. I regret to inform you that I will not be seeking another term, as I feel it is time to let someone else take the helm of the club and allow us to expand in fresh directions. I will still be very active in the club, but focusing on other projects that I do not have time to do while being president.

I believe that we have accomplished many major tasks over the last 3 years:

- 1) More structure to the organization so that we can grow
 - A. Rework of bylaws
 - B. Implementation of new policies and procedures (coaching, membership processing, scholarship program, etc...)
- 2) Range improvements
 - A. Safer shooting lanes
 - B. 18m line upgrade at the JOAD range
 - C. More bales on the 5m line
 - D. Repairs of all 3D animals for tournaments
 - E. Water fountains on the field range
 - F. First aid kits on the range
 - G. Memorial rock
 - H. Cell phone repeater stations
 - I. New cargo bins
 - K. Handicap ramp at JOAD



- 3) Rework of what we do at the Public Open Session archery
 - A. Simplify the technical coaching at 5m to make it more fun
 - B. Scoring rounds every Saturday at 18m
 - C. New 10m bales to help archers bridge the gap to 18m
 - D. Excellent BBQs (Mike thanks for pulling them together)
 - E. More archery equipment
 - F. Classes on equipment maintenance (fletching, etc...)
- 4) Club finances are solid
- 5) Quiver being set out via e-mail
- 6) In process items
 - A. Tournament range should break ground in Q4 of 2014
 - B. New web site

This progress is the result of the hard work by the all of the active volunteers who have decided to dedicate themselves to making a difference at CVA. I want to thank everyone who has supported me during my terms as president and helped us become such a great organization.

I want to send out a special thanks to the following: Keith Murphy, Bob Bombardier, Dan Dix, JOAD coaches, Dark Side Archers, Mike Keena and the BBQ crew, George Blevins, Board members, and anyone who came out and participated in work parties.

I look forward to assisting the club in my new roles and duties as we expand, grow, and develop over the coming years.

Clark, CVA President (2011- 2014)

From the Desk of the Vice Prez

Kurt Hoberg

This month I've 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.



Please spend a few minutes reviewing Gary's article and visit PRA's web site to get more information about this concerning issue. I'm also asking CVA's membership to send a brief e-mail to the Pasadena City Council expressing endorsement of PRA and the program they provide to the public. Please let me know if you have questions.

I would like to express my thanks to the certified Coaches / Instructors that have sent me their Safe Sport Certificates. For those who are still working on this USA Archery mandatory requirement, when you complete your certification please send me an electronic copy so CVA has it on file.

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

- Brianna Ericson – 5th pin, shooting Compound (Release)
- Chuck Thurber – 3rd pin, shooting Compound (Release)
- Jeffrey Del Bosque – 2nd pin, shooting Barebow
- Keyth Pengal – 3rd and 4th pins, shooting Compound (Release)
- Luz Garces – 2nd pin, shooting Compound (Release)
- Terry Marvin – 6th pin, shooting Compound (Release)
- Tyler Hines – 8th pin, shooting Compound (Release)



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

- Amelie Leviant – 4th pin, shooting Compound (Release)
- Connor Blackwell – 4th pin, shooting Compound (Release)
- Joyanne Begg – 2nd and 3rd pins, shooting Barebow
- Sacha Del Bosque- 2nd pin, shooting Barebow
- Thomas Hayes – 5th pin, shooting Compound (Release)

For reference, here are the particulars of the pin programs for those interested in participating.

- JOAD Pin Program. This program is for youth archers to earn pins for shooting a specific score at 18M distance. The cost is \$10 per year to join and the pins and lanyards are \$3 each. USA Archery membership is required by the third pin earned – see <http://www.teamusa.org/USA-Archery/Membership/Membership-Benefits> for membership options. We shoot for score during CVA's weekly 300 round held Saturday mornings at 11am, so if you are interested please contact me for more information.
- Adult Pin Program. This program works like the youth program, only it is specifically offered to adults. Adults need to be a current USA Archery member to join the program. The cost is the same as the JOAD program for enrollment / pins / lanyards.

We are going to start a new offering during the weekly 300 rounds. On the 300 round sign-in sheet please annotate if you would like our Level 3 / 4 Coaches to watch your shooting form during the round. After the round completes the coaches will provide you feedback about your shooting and instruction on what to work on to help improve. This is a new offering and we are very excited and interested in your participation and feedback.

