



## **SBAC November Newsletter**

**Please contact [villyangelico@yahoo.com](mailto:villyangelico@yahoo.com) to make archery related announcements (e.g. other club shoots), to provide archery related articles, to submit any archery related photos or to sell archery items in this newsletter.**

# SOUTH BAY ARCHERY CLUB, INC.

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

## 2011 SBAC OFFICERS

### President

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### 3-D Chairperson

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### Range Captain

Robert Leahey  
(310) 618-0598

### Classification Chairperson

OPEN

### Entertainment Chair

Niels Goerrissen  
(310) 530-0087

### Big Game Chairperson

OPEN

## 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)

Items (articles, want ads, etc...) should be submitted to the Newsletter Editor via e-mail no later than the Saturday following the club meeting.

## September President's Report

### President's Report

Though our monthly meeting only had two or three bodies by 7:15, as we got further into the hour, about 30 people showed up, including four new members. Why is this important? Because next month, December 14<sup>th</sup>, we will have our annual elections for officers and captains. *You need to be there to run and to vote!* If you're interested in running for any position, please let Keith Yang know as soon as possible, particularly if you'd like to be on the agenda to make a statement. Sadly, most positions have no one "running" against incumbents, and we're grateful to have any and all volunteers! Those elected will be announced immediately, but the actual "new Board" won't assume its roles till the beginning of February when we start our new year.

Speaking of "volunteers," ***please show up at the upcoming work party on December 3<sup>rd</sup>*** from 9 a.m. till noon. We're making carpet bales, and it's your last opportunity to keep your dues for next year at \$72—for those who put in at least three hours at the work party--instead of \$120—for those who don't put in the required time.

What are the four southern California locations for thrill rides? Magic Mountain, Knott's Berry Farm, Disneyland, and the range's Bow and Arrow Trail... But the "thrill" of whether you'll make it out of the range has changed, and it will get even better. Our road has had some recent repair, but it's scheduled for a major face-lift very soon as Mother Nature and Father Time have been taking their toll, and 4-wheel drive trucks being necessary for towing out cars has been far too commonplace. We have the money to "get 'er done," and we're going to "make it so". (Apologies to those unfamiliar with these media references.)

A sign of the times? Rather: signs! We're putting our own flip signs back on the gate to indicate if the range is ***in use*** (hikers need caution,) ***not in use***, or ***closed*** due to a work party or recent rain. Please use them accordingly.

Make sure you check our Facebook page, or Upcoming Shoots on our website, to stay current with Club activities.

An Executive Board sub-committee meeting is scheduled to hammer out the details for becoming a recognized non-profit organization (501 C-3) which will eventually allow us to choose our meeting venue—like Zamperini Field (Torrance Airport) or other possibly more convenient locale.

***Keep shootin' sp@ts!***

- Paul Farbman

## South Bay Archery Club, Inc. - Meeting Minutes November 9, 2011

- CALL TO ORDER - 7:30 p.m.
- Welcome to new guests – four
- Minutes approval from Newsletter online. No changes.
- President's report - Paul Farbman
  - The signs for gate earlier approved by the Club will be ordered.
  - The road, though recently fixed, needs to be maintained regularly (by Chuck,) and major work (by Cooper) is planned.
  - We're actively looking into metal gates (real ones,) after which RPV Public Works will approve it, but **we** will pay for it.
  - The Entertainment Chair needs to make sure bottled water is provided and put out at all tournaments .
- Vice President's report - Michael Ude
  - Hats (MANY—in camouflage) are in, as are patches, stickers, and an abundance of T-shirts in various sizes, colors, and camouflage patterns.
- Membership/Secretary's report – none.
- Treasurer's report – Leon Fricke
  - Funds are available for much-needed road repair, a new gate, and 3-D animals.
  - Still awaiting receipts for road maintenance. We will create invoices for Chuck.
  - Report approved as given.
- Tournament Chair's report – Bob Dupuy
  - 10 archers shot at the October tournament. Ribbons and pins were handed out.
- Range Captain's report – Robert Leahey
  - Road has been repaired.
  - Still no invoice from Chuck, but \$1200 is owed.
  - Major road work will cost \$3000-4000. Approved.
- Target Captain's report – Dieter Veas
  - **Carpet bales work party. On December 3<sup>rd</sup>, 9 a.m. – noon at the range.**
  - **November 27<sup>th</sup> Shoot will be a hunter round**

