

# **CONEJO QUIVER**

**January 2024 Issue**



**The January Club Shoot and General Meeting (11:30am) occurred on  
Sunday January 28, 2024.**

## FROM THE EDITOR

John Downey

Welcome to the January issue of the Conejo Quiver.

Sorry that we're a bit late emailing it to you. A few of us were late getting things turned in and I was out of town for a week. Hmmm ... You received last month's issue early, so I guess that evens things out. 😊

All of our regulars are back again so you should find something of interest.

### NOTE:

We are always looking for items of archery interest for the Quiver, such as photos around the range, member's archery activity away from the range, i.e. tournaments, etc. ***Don't be bashful.***

If you have something you would like to sell that is archery related, we can put an ad in for you as well.

### Got Questions? We Got Answers!

A number of our staff members are pretty sharp on a good day, and a general fountain of archery information. If you have a question, email it me and I'll corral a member to get an answer for you.

Keep stick'n them pointy ends in the target. Hope to see you around the range.

Regards  
John Downey, Editor



## FROM THE DESK OF THE PRESIDENT

Kurt Hoberg

### CVA Range News

**Overall Range News:** All Carpet Bales have been placed at CVA! The final set were placed on our Field Practice Range next to the stage. Many thanks to the group of volunteers that braved the cold and the evening darkness to finish placing the bales. A bunch of 3D animals are also placed for our member's shooting enjoyment. This is an exciting time for our club!



**Field Range:** Those who have Field lanes adopted (some are still available), please continue to assess anything that needs to be done to your lanes. I highly suggest a bi-weekly visit to your lane to knock weeds down before they become unmanageable. With the rainy season upon us it's important to keep abreast of the weed situation before it becomes a large problem.

Some quick tips for those who have adopted lanes on what to look for:

- Stand by each of the shooting stakes and clear any vegetation that is hanging into the lane and may be blocking the target from where shooters are taking their shots.
- Take a look at the shooting stakes themselves and assess if they need to be painted.
- Your lane responsibility also includes the walkup to the next target.
- Assess the bales and stands and let a Board member or Range Captain know if there are repairs needed.

Lane adoption is a great way to book your working member hours. Check the emails that come from Cathy and Richard to see what lanes are open for adoption.

Ken Exum has stepped up to be our Project Management Chair – welcome Ken and thanks for supporting CVA!

### **NFAA – A Quick Overview**

Our club is sanctioned through the National Field Archers Association (NFAA). Our 3D and Field Ranges are all inspected by the NFAA for safe target placement, adherence to NFAA range layout rules, along with other requirements...one of which is having a number CVA Club Members as registered NFAA members. The more the better!

One nice thing about having a NFAA membership is that you are grandfathered a California Bowmen Hunters / State Archery Association (CBH/SAA) membership. CBH/SAA is the body that represents all archers in the state of CA, not only those who hunt but those of us who love the sport and want to have archery represented legislatively in Sacramento.

If you aren't already, I would highly recommend you look into becoming a NFAA member, as it helps both CVA and all archers in California.

Here are some useful links:

NFAA: <https://nfaausa.com/>

NFAA Membership: <https://nfaausa.com/memberships/become-a-member>

CBH/SAA: <https://cbhsaa.net/>

### **Range Security**

We continue to have issues with members not locking the tournament range gate. There has been some improvement, but the issue continues.

If you are leaving the range, lock the gate. If you are coming onto the range, lock the gate behind you. If you are unsure if you should

lock the gate – lock the gate. Be careful with the locks, don't drop them, or use them as pry-bars, hammers, etc.

All Club members must do their part to secure our range.

See you on the range!

Your President,

Kurt

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

### **CVA Range News**

See you on the range!

Your President,

Kurt

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



## FROM THE DESK OF THE VICE PRESIDENT

**Cathy Linson, Vice President**

Tom Cayia, Field and 3D Range Co-Captain, will be out of commission for about 8 weeks. He had knee surgery on 1/17/24. He is currently at home and recovering nicely.

### ***From our Field and 3D Range Co-Captain, Ken Exum***

The Back Canyon 3D Range is finished and awaiting final certification. Inspection day came earlier than expected, the inspector called on 1/12/24 to reschedule the 1/20/24 inspection to the following day, 1/13/24. The range was ready with the exception of navigation markers. On 1/17/24 Ken sent images of the installed One Way and Do Not Enter signs (see pictures) to the inspector. The inspector is waiting to hear back from the NFAA about some of his questions (for them, not us) before final certification is issued. There are currently 24 posted and numbered target positions. The pond will be added as target 25 but it is a longer-term project.



The warm up area for the Field Range and Middle Ridge 3D is ready for use, with ten 3D targets and the 5 carpet bales. The 20-yard shooting line has been moved back and there is a marker for 5- and 15-yard distances, too. (See pictures)



### ***Highlights from the 1/11/24 board meeting.***

There is a work party currently being planned for the Tournament Range, focus will be clean up, removing old straw bales and clearing drainage ditches. It will take place over 2 days,

February 17 & 18 from 7am-noon. The tournament range will be close to shooting during those hours. Plan to come out and help if you can, the more people helping the faster the work goes.

A second arrow repair work party was held on Sunday, 1/21/24.

Philip Mastinick is stepping down from the Project Chair Position, thank you Philip for your commitment and hard work over the past year. The board voted Ken Exum to step into that position, he will continue his duties as Co-Range Captain for the Field and 3D Ranges.

Thank you, Ken, for taking on the extra duties.

The board decided to separate tractor management from the Project Chair Position. A new chair position was created, the title is Major Equipment Chair. The Major Equipment Chair will be responsible for keeping this equipment, e.g. tractor, running as well as ensuring that anyone operating this equipment is properly trained.

The date for the March General Meeting is changed to 3/17/24, the Bombardier Traditional Tournament is on the 4th Sunday that month. The date for the June General Meeting is changed to 6/16/24, the State Outdoor is on the 4th Sunday that month.

The members only, passcode protected, section of the website continues to develop. In addition to work hours information, it will contain a form to submit hours, yearly financial information, general meeting minutes as well as club documents, e.g. by-laws.

Open Range Days is scheduled for February 3 & 4, 2024. The webpage is live and includes a flyer which has also been posted to a number of other Southern California club FB pages. Please download the flyer and hand it out to your archer friends.

This event is for experienced archers with their own equipment who will be able to shoot our Field as well as the Back Canyon and Middle Ridge 3D.

