

April Newsletter - President's Report:

We're two months into our year and our membership is around 120; not bad! And the members themselves seem to be taking a more active part. Monthly meetings have swelled from about a dozen to two or three times that many, even though the February surge is passed. And the most recent last work party-- rather than a solo effort by Bob Dupuy--had about thirteen archers lend a hand in rebinding bales, etc. The proposal at our meetings, for an upcoming vote, is that if members volunteer to help at least one full (3-hour minimum) work party (free food!), then their dues will remain the same next year. Otherwise, because we may be forced to *pay people* to help with the range, dues will increase from \$6 per month to \$10. There are about four work parties per year. The internet has and will make publicizing them easier. Helping only one morning per year is not a lot to ask.

Bobby Carrillo's 3-D shoot on April 17th benefitted from his hard work, great weather, the internet (again,) and had about 40 archers turn out! A slip-up in communication and the lack of an Entertainment Chair caused a problem with getting the promised food, so we're all hoping that someone will step up to this not-so-challenging but important post.

The Ed Roy Memorial Trophy is passed on each year to "The Most Improved Archer". His son and grandson came to the last meeting in search of the original plaque (not the perpetual trophy) honoring his father. If anyone knows anything about it, please contact me or any Club board member, and thanks!

More youth and more people brand new to archery are showing up. Please continue our tradition of welcoming them and sharing tips on shooting, equipment, and anything else to promote the sport and the Club.

Keep shootin' sp@ts! - Paul Farbman

South Bay Archery Club, Inc.
Meeting Minutes
April 13, 2011

Officers present: Paul Farbman, Bob Dupuy, Leon Fricke, Michael Ude, Keith Yang, Dieter Vees, Bobby Carrillo

1. Entertainment Chair position is still open.
 - Those who decide bring refreshments and snacks to the monthly meeting, they will be reimbursed.
 - Volunteering to bring refreshments and snacks does not mean a commitment as Entertainment Chair.
2. There was a work party last week Saturday where most of the bales were replaced or repaired. Big Thank you to those members who volunteered their time to help at the work party:
 - Dieter Vees Sr, Bob Dupuy, Leon Fricke, Dirk Voerman, Dieter Vees Jr, Ken Myer, Tom Hicks, Dale Warren, Brian Margeson, Robert Leahey, Dave Scotti
 - **April Shoot will NOT be on Easter Sunday, but instead on Sunday, May 1.**
 - Work Party - April 30th 9-10am
3. A discussion on the possibility of a new location for the monthly meetings. A proposal to find a new location in the Torrance area was suggested due to its central location in the South Bay.
4. The first of many 3D shoots took place this past Sunday and the turnout of 38 shooters was excellent for short notice and using email notification. The members who volunteered to help set-up the 3D targets are:
 - Steve Hocich, Bobby Carillo, Keith Yang, Dieters Vees Jr, Dieters Vees Sr, Fred Minton, Yannis Bays, Leon Fricke, Roy Brockaw, Tommy Brayman, Herminio Vargas, Dain Verret, Dave Scotti, Scott Golden

Meeting adjourned - 8:15 p.m.
Respectfully submitted by Keith Yang

SBAC Newsletter

Many prefer the club's traditional hardcopy newsletters. However, many are not aware that these hardcopy newsletters are done manually each month. After copies are made at Kinko's, the newsletters are manually folded in half, stapled shut, and affixed with a postage stamp and an address label. Not only is this an extremely time consuming task for all 275 members, but it is also expensive compared to other options available today.