On the competition front, this year's Dual in the Desert was shot in Long Beach's El Dorado Park. The turnout was quite small this year, with the shoot organizers lobbying shooters in the male and female Senior Divisions to shoot for the California Duel Team. This team, consisting of six recurve shooters in the male and female Senior divisions (plus one alternate each), and six compound shooters in the male and female Senior divisions (plus one alternate each) will represent California shooting against Arizona and Baja California, taking place in El Centro in October.

As luck would have it (or maybe just skill!), CVA's very own Chuck Thurber made the team shooting compound Senior male division, and has the honor of representing California during next month's competition. Great shooting Chuck!

All CVA shooters at this event either made the Team or placed in their respective divisions, with Jack Sampson taking 1st in Cub Men Compound, Rose Hoberg taking 1st in Masters 50 Woman Recurve, and me taking 2nd (by 3 points...arggg!) in Masters 50 Men Recurve division.

The next tournament on the California schedule is the Pacific Coast Championships in Sacramento. If you decide to shoot this be sure to take your rain gear!

The first two weekends in January 2015 is the California State Indoor Championships. This tournament is great for those first time tournament shooters as many CVA coaches will be in attendance with some of us competing, which gives you the opportunity to talk smack on how much better your scores are than ours! 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 jumping in with both feet. 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.

The Coaches will be holding a first time tournament seminar, so you know what to expect and how to prepare. Here is the WEB site to visit for more information and to register. (<http://calarchery.net>).



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

See you on the range!
Your VP,
Kurt

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

Balancing the Bow with the Arrow
By Curtis Hermann 9/14

Within the membership of CVA a group of 34 are on a list that meet at the range for practice at 7:30 AM (Wheels – 6:30) on Mondays and Fridays and some of them also meet on Wednesday. On any given day 6 to 15 or so will show up for practice. I usually put out an email reminder for the Monday/Friday practice, Wednesday guys are on their own. This is not a click, all members are welcome, just email me and put yourself on the list, the trick of course is to have that time slot open, most of us that show have not had a job in years, the rest of you we feel sorry for your dilemma, just remember to keep paying your Social Security!

After practice, we all join for a breakfast/lunch/brunch at the Carriage Café on Tapo Street, it is here where many discussions on all things archery takes place.

At one gathering we were discussing what was an appropriate matching of one of Norm's (Norm Rice CVA Board member) bows with a proper arrow. Norm had recently had two Hoyt bow risers break during our practice rounds and the point of the conversation was to analyze why they broke and find a solution to the problem.

A lot of opinions were being offered and the choice of arrow weight and speed was a good part of this topic. His choice of bow was of a more forward riser and longer axel to axel length with a smoother more moderate cam, not your typical speed bow of today. He loved his bow choice, but had gone to a very light arrow in order to flatten trajectory for the longer ranges on the field round. His arrow set up was a shaft at 6 grains per inch of shaft length, small vanes and 80 grain point for approximately 11% FOC (28" & 290 grains total arrow weight). His draw weight was 50# and the minimum arrow weight standard is 5 grains per pound of draw weight to give and advertised speed, Norm exceeded this minimum by having an arrow that weighed in at nearly 6 grains per pound of draw weight (300 grains & 50#) , his goal had been to gain as much possible speed from his set up as he could).



I also went online to find the IBO (International Bowhunting Organization) speed testing standards, could not find it or reference to it on their web page. There is a lot of online claims to IBO allowing the use of 80# + - 2lbs for manufactures rating their bows, I could not confirm this, the best information I found appears to be the same as the ATA standard with the exception of using only a 70# bow with a 30" draw, no fletch and 5 grains per pound of draw weight.. So I'm guessing some changes have been made to equalize the two standards.

The standards utilize arrow weights at the very extreme light weight end - which tend to stress every part of a bow. Less so on a very modern bow with parallel limb technology that stretches the string at 180 degrees in limb travel (up & down) as opposed to a 45 degree angle in the older bows. *So, as you can see, these standards allow for impressive speeds and marketing verbiage but do little to assist the archer in wise choices.*

My ATA Guidelines also have a chart for FOC (forward of center) balance for your arrow, they are:

FITA/JOAD.....	11-16%
3-D Archery	6-12%
Field Archery.....	10-15%
Hunting.....	10-15%

Current movements in hunting have certainly changed in the last five years and many of the top hunting arrows are now designed with the idea of using 18-23% FOC weight and 12-16 grains per pound of draw weight for deeper penetration and more down range accuracy. So I am not sure that these guidelines are as helpful as they could be.

