

SOUTH BAY ARCHERY CLUB, INC.



Motto: To foster, expand, and perpetuate the practice of field archery and the spirit of fellowship among archers

<http://www.southbayarchery.net>

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General Information

SBAC meetings are held on the **second** Wednesday of each month from 7:30 to 8:30 p.m., at **the Ladera Linda Community Center**, located on Forrestal Drive, off of Palos Verdes Drive South, across the street from Trump's Golf Course, up the hill almost the end. We meet in one of the classrooms to the right of the parking area.

SBAC monthly shoots are held on the **fourth** Sunday of each month, except in December, when it is held on the *third* Sunday. All shoots start at 9:00 a.m. **Registration closes at 9:15.**

Monthly Shoot Fees are as follows:

Single	\$5.00
Family	\$10.00
Juniors (Young Adult, Youth, and Cub)	\$1.00
Guests (first time with a member is free)	\$10.00

Club patches are \$5.00 Club T-shirts are \$15.00 (regardless of size)

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

July President's Report

President's Report:

It's basically the middle of the year, and our membership numbers have seen a bit of a dip. The good news is that our finances are sound. It would be nice to see more people at tournaments, what with the mornings starting cool and the camaraderie running high, but those who show up are having a good time.

I apologize to all for my inability to get last month's minutes through to Editor Villy Angelico and the Newsletter. My Los Angeles Unified School District email often gets lost in the ozone, with no indication to me that what I sent was never received. Since Secretary/Membership Chair Keith Yang couldn't be at last month's meeting, it's the president's job to see that business is covered, including that the minutes be recorded and distributed. So I screwed up, and I'll be issuing a retro-version of them so they can be amended/approved/etc. A lot of the basic information, fortunately, was in last month's "President's Report".

As will probably be noted in Keith's minutes for the July meeting, we grew by three new members (two families,) our member families number about 140, and the gate keys are on order. The purchase of spiderweb backstops is on hold as we wait to see if members who volunteered to make a used-carpet "bale" are successful or not. Target Captain Dieter Vees has offered to reinforce the doors/opening if we purchase a plastic housing, as they tend to be flimsy and unable to sustain use. Our present goal is to remake the bales at lane 4 so that arrows shot at such a close distance don't disappear after they penetrate the straw or wood fibers.

Sales: the meetings seem to be a good place to buy and sell personal archery equipment, as is the Newsletter on the website. This month, check out Tournament Chair Bob Dupuy's \$650 offering, which he assures is worth a heck of a lot more. Contact him for details. And kudos to Bob for reinstating ribbons as awards for those earning them at tournaments. I think it's been about six or seven years since we've seen them, and these are SBAC, not generic ones. He's also on top of things for earned pins. And not that he minds, but there is NO "R" in his name. It's pronounced Doo-PWEE, *not* Doo-PREE.

Sadly, the sixth annual R-Ranch/SBAC competition has been cancelled due to lack of participation. It's a shame because it's a fun venue in the Sequoias, with a history of success and good times. Hopefully we can reschedule.

3-Ds continue to be (sadly) on a tentative basis, and hunting seasons won't change that. The best place to check for up-to-the-minute status for ALL shoots and tournaments is on our website. VP Michael Ude has been keeping it extremely current.

And thanks to Range Captain Robert Leahey, our road continues to be passable. New signs will be added to the "gate" to indicate the range's state of use, but more on that *after* we get them.

Keep shootin' sp@ts!

- Paul Farbman

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

- Discussion of warning signs at entrance.
- Land conservancy is requiring signs indicating range status upon entrance.
- three signs will be on the chain:
 - a. Range in use
 - b. Range not in use
 - c. Range closed for repair
- Archers responsibility to flip signs

➤ **Next 3D shoot is moved to July 21.**

- R-Ranch invites SBAC members for their monthly shoots

- Results for the last 3 month tournament shoots:

April shoot	May shoot	June shoot
1st. Bobby Dupuy	1st. Dieters Vees Jr	1st. Arnie Villacorta
2nd Arnie Villacorta	2nd Michael Ude	2nd Paul Farbman
3rd Dieters Vees Jr	3rd Paul Farbman	3rd Bobby Dupuy

- Sunday, July 24 shoot is a Hunters round.
- Check out SBAC on Facebook!
- Majority of meeting discussion was on the purchase of additional spider target system for lane 4. An alternative to build carpet targets was raised and pros/cons were discussed. The con to carpet targets is the difficulty of pulling arrows. Dieters, Fred, and another member will build a prototype to determine the feasibility of using carpet targets.
- 2nd print to ensure all members have an opportunity to be aware of the June approved New member fee.
 - ***Approved annual membership fee is now \$10 per month = \$120 per year***
 - Those members who actively support at least one work party in a fiscal year will be reimbursed \$48, i.e. the membership fee will remain at \$6 per month = \$72 per year
 - The target captain must confirm your attendance and support by having your name published in the newsletter.
 - \$15 new member registration fee
 - \$5 annual key fee
 - \$1 per month hardcopy newsletter = \$12

○ Total = \$120 (membership) + \$12 (newsletter) + \$5 (key) + = **\$137 maximum per year for renewing members**

○ Total = \$120 (membership) + \$12 (newsletter) + \$5 (key) + \$15 (registration) = **\$152 maximum per year for NEW members and any renewing member who did not renew within the grace period**

- It's July and to date, no one has requested the hardcopy newsletter. Please send your current email address to the SBAC Newsletter Editor (VillyAngelico@yahoo.com) if your email address has changed in the last 3 months. For those who still want hardcopy newsletters, please send a check made out to SBAC for \$5 (\$1 per month) to:

SBAC Newsletter Editor
PO Box 1391
Torrance, CA 90505

- Our **Annual R-Ranch Challenge Shoot CANCELLED** due to lack of interest.