- Postage stamps = \$0.44 each (no, the club does not get a bulk rate discount or anything like that)
- Address labels = \$0.04 each label
- Kinko Copies = \$0.22 each for double sided pages (# of pages vary from newsletter to newsletter)
- Kinko Stapling = \$0.03 each copy
- Folding newsletters in half, stapling folded newsletters, affixing postage stamp and address labels: \$0

Total newsletter cost to club: \$0.95 per newsletter

February newsletter total for 275 members = \$261.25

=> extrapolated, the cost would have been \$3135 for 2011

March newsletter total for 60 newsletters = \$57

=> extrapolated, the cost would be \$513 for the remaining of 2011

Clearly, transitioning to electronic newsletter has saved the club a significant amount of money that can be better used to maintain the road, purchase new bales and targets, purchase other needed equipment/tools and supplement the lunches at 3D shoots. All of which are continually in need of funding.

Therefore, as Newsletter Editor, I am proposing that members who still desire traditional newsletters mailed via USPS, contribute an additional \$1 each month for a total of \$12 per year on top of their annual membership fee. If approved at the June meeting, the 2011 cost for hardcopy newsletter will be \$6.00 for the remaining six months starting June 2011. Newsletters will then default to the electronic format unless requested and paid for otherwise.

The Annual Challenge Shoot, between South Bay Archery Club and R-Ranch Archery Club, will held on June 11th. This will be our 6th year and we look forward to seeing everyone again.

Please notify Sam and Carol Hitchcock or Gary and Mel Cooper if you are planning to attend. We have guest passes available, Sam and Carol will host those who will be using a cabin, and Gary and Mel will host those who will need R.V. spaces.

Contact information:

Cooper 310 374 3809

gary.melody.cooper@verizon.net

Hitchcock's 310371 3213

aarcher487@earthlink.net

April 3D Shoot Scores

Cub Girl

- | | |
|--------------------|-----|
| 1. Vanessa Hufford | 295 |
| 2. Josiah Talbott | 142 |

Youth B

- | | |
|-----------------|-----|
| 1. Chase Golden | 151 |
|-----------------|-----|

Adult Women

- | | |
|-------------------------|-----|
| 1. Lori Prichard-Beller | 328 |
|-------------------------|-----|

Traditional Long Bow

- | | |
|------------------|-----|
| 1. Roy Brokaw | 309 |
| 2. Scott Golden | 255 |
| 3. Mike Smith | 196 |
| 4. Glen Talbott | 176 |
| 5. Jeff Mitchell | N/C |

Recurve

- | | |
|-------------------|-----|
| 1. Bill Feldt | 251 |
| 2. Leon Fricke | 248 |
| 3. John Burns | 214 |
| 4. Rob Hernandez | 191 |
| 5. Trent Mitchell | 189 |

Compound Bow-Hunter

- | | |
|-----------------|-----|
| 1. Matt Talbott | 179 |
|-----------------|-----|

Compound Finger-Sight

- | | |
|-------------------|-----|
| 1. Bobby Carrillo | 430 |
|-------------------|-----|

Compound Release-Sight

- | | |
|----------------------|---------|
| 1. Pete Guarrasi Jr. | 406 |
| 2. Dain Verret | 402 |
| 3. Leo Furlan | 385 |
| 4. Mike Desso | 378 |
| 5. Robert Alaga | 374 Tie |
| 5. Pete Guarrasi Sr | 374 Tie |
| 6. Steve Mosich | 372 |
| 7. Bob DuPuy | 362 |
| 8. Andy Cacciatori | 358 |
| 9. Dieter Vees Jr. | 354 |
| 10. Fred Mintun | 352 |
| 11. Yannis Boys | 347 |
| 12. Sean Lane | 343 |
| 13. Dirk Voerman | 340 |
| 14. Keith Yang | 338 |
| 15. Greg Senechal | 335 |
| 16. Dan Martin | 333 |
| 17. Don Grey | 329 |
| 18. Kurt Barcenilla | 327 |
| 19. Rick Hufford | 265 |

Upcoming 3D Shoots:

Thu, May 12, 5pm

Wed, May 25, 5pm

Thu, June 9, 5pm

Wed, June 22, 5pm

Thu, July 14, 5pm

Wed, Aug 10, 5pm

\$10 members;

\$15 non-members

Arm Strength Enhancers

By Deed Cimperman



During the off season, or when shooting your bow isn't an option, you can strengthen your archery muscles using a simple tool that works for me. This arm strength enhancer is easy and economical to build, and fun to use.