Norm wants to set up his equipment to be accurate and forgiving for Field Archery competition and not create damage to his bow riser, so he needs to find a balance in between the two extremes of light and heavy arrow weight (5-12 grains per pound of draw weight) and minimum to maximum in FOC (10-15% FOC).



I'm intentionally leaving out the extreme FOC and grains per pound of draw weight that some in the traditional archery hunting group practice today, as it is not relevant to Norm's situation.

We know at 6 grains per pound of draw-weight he had riser damage and I think we can conclude that if he went to 9-10 grains per pound of draw-weight we would run into performance or pin-gap issues not conducive to competition. Since 7.5 grains per pound of draw-weight is the upper end of the light extreme and 9 grains per pound of draw-weight is the beginning of hunting weight it would seem to me to strive for 7.5-8.0 or 8.0 – 8.5 grains per pound of draw-weight should just about be a perfect balance to match with his bow.

Most of the competitive target archers I have known over the years strived for a 13% FOC balance point, believing that down range they got the best balance between flatness of trajectory and group diameter at the target face. Most of them (in those days of BC “Before Compound”) shot 35#-45# recurves, today when target compounds are often 50# plus, I think a 14%-15% FOC is probably in order for the best balance of arrow as the trajectory is already quite flat and the extra 1%-2% FOC will be more forgiving and perhaps tighten your group at 80 yards.

I may get a great deal of argument over this column, as so many of today's bows are so short in length and because of parallel limb technology, have less riser stress and therefore they may prefer to push for lighter grains per pound of draw-weight and a smaller percentage of FOC, I won't argue with them on this point, experiment away and do as you will.

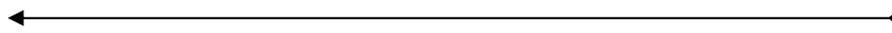
I will however comment on something I have noticed. It seems to me that many speed bow shooters eventually end up trying to master a “Back Tension Release” to finally get that last bit of accuracy from their equipment, to get them over the hump and finally make them competitive with the big dogs!

As you and I know, many do not have the discipline to devote the time it takes to master the Back Tension Release and eventually go back to their old release and live with the accuracy level that they had.

When you maximize bow performance you always pay the price of being on the edge of being unstable. Speed is fun, I get that, but having the perfect form to shoot consistently on the high end of score is difficult with such equipment and to overcome this obstacle they created the “Back Tension Release.” The “Back Tension Release” requires perfect form for proper execution, it will force you into near perfect form if you hang in there long enough, but it might just be easier to give a little thought to balancing your bow and your arrow to a more stable end.

Till next month,

Curtis



Help Preserve Pasadena's Historic Archery Range

The Battle Continues

Gary Spiers, President Pasadena Roving Archers

Aug 25, 2014 — We have recently learned that the Archery Range is going to come before the city council again in September. Our opponents have recently put their own petition online with a gross distortion of fact. They imply that the general public will be denied access to the Lower Arroyo if our agreement is signed. Those of you who have attended our free, public classes know that is not true. They describe us as usurping public land but what they are really talking about is the archery range isn't what they want there - the archery range is a public range and has been for almost 80 years. They continue to raise the issue of safety even though there is not one documented incident in the history of the range.

They claim that if the agreement is signed it would "permanently prohibit walking, jogging, dog walking, birding and other forms of enjoyment of nature on the West side of the Lower Arroyo." This is absolutely false there will be no change to the footpaths or their use that were documented in the Lower Arroyo Master Plan created by the city.

In addition to signatures we need people to show up at the council meeting. Our opponents, who include the Mayor's wife, state that the matter will be brought before the council on September 15th but we have not yet been informed of a date by the city although we have been told probably September.

UPDATE: Sep 6, 2014 — Thank you for your tremendous response over the past couple of weeks: signing our petition, writing to the City Council, volunteering your time, and contributing your ideas. We heard today that the City Council will not hear this matter until October 20th. Our campaign is based on the principle that truth will trump misstatements and it is important that we keep our efforts active. We are getting positive feedback and our supporters on the council are encouraged by the influx of supporting material. It is because you care and take the time to inform others and encourage them to participate by signing the petition, writing to the City Council, volunteering your time,

, and contributing your ideas. It is important that we all continue to encourage others to participate and continue to participate ourselves. You can find the latest arguments and rebuttals as this develops at <http://www.pasadenaarchery.com> which will be updated with the new date soon!