The Field Range practice bale stands are sealed and ready to assemble. Philip Mastinick and Ken Exum are working out details on when to complete assembly and place the new carpet bales.

Ken Exum is working on the safety issue of a mirror for the road from the bins to the 3D to enable anyone driving to see oncoming traffic. He is also working with Bonnie Marshall to update the shooting instructions for field range.

The Back Canyon 3D was inspected for certification on 1/13/24. We will be able to self-re-certify in future

A large ditch, maybe an old cistern, was discovered during a work party on the Back Canyon 3D. A barricade fence has been placed around it.

Benches have been installed on the Middle Ridge 3D.

Work is being done to repair animals.

The State Outdoor Tournament is open for registration. A link to the registration webpage is on our website.

Cathy

Cathy Linson  
Vice President Conejo Valley Archers  
Vicepresident@cvarchers.com  
805-791-5102



## Tom's Corner

By Tom Cayia

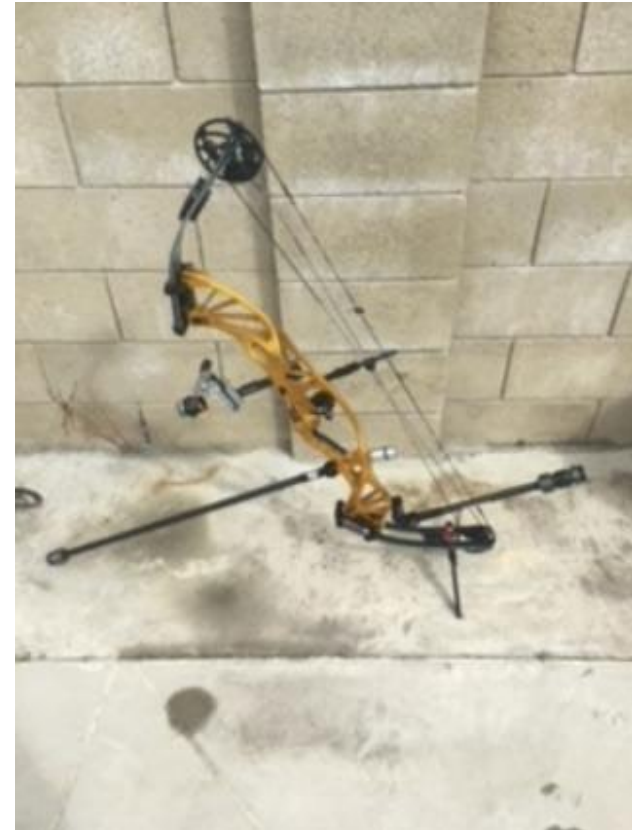
Hello members,

I have always believed that our field ranges and 3D ranges are better suited for the compound bow. That is not to say traditional bows can't be used; it just takes years to be able to shoot them well, whereas, a compound shooter can become proficient in a few months. If you have a family, or work a lot you just don't have time to try to learn how to shoot a traditional bow, and because of that, you will leave archery at some point in time. Compound bows are the darlings of the archery world for a good reason, they are fast, powerful, can be very accurate and easier to learn to shoot.

There are basically two types of compound bows: hunting bows and target bows. The difference is hunting bows come in a variety of camouflage colors while target bows will come in a rainbow of colors. A hunting bow is around 30 to 34 inches in length and will come in various poundage ranges and let offs. Target bows will be between 36 to 40 inches in length, and like hunting bows, will come in a different range of poundage settings, for example 30 to 40, 50 to 60 pounds. What that means is you can set your poundage over a ten pound range. Both bows will also come in various "let offs" of 60, 65, 70, and 80 percent of your bow's poundage at full draw which helps you hold the string until you release the arrows. Starter hunting bows can be in the \$350 to \$450 dollar range for the bow. They will come as a package with a hunting sight, arrow rest, and peep sights. Arrows are going to be extra. Target bows are more money in getting you started because they are more expensive than hunting bows and have more accessories to add on. I have included a picture of a target bow to show you some of the accessories needed.

Archery is fun and is what you make it. It can be used for hunting, shot on a recreational basis or set up for target archery. A bow

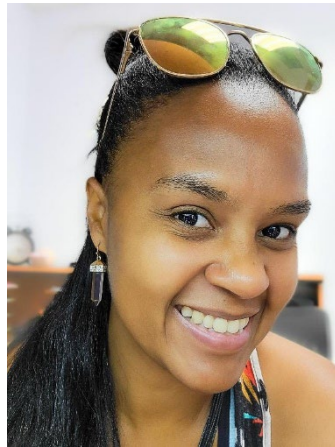
cannot shoot an arrow by on its own, you have to use your life force to launch that arrow and to feel the joy when it hits its mark. That's what keeps us coming back to it even when we miss. We have a great club and I am very proud to be your Range Co-captain along with Ken Exum. Our goal is to make your time at the club an enjoyable experience. We are always open to new ideas and suggestions so please let us know what they are.



Tom Cayia  
Field and 3D Range Co-Captain  
[Tom.Cayia@cvarchers.com](mailto:Tom.Cayia@cvarchers.com)  
805-427-2960

## FROM THE PEN OF MORGAN THOMAS

### Member Anniversaries!!!! January 2024



#### January:

- 6 Years - William Bacheller
- 2 Years - Danny Barfield
- 6 Years - Mike Chase
- 2 Years - Kirsten D'Agostaro
- 10 Years - Jeffrey Del Bosque
- 6 Years - Sachin Deshpande
- 7 Years - Earl Guthrie
- 2 Years - Phillip Mastinick
- 6 Years - Crystal Perry
- 12 Years - Brian Rohrer
- 2 Years - Paul Sweet IV
- 11 Years - Joseph Tischler
- 4 Years - Robert Urbina
- 3 Years - David Westerberg

#### FIRST YEARS!!

- 1 Years - Jimmy (Jiingyun) Chang
- 1 Years - Tony Huynh
- 1 Years - Michelle Levine

Thank you all for your continued support!!!

**Morgan**

## Ken Downey Elected to the State Archers of California Board of Directors



### 2024 STATE OF CALIFORNIA BOARD OF DIRECTORS

We are pleased to welcome newly elected board member, Ken Downey. Ken brings many years of archery and club experience to the board and we look forward to his voice as we move into 2024. He replaces long-time board member Wendy Whalen in representing the South region. We want to thank Wendy for her time and effort while serving as a board member and wish her the best in her archery pursuits.

We also want to welcome returning board members Rick Carfrae (North) and Courtney Walth (Central) who were elected as returning Board members.