BREAK - Enchiladas and burritos

- Entertainment Chair Report – None.
- Newsletter Editor Report – None
- 3-D Chair's report – Bobby Carrillo
  - Request for \$1000 to purchase three new 3-D animals approved
- Old Business
  - The 501 C-3 status will be pursued by an executive sub-committee
  - New Business from the floor - none

ADJOURNMENT - 8:30 p.m.

- Respectfully submitted,  
Paul Farbman

## October Tournament Scores

SOUTH BAY ARCHERY CLUB							
FIELD ROUND OCT. 2011							
NAME	STYLE	SPOT	SCRATCH SCORE	HDCP	HDCP SCORE	NEW HDCP	PLACE
BOB DUPUY	TRAD RC	3	196	283	479	283	
LEON FRICKE	TRAD RC	4	309	218	527	218	
DALE WARREN	BH	17	373	124	497	124	
TOM MAGILL	BHFS	38	478	62	540	62	1ST
CHARLES MARGESON	BHFS	23	446	68	514	68	
DAN MARTIN	BHFS	48	480	54	534	54	2ND
DEITER VEES JR	BHFS	40	467	65	532	65	3RD
ARNIE VILLACORTA	BHFS	63	509	1ST	509	*	
PAUL FARBMAN	FS	31	463	62	525	62	
KEITH YANG	FS	23	469	52	521	52	
<b>FIELD 20 PIN AWARDS</b>							
TOM MAGILL		15					
DAN MARTIN		BUNNY, 20					
DEITER VEES JR		BUNNY, 15, 20					
ARNIE VILLACORTA		BUNNY, 15, 40W					
KIETH YANG		20					

**ANNOUNCEMENT: In 2012, the first three months, January, February and March will be used to calculate handicaps. Any questions, please contact our Tournament Chair, Bob Dupuy.**

## Archery Trivia Facts:

Neroli Fairhall of New Zealand made Olympic history in 1984 by being the \_\_\_\_\_?  
First athlete in a wheelchair to compete at a “regular” Olympics.

What is the bag that archers use to hold arrows called?

Quiver

When was archery first included as an Olympic event?

1900; discontinued in 1924; reinstated in 1972

What does “bare bow” mean?

No aids.

In the world of archery, what does the J and D stand for in the JOAD program? \_\_\_\_\_

Olympic Archery \_\_\_\_\_ ?

Junior, Development

What difference in a Field Target versus a Hunter Target?

Field targets are black and white with a black spot. Hunter Targets are black and white with a white spot.

Belt, ground, back and bow are all different types of what?

Quivers.

How did Robin Hood win the archery contest?

By splitting his opponent’s arrow. This act is still known as a “Robin Hood”.

How fast can archery competitors arrows travel?

200+ mph

According to historians, how long has people been using a bow and arrows?

25,000 years. Bow and arrows were mainly a weapon for war and hunting.

What is another name for the fletches on an arrow?

Vanes

What does it mean to shoot “free style”?

Using mechanical aids and a scope.

The bow and arrow are of special importance to which martial art?

Kyudo. The Kyudo bow is recognizable by its long upper limb and much shorter lower limb.

## Starting children in Archery:

Archery is not for the very young, after all, there are dangerous arrows involved. Robin Hood and his Merry Men would be so proud to watch a well-trained student though. Archery is not as simple as it looks, it takes a lot of patience and training in order to execute a perfect shot and hit the target. Most kids who take archery end up becoming interested in the activity after attending a summer camp in which archery is offered as an activity.

Children who are involved in archery can enjoy several benefits. Archery overall helps improve greatly your child's hand-eye coordination. Archery also has the benefit of being able to help improve mental concentration, focus, and composure. This sport is also wonderful for helping instill great lengths of patience, as well as self-discipline. Archery is a wonderful sport for upper body strength and toning arms and shoulders.