Thank you very much, Gary Spiers
Change.org original petition link: <https://www.change.org/p/the-mayor-and-council-of-the-city-of-pasadenapreserve-the-historic-lower-arroyo-archery-range>

Comments by Kurt Hoberg, Vice President, Conejo Valley Archers Pasadena Roving Archers and Conejo Valley Archers have a history of collaboration and goodwill. When our range burned in 2003, PRA donated funds to help our range gain its footing. In like manner CVA donated funds to PRA when their storage bin was burglarized in recent years.

I had a conversation with Gary and he mentioned that to really help, write a brief email to the Pasadena City Council (City_Council@cityofpasadena.net) asking that the city preserve this historic and unique archery range. Letters have more weight in this situation so your voice will really matter.

I suggest spending a few minutes reviewing the information posted at the PRA WEB site (<http://www.pasadenaarchery.com>) to gain more insight into this situation.

Please help Pasadena Roving Archers in their fight to keep providing their valuable program to archers in our area!

Kurt

Do you know how Conejo Valley Archers got Its name?

FROM AN ARTICLE BY CHERYL CLAYTON



We were talking on the range the other day and there were quite a few people who didn't know why we were named The Conejo Valley Archers. Some didn't know the club started in the Conejo Valley area and they didn't know what Conejo meant. Well here you go for a little extra education! Conejo is a Spanish word meaning 'rabbit'. Even back as far as 1542 when the area Conejo Valley was discovered by Juan Rodriguez Cabrillo rabbits were abundant in the region.

The Desert Cottontail is a class of cottontail rabbits that is found mainly throughout the western United States and especially in California ... and throughout the Conejo Valley. Most people think that the Desert Cottontail lives mainly at desert to sea levels. On the contrary; they are known to live as high up as 6,600 feet such as in juniper forest area. The Desert Cottontail is generally active in the early mornings and late afternoons, seeming to disappear during the mid-day. Its main course of diet is grass, but to survive will eat other plants including cactus. You'll rarely see one drink water as they get the water supply mostly from the plant life that they eat. They lay prey to many predators the most common being the coyote, bobcat and mountain lions. In the early Native American days, they were not only a source of meat but were sought for their fur and hides as well.

In addition to the Desert Cottontail and a smaller in size was the Brush Rabbit. Unlike the Desert Cottontail that could travel a home range as far as 15 acres for the male and 1 acre for the female, the Brush Rabbit stays close to a much smaller given area in dense, brushy cover; mainly chaparral vegetation. When it does leave the brushy cover, it stays close to it having much less use to be in grassy areas. However, in contradiction, studies have shown that this style of existence changes during weather changes: the brush is more the attraction during the drier seasons, whereas grass does appeal to them during the wetter seasons. They have the same danger of predators as does the Desert Cottontail; although they attempt a good flight to safety, they generally loose to the stronger, faster and mightier. To this day, in the cities and communities of the Conejo Valley with Thousand Oaks* being the 'heart' of the valley and Agoura Hills, part of Calabasas, Lake Sherwood, Newbury Park*, Oak Park, and Westlake Village being the surrounding communities, rabbits can be seen running about their way taking care of business amongst the residential area, the businesses, parks ... actually everywhere, more or less in a manner of reminding everyone that this is **THEIR** valley and the residents are but mere guests. After all, their ancestors were here first! (*some of the first places the club was established)

And as for our present location in Simi Valley.....The name "Simi" comes from the name of the Chumash Indian village that was located at the western end of Simi Valley. But what does the name mean? The late Janet Cameron, in her book of recollections about old Simi (Simi Grows Up, 1963), indicated that it means "valley of the winds". In some writings it has been also translated to the word "*tsimi*", the meaning of which is given as "... a type of small white cloud. That explanation sure is appealing - especially if you have been here during one of our intense Santa Ana windstorms especially while trying to shoot on the range!

OK SO now you know!

So here we are in the final month of our club year! It has been a great year with so many positive changes and improvements on the range. All of the improvements are achieved solely through the hard work and time brought to the table by our members. We are truly blessed to be part of such a dedicated group of people.

With the end of one club year we move onto making next year just as great, with even more exciting projects coming down the pipeline. In order to keep the range status quo alone we need to start with our memberships. I hope that all of you will be renewing your memberships. The renewal email will go out in the next couple of weeks and we need you to renew!

MEMBERSHIPS

We will continue to make the process as easy as possible with *mail in* renewals, *JOAD drop off*, renewing at any of the *General Membership Meetings* or *after registration* at club tournaments. Mail In renewals will not be returned to Dan this year but to me, as Dan will be away during this time on a well-deserved vacation!!! My address will be in your renewal email.