The State Archers of CA Board works diligently to provide archers in California with quality events and looks forward to your feedback. Please feel free to contact any board member with questions, concerns, or suggestions. Contact information can be found at <https://calarchery.net/contact/>.

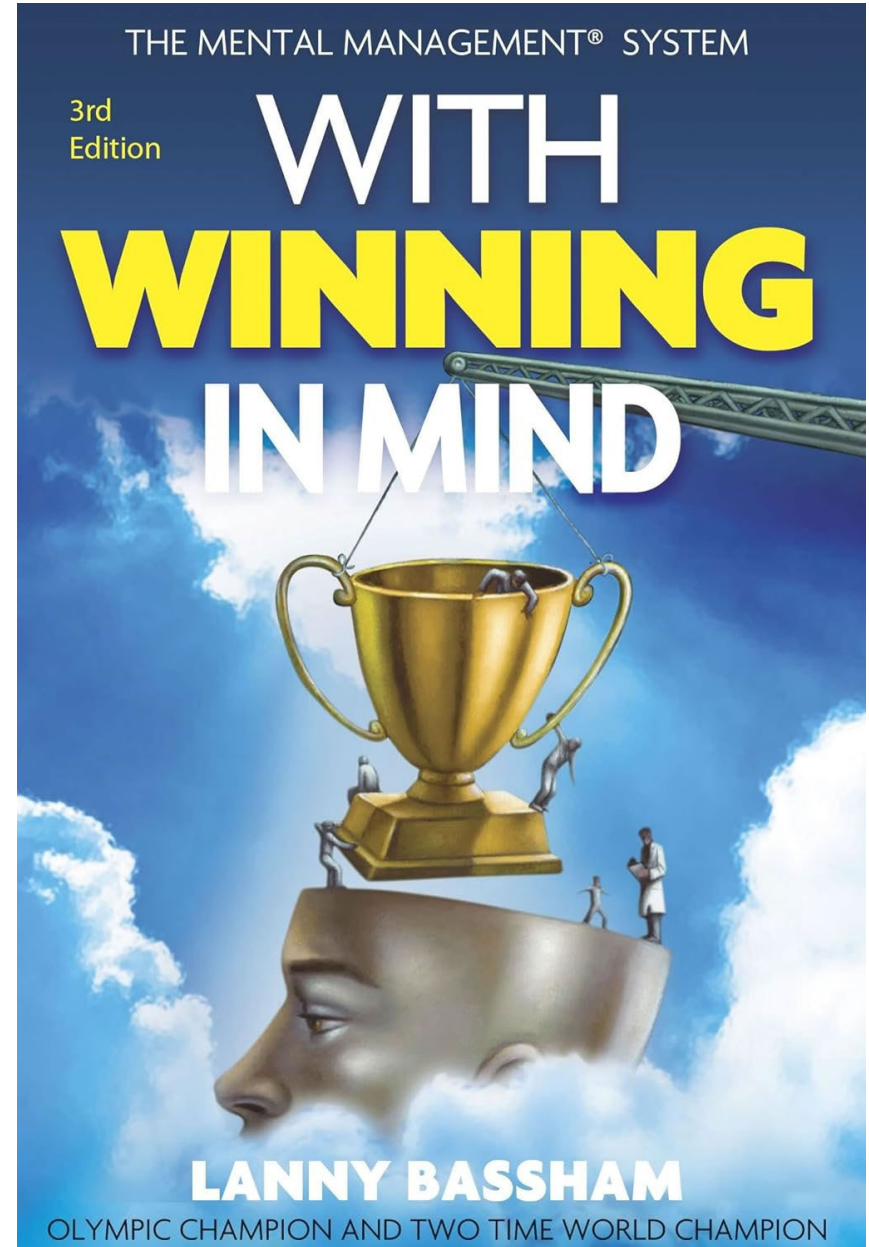
*Be sure to keep up to date on all State Archers of CA events and news by viewing <https://calarchery.net/> and following on social media.*

## Photos from the "Warm Up Area" Work Party





Highly recommended book



## FROM THE DESK OF OUR VOLUNTEER COORDINATOR (COMMUNICATIONS)

Richard C. Silverio

Happy New Year to my fellow CVA Archers. I hope your year is starting out great so far and the rest of 2024 for you will be great.

This is my first column for the year. I have a work party opportunity that I want to share for next month, and a notice that a few lanes are up for adoption. If you are interested to retiring some of those volunteer club hours you have, this is a good opportunity.



First, we have a work party at the Tournament Range. The focus of this venue is to clean up and remove the old straw bales, and clear out the drainage ditches. This work party will be a 2-day work party and is planned to take place on February 17 and 18 from 7AM till noon. During this period, the tournament range will not be available to shoot on and will be closed. Please plan to come out if you can. The more volunteers we get the faster we can achieve the work.

All middle range lanes are currently adopted. There are a few target lanes on the field range that still need to be adopted. Lanes 8, 13, 14, 19, 24 and 26 are all open for adoption. For our 3D area, lanes 6-9 and lanes 12-24 are open for adoption. If interested to adopt, please contact Cathy Linson, our club VP, via email at [vicepresident@cvarchers.com](mailto:vicepresident@cvarchers.com) and let her know which lanes you are interested to adopt.

Please continue to look out for emails from me for more upcoming volunteers or work parties opportunities. If you have any questions or concerns, please contact our club Vice President, Cathy Linson at [vicepresident@cvarchers.com](mailto:vicepresident@cvarchers.com) or via her cell at 805-791-5102 (or myself at [richardsilverio@cvarchers.com](mailto:richardsilverio@cvarchers.com).)

Thank you and see you at the range.

**Richard C. Silverio**

*Volunteer Coordinator/USA Archery Level 3 NTS Coach, Instructor Trainer*

*Conejo Valley Archers*

[richardcsilverio@yahoo.com](mailto:richardcsilverio@yahoo.com)

### Boy Scouts of America

If anyone is currently a Boy Scout Merit Badge Certification Counselor, or is interested in becoming one, please contact Bonnie Marshall at [bmarshall79@verizon.net](mailto:bmarshall79@verizon.net)

# CVA MONTHLY CLUB TOURNAMENTS

John Downey, Tournament Chairman

We had a nice turnout for December in spite of all the rain. A number of our members somehow managed to make it around the course and shoot, and send me score cards.

Oscar Melendez once again managed to pick up the top scratch score of 532. Top Traditional score (369) went to Josh Fint.