Announcement:

SCAA Members - OUTREACH will introduce archers to CBH/SAA. The program is free and we encourage you to make this information available to club members and fellow archers. Sign up dates for OUTREACH are July through September 2011.

To be eligible you need an email address and are not currently a member of CBH/SAA. Participants will receive an email link to the Newsletter plus tournaments and shoots that offer a discount. At the end of the year, participants will receive an email requesting you become a member of CBH/SAA. If you decide to join you will continue to receive the Newsletter, eligible for CBH/SAA discounts at shoots, eligible for awards at CBH/Broadhead Tournament.

To become a participant in OUTREACH send an email to mpsevertson@frontiernet.net with your name, email and address requesting to be a participant in OUTREACH.

Thank you, Sharon Prey (SCAA Secretary CA 63)

Upcoming 3D Shoots:

Thursday July 21 5PM 3D Fun Shoot

Wednesday July 27 5PM 3D Fun Shoot

3D shoot fees: \$10 members; \$15 non-members

Types of Archery Releases

By [Etan Calvert](#)

Archery releases are attached to the bowstring and they let you release the string easily by pushing or pulling the trigger. They are usually partnered with compound bows but they can be used with other types of bows as well. There are actually 4 types of aid and one of which is the wrist type release aid. This is a quite popular option among bow hunters because of its simple design and the power of the release. How do you use it? It is attached to your wrist with a strap and it is held there using either a rod or a rope. Use your index finger to aid the release mechanism. One thing I like about this type of aid is that you can keep your hands and fingers relaxed because all of the weight is supported by your wrist.

The hand-held release aid is another type of aid that is commonly used by target archers in tournaments. Some use calipers to attach to the bowstring while some make use of a rope loop. Hand-held archery release aids are commonly triggered by using back-tension, the thumb or the pinky.

Some archery releases can be very expensive and they can cost over \$350. The automatic archery release aid is pricey because it makes use of a hydraulic valve or an electronic timer for the release string to be triggered. It will be activated once you pull your bow, it will then discharge the string automatically after reaching the time you have chosen. A lot of new designs come with a safety button that you can push to keep the release from firing.

The last type is the back-tension release aid. It doesn't have a trigger, it is manipulated by rotating the aid in your hand or by slightly relaxing your drawing hand after pulling back. This type is really not recommended for neophytes because they tend to have a steep learning curve. You may need to practice using other aids before you purchase a back-tension designed aid.

Archery Sights - Shooting and Adjusting Bow Sights Made Easy

By [Jeremy Cromer](#)

Archery sights allow anyone to pick up a bow and learn to shoot with ease. Setting the sights may seem like a daunting challenge, but it's really not hard at all. The most difficult task is learning to shoot sights properly. You will need to anchor in the same position each time as well as look through the peep sight in the same spot on each and every shot. It is also very important to hold the bow still after the shot while concentrating on where the arrow will hit all the while watching the arrow find it's mark. Do not lower your bow, but leave it in the same position until you see the arrow hit the target.

Pin sights require a peep sight in order to be as accurate as possible. When choosing a peep sight remember that the bigger the peep's hole the more light it will allow through in low light conditions, but it will require more discipline from you to look through the same spot each time. To find the exact location on the string to install the peep sight simply draw the bow and lower your eye to the string. Have someone mark the string with permanent marker where your eye comfortably aligns with the string. The bow will have to be pressed in order for the peep to be installed.

To shoot accurately consistently, you will need to draw your bow and comfortably lower your eye to your peep sight. You will anchor your bow using your fist under your ear and by lowering your nose to the string in the same place each and every shot. It is very important that you look through the same spot on the peep each time you shoot. I personally align the pin with the bottom of the peep sight. Looking through the bottom of the sight ensures that I'm looking through the same spot time after time.

To set your archery sights, start shooting your bow at 10 yards. Shoot several arrows before adjusting your sights to be sure of your grouping. Adjust your sights by moving your sight pin in the direction that you are shooting by "chasing your arrow with your pin". If you are shooting high, simply move your sight pin up. If you

are shooting low move your pin down. If you are shooting to the left move the pin to the left and if you are shooting to the right, move your pin to the right.

Next, step back 5 yards and shoot. The sight you have already set may still be accurate. If so, just step back five more yards. If not, set your second pin the using the same method above. Continue to step back and shoot and 5 yard increments while shooting and setting a new pin as necessary.