Children who do not have patience tend to have more issues with archery, than those who are extremely patient. The typical beginner tournaments involve 60 arrows, while older divisions can have as many as 120 arrows. That is a lot of time spent on their feet for the child learning archery.

Children as young as 5 years old can start taking formal archery lessons. They should have the strength to hold the bow in front of him/her with an outstretched arm before you even sign them up or they lack the physical strength necessary to succeed. They must have the coordination to notch an arrow and shoot it, they must be able to draw the bow a minimum of 18", as well as the maturity to concentrate and follow safety rules.

When your child is first starting, they should not work with a bow heavier than 20 pounds, women's archery uses a 38-pound bow and men use from 48 pounds or higher. The beginner lessons should focus on proper technique and shooting procedures, rather than advanced skills. Your child should also learn consistency, which will be a requirement to excel. You need to carefully select an instructor that is able to help your child succeed in increments, for example -first learning how to shoot an arrow, then in hitting the target, then in hitting the bull's-eye, and finally improving shooting consistency.

You want to find an instructor who is certified by the National Field Archery Association (NFAA) or by the National Archery Association (NAA), which has four levels of coaches. The first level is a summer camp counselor who is trained in archery, while level four are the Olympic coaches. The best instructors are going to be competition archers themselves, so they can best teach your child.

The initial costs of equipment for a child under 10 is likely to cost \$250-\$350 depending upon their exact age, and the equipment their instructor requires. This does include the costs for their safety equipment, which should never be skipped in an attempt to save money. If your child starts archery around age 7, they will go through on average three sets of bows by the time they are 12. This is a very expensive sport until your child is much older and able to use the same equipment for several years, in which personal equipment is often a better fit for the child.

Archery can make a great choice for your child if they are taught properly and supervised by a trained instructor. Never force your child into any activity including archery, however there are tournaments that allow archers to make a very good name for themselves, including the Olympics.

### **How to straighten your wood arrows.**

Written by RJ Bachner

**One issue that plagues most traditional archers and Medieval ones as well is crooked shafts. After all, we make our arrows out of wood and wood bends fast and furiously under certain conditions so we must adopt some skills and strategies to combat this pain in the patootie.**

**There are a few factors involved in keeping your arrowshafts straight, such as moisture content, elastic memory in the wood, training, storage, gravity and most importantly, the consistency of handling.**

## Moisture content

**Firstly I think I will discuss the effects of moisture on wood, as far as it concerns us anyways. Wood loves moisture, it will soak it up as fast as it can till saturation then it rots. This is nature's way of recycling woodfiber, not what you want to have happen to your hard earned arrow shafts. To prevent moisture from soaking into the shafts we seal them with varnish, polyurethane, oils, waxes, something, everybody has their favs. This seals the shaft and holds what moisture and oils exist in the shaft where they belong while keeping the balance from changing as external conditions change.**

**Someone asked me why we should care about moisture content and the answer is both simple and complicated. Totally dry wood is brittle and splits easily when the moisture content is at 0% which is a bad thing considering the stresses we place our arrows under. As well, too much moisture can weight a shaft down and cause the individual wood fiber cells to swell which changes the internal stresses and causing the shaft to bend into new and weird shapes as these stresses try to work themselves out.**

**Imagine a handful of tiny balloons, each filled with water to a 1 inch diameter. Now we know water does not compress so as this jumble of balloons tries to settle itself in your hands, each balloon will change shape slightly to accommodate its neighbors. If you could by some means now increase the volume of each balloon, you would see them all change and grow. This would not just change the shape of the balloons but of the whole jumble and so it is with wood fibre.**

## Elastic memory in wood fibre

**Since wood is a natural material subject to a myriad of natural stresses during growth that we have no control over, wood shafts are naturally a wildly varying lot. Each shaft is slightly different as the wood grain runs through it differently and subjects it to internal bending stresses due to less than even moisture content in the wood. All is not lost though so bear with me.**