As you probably know we will be using the NFAA handicapping rules. Handicaps will show up next month for those with three club shoots under their belt. After discussion at the Board Meeting, it was decided to follow the NFAA age groups as well. Basically, we are now adding the Silver Senior Age Group (60-69).

**NFAA competition divisions include the following:**

- **Cub Under 12 years of age**
- **Youth Ages 12 through 14**
- **Young adult Ages 15 through 17**
- **Adult 18 years of age and older (to 49)**
- **Senior 50 years of age and older**
- **Silver senior 60 years of age and older**
- **Master senior 70 years of age and older**

I will correct all the age divisions/score combos next month when the third set of score cards come in (January club shoot results).

I will need everyone to include their current age on the score card, **OR** use one of the appropriate age groups (Adult, Senior, Silver, or Master Senior).

All score to date currently ...

If you are missing a score in November or December, please let me know.

Thanks

Name	Division	Style	November	December	
Brandon Newcomer	A	BHFS		397	
Brent Siemer	GA	FS	445		
Brian Carter	MS	TRAD	304		
Brian Rohrer	MS	TRAD	186	155	
Charles Neace	A	FS	506	515	
Curtis Hermann	GA	TRAD	245	227	
Gary Howertron	MS	BB		131	
Jaclyn Howerton	A	FITA		356	
James Stankovich	GA	LB	244	289	
Jim Collins	A	BHFS	383	413	
Josh Fint	A	LB		369	
Ken Exum	GA	LB	147	191	
Kurt Hoberg	MS	FITA		424	
Matthew Ive	A	FS		495	
Morgan Thomas	A	TRAD		156	
Oscar Melendez	A	FS	344 inc	532	
Philip Mastinick	A	BB	318	382	
Stephan Buba	A	FS	504	500	
Terry Marvin	MS	FS	430	417	
Tom Swindell	GA	LB	190	229	
Wendell Wright	GA	LB	361	327	

... JBD

# UPCOMING EVENTS AT OUR RANGE



*Conejo Valley Archers*  
CONEJO VALLEY ARCHERS

## Conejo Valley Archers Spring Classic

March 9-10, 2024

Three Archery Tournaments in One!

Thrice the Challenge!

Thrice the Fun!

NFAA Field Round • 3-D Round •  
American 900 Round

**Open and Traditional Money  
Classes (M/F) for Each Tourney!**

**Over \$3,360 in Prize \$\$\$!**

Schedule	Saturday (9th)	Sunday (10th)
Registration Opens	7:00-8:30	7:00-8:00
Ranges Open: 3D and Field Ranges	7:30-4:30	7:30-12:30
900 Round — Practice Round	8:30	8:30
900 Round — Start	9:00	9:00
Score Cards Due	4:30	2:00
Awards		2:30

Shoot one, two, or all three Tournaments over two days.

**Shooting Styles (Non-Money Class):** NFAA Bow Classes (FS, FSL, FSLR, BB, FSBH, TRAD, LB, BBR)

American 900 Round	3-D Round	NFAA Round	Entries and Extras	Fees
5 ends of 6 arrows/dist.	25 targets	28 targets - 50/50 field/hunter	<b>Each Tournament</b>	(non-money class)
4 minutes per end	Unmarked yardage	Marked yardage	Adult/Senior	\$25 (\$75 for all 3 tourneys)
122cm targets (5-ring option)	No Range Finders!	4 arrows per target	Under 17 years old	\$20 (\$60 for all 3 tourneys)
3 yardage distances:	2 arrows per target	5-4-3 scoring	3D Mulligan (2 Max)	\$1 each
⇒ Senior+ 40-50-60y	Traditional: 33y max	<i>Money Classes shoot Adult stakes by style (Comp. or Trad.) and use 6-5-4-3 "Pro" scoring (X=6)</i>	3D Doe Tag (1 Max)	\$1
⇒ Adult 40-50-60y	Compound: 50y max		<b>All Money Classes</b>	(money class)
⇒ Y.A. 40-50-60y	Cub/Youth: 25y max		Each Tournament	\$50 + (\$150 for all 3 tourneys)
⇒ Youth 30-40-50y	<i>Money Classes shoot Adult stakes by style (Comp. or Trad.) and cannot purchase Mulligans or a Doe Tag</i>			
⇒ Cub 10-20-30y				
<i>Money Classes Shoot Adult</i>				
				* \$20 of each money class entry fee added to Pot



**Awards for all Divisions (using NFAA rules) (M/F)** (Senior+, Adult, Y.A., Youth, & Cub)

**Grand Champion:** Total Score for all three tournaments (non-money class only)

**Money Classes:** Separate Men's and Women's Open (sights, releases, and stabilizers okay) and Trad Classes for each tournament. The Trad Money Class will include longbows and all recurve bow types (barebows only; arrow rests allowed). Must be present on awards day.

Food and beverages available on the range.

RV Park (full hookup) and camping by range at Tapo Canyon Park (reservation strongly recommended): <http://www.ventura.org/inland-parks/tapo-canyon-simi-valley>

Vendors Welcome! E-mail CVASC@cvarchers.com to reserve your space.

**Payments:** Pre-registration and pre-payment will be available through [www.cvarchers.com](http://www.cvarchers.com).

**Visit:** [www.cvarchers.com](http://www.cvarchers.com) for more information about the tournaments, the structure for the Money Classes, pre-registration instructions, and any hotel information.

**Questions?** E-mail CVASC@cvarchers.com

8/19/2023

# Open Range Days - Let Your Friends Know



Located at:  
4651 Tapo Canyon Rd  
Simi Valley, CA 93063

## CVA OPEN RANGE DAYS

February 3rd & 4th, 2024

A weekend a year that Non-Member Archers can explore our full range. Consisting of four distinct areas:

- **Field Range:** NFAA certified with 28 Stations, Carpet Bales.
- **3D Back Canyon Range:** NFAA Certified with 25 Stations.
- **3D Middle Ridge Range:** NFAA Certified with 17 Station, up to 25 Animals.
- **Tournament Range:** Separate Recurve and Compound Practice Areas.

We invite you to bring your friends and explore the benefits shared by our members on what some have called the best, most comprehensive, archery range in Southern California.

### When:

Saturday the 3rd from 9AM to 2PM

NOTE: Saturday Tournament Range opens at 12:00pm

Sunday the 4th from 9AM to 2PM

### Equipment:

Archery Equipment not included.