Follow these steps and archery sights will allow you to become a more accurate archer without any frustration.

A Look at Types of Arrow Rests

By [D Swain](#)

The arrow rest is one of the most important pieces of equipment for any archer. The rest will keep the arrow stable while you draw and release. You can use various types of rests. Here are a few types of arrow rests that archers can choose from.

Drop-Away

Some people refer to drop-away rests as fall-away rests. Whenever the arrow is shot, the rest simply drops away. Therefore, you won't have problems with fletching clearance. You can easily use helical fletchings with these rests. Shoot-through rests are similar to this design as they both use prongs to cradle the arrow. However, they are usually much better at keeping the arrow in position since they typically use large notches.

You should know that this type of arrow rest may be very difficult to install yourself. Installation and precise tuning can be tricky, especially if you don't know what you're doing. This is why these rests should usually be installed and tuned by a pro.

Containment

The containment arrow rest is especially good at keeping arrows in place. Some containment designs only touch the arrow at three contact points, while others completely enclose the arrow. An advantage of containment rests is that they're usually easy to install and tune. You would also like the fact that different types of arrows can be used with these rests.

Some designs can damage the fletchings. The feathers' edges may eventually become ragged. If you're using plastic vanes, they may wrinkle. You'll only have this problem if the rest was designed to make contact with the fletching. If it doesn't make contact, you will need to make sure the nock and fletching are aligned correctly, or you'll have clearance problems. It's usually best to use straight fletchin when using a containment arrow rest.

Shoot-Through

A shoot-through rest is one of the most common designs. This design has two prongs that are slightly spaced apart that cradle the arrow. These prongs are spring-loaded and flex forward and done whenever you shoot. The prongs typically spring back into position after the arrow clears so that you're ready to shoot again.

The main benefits of this type of arrow rest are that they're quite cheap and easy to install. You can probably get one for \$20 or so.

However, you will mainly need to use straight vanes with this type of rest. Proper clearance can be a problem when using offset or helical fletchings. You may also have problems with the arrow falling off of the prongs since it isn't contained. An uneven drawstroke or strong wind may knock it off.

Pressure

One of the final types of rests is the pressure or shoot-around rest

The Bit of Archery History

By [Linda Thompson](#)

The history of archery is an interesting one, by following the evolution of archery we also follow the history of mankind which is so closely linked.

Throughout the world we have found evidence of ancient archery, even in places where in the past it was thought that the bow and arrow was not used, such as Australia.

It is thought that archery most likely dates back to around 20,000 BC which is in the Stone Age, but the ancient Egyptians are credited as being the oldest known people to have used the bow and arrow. Archery was adopted by the ancient Egyptians at least 5000 years ago for the purpose of both hunting and warfare.

In 1200 BC the Hittites, an ancient people who lived in what is now known as Turkey and northern Syria, used the bow and arrow from fast, light chariots that enabled them to become dreaded opponents in Middle Eastern battles.

Their neighbours known as the Assyrians, who originated in Iraq, Iran, Turkey and Syria also used archery extensively. They reshaped the bow to a recurve shape that was shorter and much more powerful enabling them to be handled a lot easier by an archer on horseback. They also used several different types of material to build bows including horn, tendon and wood.

In China archery can be traced back to the Shang dynasty which was between 1766 and 1027 BC when war chariots carried a three man team consisting of a driver, lancer and archer.

It was during the ensuing Zhou dynasty between 1027-256 BC that the Chinese nobles at court liked to attend archery sporting tournaments that were accompanied by music and much fanfare.

The Chinese introduced civil archery to Japan around the six century and it had an overriding influence on later techniques and etiquette. One of Japan's martial arts now known as kyudo (way of the bow) continues to be taught in Japan in the traditional manner. A bow over 2 metres long and made of bamboo, wood and laminated strips is used for shooting a target set in a roofed over bank of sand.

During the Greco-Roman period, the bow was utilized more for personal exploits or hunting than it was for warfare, Archery is frequently depicted on pottery dating to that time.

The Romans are not believed to have been very good archers, more than likely because up until the 5th century the bows they used were shot by drawing the string back to the chest rather than the face which gives the arrow far more accuracy.

Enemies such as the Parthians had far better skills; they were accomplished horsemen who were able to shoot backwards by swivelling around in the saddle often at full speed.

The superiority of the archery equipment and techniques used by the people of the Middle East continued for centuries. Attila the Hun and his Mongols, using Bows similar to those of the Parthians and Assyrians, conquered much of Asia and Europe and the Crusaders were thrown back by Turkish archers.

The bow was a means of survival during the days of English and later American colonization and still is in some countries on the African continent

The popularity of archery has also been reflected in many songs and folklore, probably the most famous being Robin Hood, but archery is also often referenced in Greek mythology.

The first known organized archery competition included 3000 participants and was held at Finsbury, England in 1583.

By the time of the European 30 Years War between 1618 and 1648 because of the introduction of the gun, it had become clear that the bow and arrow as a weapon belonged in the past.

Since that time, archery is has become extremely popular as a recreational sport.