I ask that everyone try to renew as soon as you receive your email. These membership dollars get us started off on the right foot for the new year and lets us budget right from the beginning for the year. Please remember that we need new waivers on ALL members. Extra copies can be downloaded from our website or picked up at the range. New membership cards will be handed out during the key exchange times (see below for that info).

If you are deciding not to renew this year (say it isn't so!) I would really like to hear from you as to why. It is very important as a club that we track why people do or do not renew. If you felt that we didn't meet an expectation or was it that you just didn't use the range enough to merit the membership, that tells us a lot about how we are doing and we can learn from this information.

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

Sunday November 23 General Meeting

Saturday November 29 JOAD range

Saturday December 6 JOAD range

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 mail in a \$5 key deposit

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

Member Anniversaries

21 years - Justin Huish

16 years - John Downey

12 years - Nathan Bordofsky

9 years - Kurt Hoberg and family

8 years - Grace Gretzen and Ryan Vartio

2 years - Robert Gardner and family, Allesandra Henze and family,

Stephanie Hullar and Glenn Nergarder

1 year - Marcos Delmar, Matthew Philpott, Julie Yip

Gustavo McBeath and Lawrence Mazzola family and

Jennifer Clayclamp and family

Thank you all for your continued support!

See you on the range!

Bonnie



Twenty-five archers made the round this month at the second to the last club tournament of the year. Steve Price picked up bragging-rights with a 533 (483 scratch). He was followed 6 point back by Alan Murphy with a 547 (476 scratch). Randy Estrella and Norman “Ironman” Rice were tied one point back at 546. Alan’s brother, Keith picked up fifth for the month but did pick up top scratch score of the month with his 501.

Top Traditional score went to Curtis Hermann (521) as well as the top scratch score (326).

It is hard to believe, but there is only the September Club Shoot left in this Club year. We will be handing out Range Record and other club trophies at the October Fun Shoot and Awards Banquet. Please make plans to attend. It will no doubt be the best one ever (or at least in a long time).

NAME	HSCORE	SCRATCH	DIVISION	STYLE
Steve Price	553.00	483.00	GA	FS
Alan Murphy	547.00	476.00	A	BHFS
Randy Estrella	546.00	492.00	A	FS
Norman Rice	546.00	484.00	GA	BHFS
Keith Murphy	544.00	501.00	A	BHFS
Carlos Parada	544.00	483.00	A	FS
Norman Rice	541.00	487.00	GA	FS
Luke Sekerka	541.00	484.00	A	BHFS
Rick Gabbie	537.00	474.00	A	FS
Chuck Thurber	532.00	378.00	GA	FS
Curtis Hermann	521.00	326.00	GA	TRAD
Jack Sampson	521.00	433.00	Y	FS
Barbara Richter	516.00	324.00	A	FSL
Garry Magness	510.00	268.00	A	LB
Didier Beauvoiz	505.00	236.00	A	TRAD
John Brix	504.00	223.00	GA	TRAD
Brent Richter	502.00	104.00	A	TRAD
Rob Lind	495.00	220.00	GA	TRAD
Joe Cavaleri	492.00	208.00	A	TRAD
Tom Swindell	489.00	226.00	GA	TRAD
Rob Lind	485.00	167.00	GA	LB
Wesley Richter	469.00	78.00	Y	LB
Jacque Rice	395.00	395.00	GA	FS
Terry Marvin	389.00	389.00	A	BHFS
Jonathan Geiger	358.00	358.00	A	FSL

Calendar of Events

Sept 28th CVA Club Shoot

Oct 11th Mojave Archers Boo's Eye 28 2 arrow Novelty

Oct 12th Orance Bowmen Tomahawk Mkd 42 2 arrows

Oct 12th Conejo Valley Archers (Fun in the Sun/Zombie Romp

30 targets 3D/Novelty

Oct 18th Santa Ynez Valley Bow Club 2014 Point Series 25 Mkd 2 arrow

Oct 19th Pasadena Roving Archers Traditional Shoot 28 arrows 3D/Traditional bows only

Oct 19th Riverside Archers Shoot for Life Tournament 42 targets 1 arrow

Oct 25th Archery Outpost 5th Annual Boot Hill Indoor

OCT 26th CVA Club Shoot



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

*Remember Time
change , next club
meeting will start at
11:00 AM*

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