**MUST PROVIDE YOUR OWN GEAR**

**Cost:** Registration on the day of the event requires Cash Payments.

One Day: \$15 Per Person or \$20 per Family

Two Days: \$20 Per Person or \$30 per Family

For more information and to Register go to our Web-site:



[www.cvarchers.com/open-range-day](http://www.cvarchers.com/open-range-day)

## JOAD – Always On Point

Greetings Archery Families,  
2024 is going to be a busy year for our archers and coaching staff. Since our last update, the JOAD archers have competed in 2023 end of the year tournaments and already placed at tournaments in 2024!



California State Indoor Championships and Indoor JOAD Championships was held in Tulare, CA in early January. The JOAD shoot, which is held the Friday before the Indoor tournament, had CVA archers Johann M. and Isabelle B competing. Both archers shot extremely well. It was Johann's first tournament and Isabelle finished top 10 in a very competitive field! The Indoor Championships were equally as busy and exciting. JOAD archers, Jack H and Nic Y competed and so did Coach Ken! Nic Y. had an extremely competitive field of U21 recurve archers and had to compete in the evening shift due to the number of archers. Nic was very impressive and finished in the top 20 archers. Jack H, shot in U18 Recurve against 72 archers and finished 6<sup>th</sup> and even earned his JOAD Bronze Olympian Pin! Coach Ken finished 4<sup>th</sup> in Senior Recurve and he was awarded the Triple Crown Award for placing in the 3 state tournaments in 2023! Way to go JOAD CVA! We are so proud of all of you!

Isabelle B, not only competed in JOAD Indoor Championships but she also podiumed at a Cancer shoot in Pasadena and shot a PR (personal record) at the 2024 National Indoor Championships at Chula Vista. We are looking forward to seeing what she does next at our tournaments!

February is going to be a busy month for our archers. The Vegas Shoot is the first weekend, and we have several JOAD families attending and watching our archers compete. At the end of February, a handful of archers will be competing in the 2024 Indoor Championships in Salt Lake City, Utah! As you can see our CVA JOAD archers are traversing the country and representing at the highest levels!

The rain and busy schedules prevented our Holiday shoot from occurring in December, so instead it was held in January. Unfortunately, the rain once again was a significant factor, so we relocated our event to Coach Ken's house. Here JOAD team Parents, Tammy and David and Michelle and Jason made delicious breakfast burritos and French toast bake. Other JOAD parents brought a multitude of drinks, fruit, donuts and deserts for a brunch. The kids also held a gift card exchange where they had to earn the gift card by playing "Human Hungry Hunger Hippo." It was quite entertaining to watch.

Stay tuned for next month's issue as we'll show pictures from Vegas and Utah.



Archers preparing for upcoming 2024 tournaments. Picture from the right



Archers preparing for upcoming 2024 tournaments. Picture from the left.



Jack at the Tulare, CA State Indoor Championships. It was cold in the big barn!



Rare sighting! Archer Nic was pictured in Tulare...IN PANTS! He normally is in shorts.



Jack had to get his score card signed and officiated for his Bronze Olympian Pin



Isabelle with a PR and it was earned at National Indoor Championships!



Isabelle with her medal from the Pasadena Cancer Shoot. Well done and for a good cause!





A busy line with a break in the weather.



Human Hungry Hungry Hippo for our holiday games.



CVA JOAD is looking to create some fun and unique pins like "I killed the spider," "30 club" etc.



Some of our archers pin collections are getting full. Time for a bigger lanyard.

## From the JOAD Vault

Ken at the Gold Cup Tournament, New Jersey - June 17, 2002



## Some of the earliest modern humans in Europe used bows and arrows

Journal reference: *Science Advances*, DOI: [10.1126/sciadv.add4675](https://doi.org/10.1126/sciadv.add4675)

Story by Michael Le Page



Reproductions of arrows with flint heads like those found at Grotte Mandrin in France Ludovic Slimak© Provided by New Scientist

Bows and arrows were first used in Europe much earlier than we previously thought. More than 100 arrowheads have been found in

a rock shelter briefly used by a group of modern humans 54,000 years ago in an early foray into Neanderthal territory.

"It's incredible how many we have," says [Laure Metz](#) at Aix-Marseille University in France.

Metz is part of a team that has been excavating a rock shelter called Grotte Mandrin in southern France. This shelter was used first by [Neanderthals](#) more than 80,000 years ago, and then by modern humans from about 45,000 years ago - around the time that modern humans displaced Neanderthals all across Europe.

But, last year, the team reported that, for a 40-year period around 54,000 years ago, Grotte Mandrin was [used as a hunting camp by a small group of modern humans](#). The clinching evidence came from a baby tooth that isn't Neanderthal.

In the layers of earth from this time, Metz and her colleagues have now reported finding more than a thousand small stone points around 1 or 2 centimeters long. Of these, around 100 have been identified as broken or complete arrowheads, as they have one or more signs of impact damage resembling those seen when the team used newly made stone points as arrowheads. The others may be arrowheads too, but the researchers are unsure.

"The tips from Mandrin could hardly have been used in any other way than to tip arrows," says [Marlize Lombard](#) at the University of Johannesburg in South Africa, who wasn't involved in the study.



Researcher Ludovic Slimak holding a flint point from Grotte Mandrin  
Philippe PSAILA© Provided by New Scientist

Most of the Mandrin arrowheads are broken. Some are arrowhead tips that broke off inside animals and were brought back to camp inside butchered meat. Many show signs of charring from fires.

Parts that remained attached to the shaft have also been found. Because of the work involved in making arrow shafts, says Metz, when an arrowhead broke, hunters would have brought the arrow back to camp and replaced the broken arrowhead.

**Read more:**

Stone Age Europeans used human bones to make arrowheads  
Before now, the earliest unambiguous evidence for bows and arrows in Europe came from finds in Stellmoor, Germany, dating to around 10,000 years ago, says Metz. However, it was considered

likely that the modern humans who displaced Neanderthals around 45,000 years ago had bows and arrows.

These humans were definitely using stone-tipped projectiles; the issue is that, with larger stone points, there is no way to tell if they were spearheads or arrowheads. At some prehistoric sites in Europe, evidence of arrowheads may have been missed – archaeologists used to throw away smaller bits of stone, regarding them as having no value.

Bows and arrows were first developed in Africa at least 70,000 years ago. Lombard and others have found stone and bone arrowheads at several sites in southern Africa dating back as far as this.

The [modern humans who moved out of Africa](#) may have spread the technology around the world.