All you need is a 4" piece of fairly hefty PVC pipe, an 8" x 3" piece of leather, and something to provide strength resistance. I used slingshot natural latex rubber tubing on one, and a piece of Thera-band® on the other.



Thera-band® is a shortened form of physical therapy band. The bands come in various colors, based on the relative strength of the band, and you can buy any length you like. Mine is about 5 1/2" wide and is very thin. I got it at a Physical Therapy Clinic, and they are probably available in many other places. It costs about \$1.00 per foot and will last for a very long time. The knot makes a comfortable handle.

You can search the web for "latex rubber tubing" or call your local pharmacy. I make lots of slingshots so I adapted that idea for one of my devices. The resistance should be about the same as the draw weight of your bow to do the most good. I used leather for a handle on this one.

A Thera-band® is a terrific piece of equipment that you can use to exercise many muscle groups, not just archery muscles. You can strengthen your "swing" muscles for tennis, golf or baseball. It can be attached to a tree, railing, doorknob, or just about anything handy. You are limited only by your own ingenuity.

Kids' Tip--Let 'Em Rip

By Troy Fowler



Back before I became all old, stodgy, and set in my ways, I shot any arrow that was close. Spine differences of 20 pounds and five different broadheads in my quiver were normal. FOC be darned; I just wanted to shoot. Interestingly, many critters succumbed to this strategy.

Then someone introduced me to "real arrow tuning," including matching points, arrow weight matching, and so forth. It's really cool. Suddenly I could shoot a bare shaft accurately.

Time passed and two boys arrived under my roof by the standard means. Quickly gaining bipedal status, they started shooting the department-store-issued plastic bows. (Why on Earth are most plastic bows yellow?) Anyway, the plastic bows doubled as baseball bats and pry bars, reducing their life expectancy. In time I replaced the plastic toys with light-poundage bows built by [Great Northern](#). Immediate discussions ensued about pry bars and baseballs. My boys love these bows, and the bows love the boys. It has been seven years and both bows live on. The abuse they have taken, including rain and days left on the ground, is amazing.



Here's the point of this scribble: Let the young guys rip with whatever arrows you have on hand, especially when they start out; just let them shoot. Horrible arrow flight, you bet, but kids don't care. If they hit the target from 7 feet, to them it might as well be 50 yards. The day will come to match things up. They have plenty of time to become old, stodgy, and set in their ways. For starters, archery should just be fun.

Teach your Kid's Archery from www.Bowshooter.com

SBAC By-Laws – RANGE RULES

1. No open fires of any kind is allowed anywhere on the range
2. No overnight camping
3. No firearms on or adjacent to the range
4. No alcoholic beverages
5. Absolutely no hunting on or adjacent to the range
6. No crossbows on or adjacent to the range
7. Archery is restricted to practice butts and shooting lanes only except for 3-D shoots
8. Range access from sun-up to sun-down (daylight hours only)
9. No driving on Range for at least 24 hours after last rain
10. Park only in parking area near practice butts - No parking on dirt access road
11. Driving on the range shall be at a safe, courteous and controlled speed
12. No sharing of range key with non-members and no duplication of range key
13. No off-road vehicles allowed on the range (ATV, etc)
14. Membership card must be in possession while on range

Gate reminder:

1. Hold crank handle and check the latch before you begin to unwind to prevent being hit in the face by the handle.
2. Unwind chain all the way out to prevent any stress to anchor points
3. Do not run over chain that is **not** on the ground
4. Rewind crank correctly by making sure the crank latch is secure
5. Do not stretch chain too tight – it will unwind quickly and hit someone in the face
6. Please lock gate – lock to lock
7. Lock gate after entering and after leaving range