**Every material has a certain amount of give to it, where, when a force is applied to it, it will bend out of the way then snap back when the force is removed. This is called "elastic memory" and is what keeps the shaft in whatever shape it holds. There is a limit to this elastisism though, it is called the "elastic limit", beyond which the material will have taken a new shape and will not spring back to its old shape. This is also called "plastic deformation" and is a property we use to force a shaft back to straight.**

## Training

**Arrow shafts are not straight by nature, they are wild, untamed and will go all willy-nilly as conditions allow. However you can train them to be straight by straightening them properly and keeping them that way. After a while the shaft will accept the new condition, that of being naturally straight and they will want to stay that way. If you comb your hair the same way all the time, it eventually will want to naturally fall that way.**

**There is a technique to training your shafts that I have learned over the years and it is as follows:**

- **Store unsealed shafts in a place where the moisture level does not vary much but is about an average for your area. For example Montreal, where I live, is a very humid place so I let my shafts equalize with the environment in a closet where the moisture level changes little over time.**

- keep these shafts in firm bundles with elastic bands so that they all may support each other and all take the same shape. The bundles should be stored flat on a shelf or in a box so that the whole length is supported and not allowed to sag.
- when ready to work with the shafts, straighten each one then dip them in your favorite sealant with 2 or 3 light coats. Do not allow the shafts to soak up huge amounts of the sealant. When dry, straighten them again and re bundle them so that they may once again come to balance with their new condition as the sealant fully dries into the wood.
- From that point on, as you work on them, each step should be followed by straightening until the naturally want to stay that way
- Once completed they should stay straight but just before using them you will want to make sure each and every time. Something in the way they were carried or laid down or maybe they were squished during the ride to the shoot, anything can put a new bend in them so make sure, take care and they will hold straight.

## Straightening the shafts

Up till now I have given you some of the theory behind straightening a shaft because I do not believe that you can really do a good job if you do not understand what is happening. I do hope I have not bored you too badly :) but now we get to the meat of this page. Just how do we get these ratsafrafit kinks out of my expensive arrows shafts, you ask? Well it involves applying pressure to the bend in such a way as the bend is reversed, along the length of the bend with sufficient force to alter the woods shape (Plastic deformation).

First off we need to identify the location of a bend and to do that we have a most excellent tool. Our eyes. What I teach is to hold the arrow up to some light or well illuminated surface and while holding one end close to your eye, turn it as you look along the entire length. Unless the bend is very subtle, it should be plainly obvious to the naked eye and you will be amazed at just how little of a bend will show up under such scrutiny.

Now, you want to support the shaft on both sides of the bend if you can with the bend facing away from you. Using light pressure from whatever tool you choose to use, try to bend the shaft back towards you, reversing the kink. To do this you will rub the tool up and down the shaft from one end of the kink to the other. As you rub the shaft it will bend at that point, compressing some of the fibres and stretching others, ironing out the kink by deforming the wood and introducing a new state to those fibres. Do not press too hard or the shaft may snap but you do not want to go too light either. A little practice will show what works best.

When supporting the shaft, I usually put the point on something solid and hold the shaft just above the section that kinks so that when I apply the tool, the whole shaft is not bent but just the kink. If you only hold the shaft at the ends, when you force it, you loose efficiency as the whole shaft bends and you have to use more force. You can also mung up other areas of the shaft and then you have more work to do or even over stress the shaft and snap it. (Been there done that)

The tool I use is, of course the cheapest solution that I can find and I am very satisfied with it's performance. It cost me 69 cents and I can carry it with me everywhere while shooting. It is a 6 inch threaded hook bolt , the hook is nicely rounded and I have polished it a bit with a very fine 3/4 inch round file. This allows a good grip on it because it is long enough to fit my big hands and the round hook does not press any flats into the wood when being used. The wood compressed is rounded and does not mar the finish of the wood.



**Some folks insist on using such things as shaft tamers® or brass hooks sold specifically for the job but they do not work better than the hook and cost way more. I have also seen people use their hands and the field point of another arrow but it is hard to gauge where you are pressing with your hand and if you have many to do this can be hard on your hands. As well I have broken arrows trying to use a field point so I prefer my simple tool.**

## **How to String an Archery Bow**

This article was created by a professional writer and edited by experienced copy editors, both qualified members of the Demand Media Studios community. All articles go through an editorial process that includes subject matter guidelines, plagiarism review, fact-checking, and other steps in an effort to provide reliable information.