Despite presumably seeing bows in action, Neanderthals never developed them, says Metz. They kept using large, stone-tipped spears that were either thrust directly or thrown by hand, and so required close contact with their prey.

The team has found no evidence that the arrows were used in conflict, but Metz says warfare is so ubiquitous in human societies that she is convinced it took place in prehistory too. She says that, while it is possible that this small group of modern humans was wiped out by Neanderthals despite having technological advantages such as bows and arrows, we just don't know what happened to them. "We have no idea," she says.

# SNAKE BITE – FIRST RESPONSE PROTOCOLS

## THIS ARTICLE IS REPOSTED AGAIN THIS MONTH DUE TO ALL OF THE RECENT SNAKE ACTIVITY ON THE RANGE

You may be unsure whether you've gotten a snake bite or an unrelated injury. Some signs of a bite include puncture marks at the site of the wound, pain and swelling as well as neurological symptoms such as blurred vision or numbness and tingling of your face and limbs.

If you or another person, are bitten, try to remember the color and shape of the snake, because that may help medical professionals treat the injury.

1. Sit down and stay CALM
2. Do NOT apply a tourniquet
3. Do NOT suck on the wound
4. Stay calm, and alert any immediate local assistance to coordinate transportation to hospital, or call 911 – arrange to meet emergency vehicles at gates

### Site addresses:

- **Main Gate:** Tapo Canyon Park – 4651 Tapo Canyon Road
  - **Tournament Range side:** 5000 Bennet Road
5. Wash the wound with warm, soapy water if possible
  6. Circle the site of the bite with a Sharpie and write the time next to it. You should keep a list of your symptoms and

periodically update it, as that could help the medical team that treats you.

7. Cover the wound with a clean, dry dressing. **First-Aid kits** are posted all around the range areas at Main Kitchen, Stage area, between Targets #12 and #13 at the portable restroom, 3D Shade structure, Tournament Range, and the Public Session Range.
8. **Remove jewelry and watches, which will be much harder to get off if your limbs start to swell.**
9. If you begin to experience anaphylaxis, including swelling of the face and throat, hives or difficulty breathing, use an EpiPen if you have one.
10. **VERY IMPORTANT** – Call ahead to the local hospital to alert them that you are bringing in a rattlesnake bite victim and verify they have anti-venom immediately available at the site.

Local Hospitals that generally have or have access to anti-venom onsite:

- Los Robles Hospital – Thousand Oaks – 805-497-2727
- Adventist Health – Simi Valley – 805-955-6000

Report the incident to the club as soon as possible.



## “Topography and Thermals”

### *The key to finding and intercepting game in the wild*

*A column for the “Conejo Quiver” by Curtis Hermann Jan. 2024*

Last month’s column “Viewing Wildlife” and November’s “Just a Whiff” were fun for me to do, but I realized that an important piece was missing to round out your ability to find, see, photograph, observe or harvest life in the wild. The missing piece is “where do you start and in what direction do you go” when you choose to spend your day searching for live game.



We have discussed several times in this column that prey animals, (deer, elk, and small mammals) tend to feast mostly at night and move from eating to bed during the first hours of daylight, which is usually an uphill trek for large game. In summer large game animals choose bedding in dense cover on north facing slopes to defeat the midday heat. In the evening (last hour of daylight) the process is reversed and they may cross a saddle or other route on their way back to a feeding area. In colder months they tend to bed on south facing slopes to meet the warming morning sun. So, topography and thermals work together to add guidance in an animals travel routes. Therefore, this knowledge of thermals and topography is an important element to those of us who are trying to find and observe animal life.

Let’s first define what a thermal is. A thermal is a changing of air movement (column of air particles) or current driven by a temperature change. This temperature change is caused by the

rising or setting of the sun. Warm air is lighter and rises as the sun rises and cold air is denser and falls (searching for the lowest point at the end of a decline) as the sun goes down. Thermals tend to follow topography; they are more concentrated in a cut or dry wash in the side of a hill or mountain as they rise or fall. Rising (warm) thermals will take the easiest route to the top often heading towards a saddle or ridge point. Evening, (colder) thermals will start at the top and work down the slope.

Cool running water tends to pull thermals down to the water and along its banks.

Mountain thermals (because of microclimates) can be tricky as they dance all about, it takes a little practice and attention to figure them out.

Morning thermals rise as the sun rises and may last for several hours. As the morning warms the rising thermal currents they weaken and level out and prevailing winds begin to dominate the area.

Animals pay attention to the thermals and in the morning when they feel the warm sun hit them, they know the updraft thermals are about to begin. It is a signal that the time to start working their way to the bedroom has come.

They want to walk with the thermals as they head to a bedding area, that area may be chosen by the direction the thermals take them. The thermals also enhance their ability to detect following predators, (including hunters), more effectively.

The return route in the evening will also be chosen by the strength and direction of the evening downdraft thermals.

If you find a well-used game trail leading from a meadow or similar feeding area up a slope towards a bench, ridge point or saddle and another trail that leads down to a feeding area you can

bet the thermals pretty much follow the same route. One trail will have tracks leading uphill toward bedding, the other will have tracks leading downhill toward feeding.

Several things are taken into consideration in the making of a game trail, cover and geography are two but, by far the most important are the daily thermals and prevailing breezes.

Following these game trails (from off to one side) means you can parallel moving game with less chance of being scented, occasionally an opportunity for a shot or picture will happen.

Bowls are areas that often have thermals that act like spokes on a wheel, as the sun rises or sets it creates air currents that move with the changing light coming from the various draws, dips or small ridges, often this begins a circular air movement in the bottom of the bowl, so be very cautious to not get caught in this swirl or you will be detected.

Once you begin to experience and understand thermals you can often look over an area and visualize the thermals as they head to certain topography features like, benches, saddles, ridge lines and ridge points. A better way however, is to have a topographical map of the area and mark the areas you intend to scout and then see if you can visualize them from the ground when on site.

A bench on a topo-map will have the brown lines suddenly separate indicating a flat area, the brown lines in front and behind the flat area will be closer together indicating a steep incline. Benches are found on mountain sides, hill sides and on the side of ridges.

The brown lines on a topo-map indicate an elevation change of forty feet.

A saddle is a low spot between adjoining peaks and the brown lines on the map will narrow and then widen at the low point of the saddle, this easy access attracts both game and thermals. Ridge-lines are "V" shaped lines on the topo-map leading to a point or a low flat area. Ridge lines are popular routes as they make effective use of thermals from both sides of the ridge. This allows game to dive off either side to avoid predators. Points are a place along a ridge line that suddenly becomes steep and then levels out some at the bottom then continues down the ridge. Again, a great bedding area where thermals and prevailing breezes warn of an approaching danger, usually if the hunter approaches from above the point the breezes keep your scent away from the ridge point.

Today there are many apps that you can use to visually inspect the areas you have marked on the topo-map and then decide whether or not these areas are worth the effort to examine on foot. Its often crucial to narrow down these areas before the hunt begins so that a lot of effort is not expended needlessly. After all the West is large, expansive country and to narrow the search can often mean seeing more animals and being less tired at the end of the day.

Generally, game use thermals and wind to give them an advantage. Knowing how these elements work means you can parallel game (either above or below) to your advantage and a moment of opportunity to trip the camera shutter or to release an arrow may present itself.

You cannot outwit the nose of game, but you can try to prevent your scent from being a factor. With a firm understanding of thermals, what they are and how they behave, you can use this knowledge against game and with any luck, a camera click or a tag out can be had!

Till' next month, keep those arrows in the air,  
Curtis

***The best thing about hunting and fishing, the old man said, is that you don't actually have to do it to enjoy it. You can go to bed every night thinking about how much fun you had twenty years ago, and it all comes back clear as moonlight.***

**Robert Ruark**

**Ethnobotany:** The study of how people make use of plants.

The Conejo Valley Archers range is a lavish garden of plants that were used by the pioneers and native Americans that came before use to enhance their lives, health and to cure illness. From Hippocrates to Merlin to Buddha to local Shaman's, man has been trying to learn the secrets and uses of plants for thousands of years. That knowledge has been passed down through the centuries, even though most of us know little of this, the information is out there and available.

As the current occupants and humans responsible for the care and use of this large and lovely wild garden, I thought, just maybe, we should all learn what we can about the plants that grow there, their uses and how to recognize them. So, with the help of Jeffrey DelBosque (our very own certified botanist) I will try to make you aware of some of these plants and their importance to those in the past and how they used them.

This month Jimson Weed is just now coming into bloom on the range and its dark leaves and large white flowers make it visible for some distance. A native to North America and grows below 6,000' in temperate climates. It tends to take hold in disturbed soil and is common along roadsides or trails. The seeds are known to lie undisturbed for several years and only germinating when the soil is disturbed.

Visually it is certainly one of the prettier plants in our CVA garden, however it is a member of the *nightshade family* and every part of the plant (stems, seeds, leaves, flowers and roots) is toxic. Its toxicity is second only to the Castor Bean plant also found on the CVA range (*a plant we will discuss in a later issue*).

Like many poison plants, a small amount of the poison can be useful if handled by the right hands. A native Shaman would make a paste from the leaves and green stems that could be applied to broken bones or swollen joints to reduce or eliminate pain. Inhalation of fumes given off by burning or boiling the leaves was effective in relieving respiratory ailments.

Indian women were sometimes given Jimsonweed seeds to prevent miscarriages, (*I have no information that it worked however*). Navajo apparently were able to grind the entire fruit, mix the seeds and pulp with a special clay, and then consume the concoction as a food. I also don't know if this meal concoction had hallucinogenic affects.

Male Native Americans in their teenage years often were given a small drink containing Jimsonweed weed and the hallucinogenic effects were expected to foretell his future and purpose within the tribe.

In the modern world scientists have discovered that Jimsonweed contains vegetable proteins known as lectins. These are known to destroy malignant tumor cells.

A couple of interesting facts, the flower begins to bloom around midnight and blooms for only one day. It is sometimes referred to as the Thorn Apple plant.



I was not able to find uses (other than medicinal or hallucinogenic) for this plant.

Other plants on our range were used to make cordage, needle and thread or shampoo or to smoke or make pemmican, so stick with me as we take this little journey about our garden!

Curtis

## Ojai or Casitas Bush Mallow

The Ojai Bush Mallow is just one of the 29 species of Bush Mallow that can be found in California, this one however is unique to Ventura County and perhaps the Channel Islands. So, you can see how much research had to be done to make an identification.

It resides mostly on the east and south facing slopes of the Middle Ridge Trail where it finds all the sunshine it needs. This shrub ranges 3-6 feet in height and perhaps 4 feet in width and is a fire following shrub, probably taking seed after the CVA range burned down about a decade or so ago.

The flower has four petals of a light shade of pink and slightly less than an inch in diameter. The leaves are most interesting as they look to be extreme miniatures of a Maple Leaf design with three pointy lobes on each leaf. The leaf color is a flat almost olive green on the front side and a pale flat light green-grey back side. The leaf surface is bumpy to help it have more surface to absorb moisture from the air.

The stalk is long and the leaves, buds and flowers line up on the surface. Buds come in a group of five and when blooming each bud has a stalk long enough to separate the flower heads.

I was sure I would find some knowledge of how our ancestors or Native American use of the branches or stems in

basket weaving, fire starting or implant making. I found some notes that the more northern species had been used some of the limbs as arrow shafts and the leaves were steeped into a tea, but the plants on our range did not appear to me that they were usable as shaft material and I did not attempt to make a tea. The tea in the north did not appear to have any medicinal value.



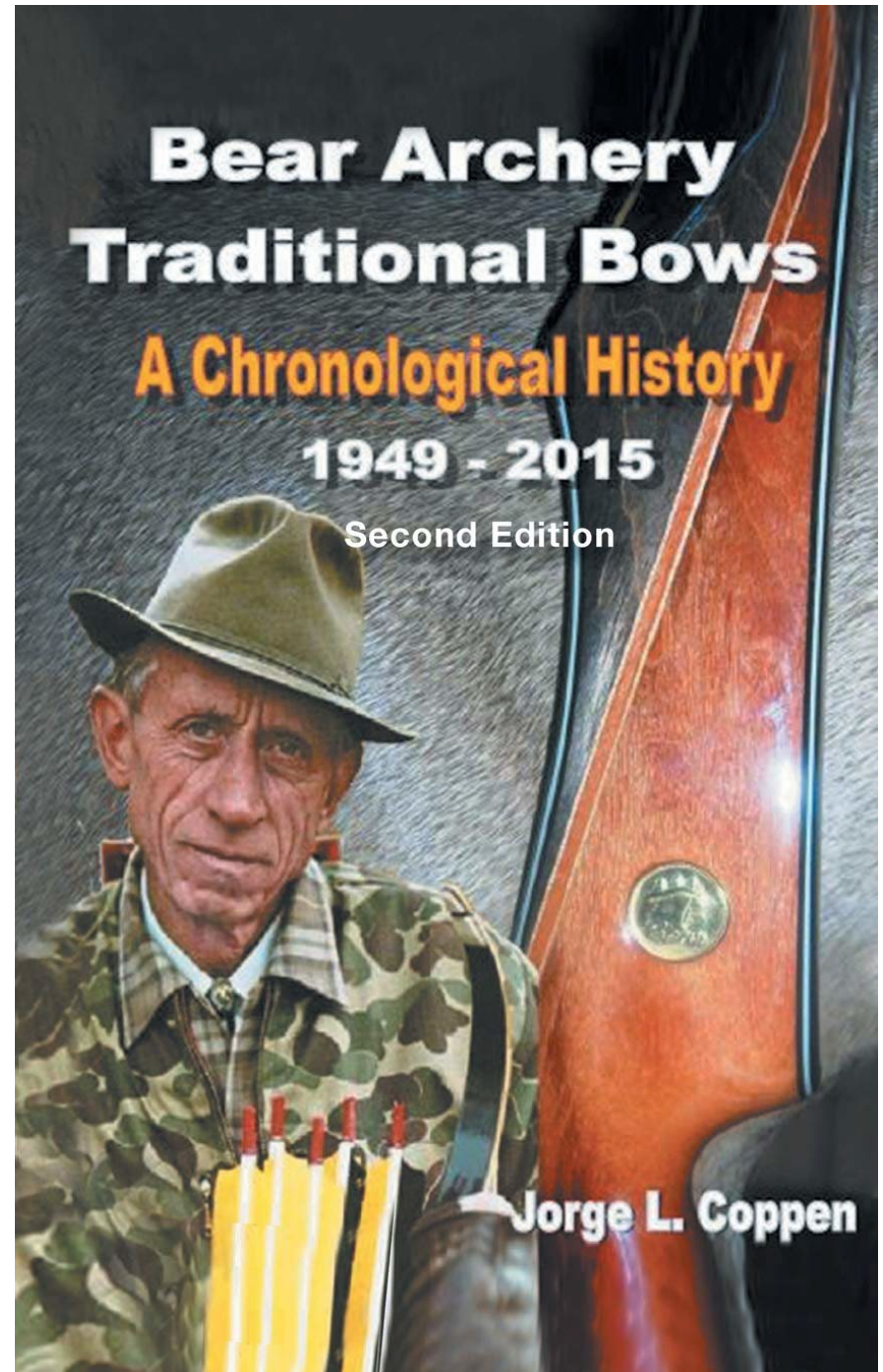
If you search the web, you must use the full common name of **Bush Mallow**, or **Ojai Bush Mallow** or you will find the Mallow plant (Marsh Mallow) which has many uses but is not a member of the **Bush Mallow** family and not living on the CVA Range.

I like this plant; I think it is pretty and the flowers only last for a month or so I thought I should get it into the newsletter as soon as I could.

Curtis

**NEW MIDDLE RANGE TRAIL**  
**ALL LANES HAVE BEEN ADOPTED**

Target #	Adopter	Type
1	John Gusan	Rabbit
2	John Gusan	Bear
3	Ben Shirley	Raccoon
4	Ben Shirley	Coyote
5	Ben Shirley	Coyote
6	Rogelio Segundo	Deer
7	Brian Carter	Caribou
8	Brian Carter	Standard Brown Bear
9	Trad group	Deer
10	Trad group	Deer
11	Brian Rohrer	Turkey Flock
12	Trad group	Raccoons & Ground Hogs
13	Trad group	Black Crow & Raccoon
14	Wendell Wright	Deer in Meadow
15	Tom Swindell	Antelope, Turkey & Pig
16	Jeff Owens	Deer & Dogs
17	Sarah Villalobos	Black Boar, Pig & Standing Bear



## ADOPT-A-TARGET (CVA Roving Range)

**Target lanes 8, 13, 14, 19, 24 & 26 are in need of adoption.**

If interested in helping to care for one of them you can contact our Club Vice President, **Cathy Linson** at [cmlinson@yahoo.com](mailto:cmlinson@yahoo.com) or by calling her at 805-791-5102

Jbd

### Current Field Range Lane Adoptions

Target	Adopter	Description
1	Torrey Johnson	35 yrd. fan field 36 yrd fan hunter
2	Torrey Johnson	30 yrd. field 32 yrd hunter
3	Tom Swindell	20 yrd. field 19 yd walk-up hunter
4	Paul Long	35 ft. walk-up field 11 yrd hunter
5	Doug White	80 yrd. walk-up field 70 yrd. walk-up hunter
6	Felipe Gamboa	25 yrd field 28 yrd. fan hunter
7	Doug White	55 yrd field 53 yrd walk-up hunter
8		45 yrd walk-up field 44 yrd hunter
9	Brian Carter	15 yrd. field 15 yrd. walk-up hunter
10	Kory Collins	65 yrd. field 64 yrd. walk-up hunter
11	Randy Jenkin	40 yrd field 40 yrd. Hunter
12	The Siemer Family	60 yrd field 58 yrd. walk-up
13		45 yrd field 23 yrd. walk-up hunter
14		50 yrd. field 48 yrd walk-up hunter
15	Chris Skor	45 yrd. walk-up field 44 yrd. hunter
16	James Traher	50 yrd. field 48 yrd. hunter

17	Carl Ward	20 yrd field 19 yrd. walk-up hunter
18	Brent Richter	80 yrd. walk-up field 70 yrd walk-up hunter
19		55 yrd. field 53 yrd. walk-up hunter
20	The Siemer Family	25 yrd. field 28 yrd. fan hunter
21	Mike Brien (temporary)	35 yrd. fan field 36 yrd fan hunter
22	Erik Hammerquist	30 yard field 32 yard hunter
23	Conner Blackwell	35 ft. walk-up field 11 yrd hunter
24		45 yrd. field 23 yrd. walk-up hunter
25	Ben Spielman	65 yrd. field 64 yrd. walk-up hunter
26		60 yrd field 58 yrd. walk-up
27	Brent Richter	15 yrd. field 15 yrd. walk-up hunter
28	Thomas Cayia	40 yrd. field 40 yrd. hunter
Practice Butts	Thomas Cayia	20 yd practice butts running pig



**805.581.1671**

2150 Agate Court • Simi Valley, CA 93065

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Brian Rohrer	Board Member		

# CVA 3D Ranges MAP