The safest way to string a bow is with one of several kinds of bow stringers. However, if you are ever without a bow stringer, you can still use the step-through method of stringing your bow without much more effort. Once mastered, the step-through technique of bow stringing will serve you well through years of archery practice.

Difficulty:

Moderately Challenging

### **Instructions**

1. Slide the top loop of your bow string over the nock and down the limb about halfway, or as far as the loop will allow.
2. Fit the bottom loop into the nock, being sure to align it properly in the groove.
3. Hold the string taut from the bottom nock by holding the thicker serving area at the center of the string.
4. Step through the bow with your left leg, while keeping the string stretched tightly between your hand and the bottom of the bow.
5. Brace the bottom of the bow against the front of your right ankle, or in the arch of your foot if you are wearing sandals or barefoot. You can help hold the bow tip in place by sliding it under the top flap of your shoe.
6. Bring the bow upwards to rest on the back of your left thigh, just below your buttocks.
7. Push the top of the bow forward with your left hand, leaning back slightly into the bow with your thigh if you need the extra help.
8. Slide the string up with your left hand, letting it slip into the upper nock firmly.
9. Position the string in the nock groove and double-check that the bottom nock is also still aligned.

## How to Replace Compound Bow Strings

Norah Faith was born and raised in Texas and from there she has traveled nationally and internationally. After acquiring her teaching license from New Mexico State University, she found herself teaching ESL around the world. She continues to teach today and finds satisfaction writing for Demand Studios and other sites.

By Norah Faith, eHow Contributor

Replacing compound bow strings can be tricky.

Many consider the compound bow superior because of its rigidity. The limbs are not flexible as in a recurve bow or a long one. Compound bows require pulleys to pull back their strings and the ends of the arms do not bend to do the job. The accuracy level you get with this are immense. A lot of tension builds up in the limbs of the bow therefore, a great deal of care is essential when you use it. Restringing a compound bow is difficult and you must follow certain steps to protect yourself and others.

Difficulty:

Moderately Challenging

### Instructions

#### Things You'll Need

- Double pull Bow press
  - New strings
  - Bowstring wax
  - Hooks with strings
  - A person to assist
  - String changer
1. Use a certified or approved bow press to bend the bow properly. Using an unapproved one can cancel the warranty that your bow has in the event of any damage. Place each of the bow's limbs in the press. This bends the bow safely and holds it in place. You cannot bend it any other way. Make sure that the pressure is evenly spread on the limbs of the bow. The bow press should be able to adjust itself to the full length of the riser.
  2. Inspect the existing string for damage. Using the bow press correctly will ensure that it will not snap and cause injury.
  3. Check the new strings for any damage. Though there is little chance of this, it is better to be safe.
  4. Bring the bow to full draw with the help of the bow press. Use the hooks to pull together the two cams tightly. Be sure that they are very tight. If not, the hooks will break and the new strings will come undone.
  5. Use a long string, step on the center of it while your partner helps put it into the string changer. This will prevent it from breaking.

## How to Sight a Bow

Gina Story worked at The (Myrtle Beach) Sun News and at the Lenoir News-Topic, as well as doing freelance writing for advertising companies at time. During her nine years as a professional newspaper writer and columnist, Story wrote feature articles on home design, fashion, gardening and many other home and garden topics.

By Gina Story, eHow Contributor

There is nothing that will ruin a good shooting day like a sight that is off. Setting a sight is fairly easy, as long as you are a fairly consistent shooter and have a bit of patience. Read on to learn how to sight a bow.

Difficulty:

Moderate

## **Instructions**

### Things You'll Need

- Bow
  - Sight
  - Arrows
  - Pen or pencil
  - Target
1. Attach the sight to your bow following the manufacturer's directions. Different sights require different set ups so be sure to follow the directions carefully.
  2. Put the first sight peg or the site at about the middle of the sight bar and carefully shoot your first arrow from 20 yards, lining the round part of the first sight peg or the red dot in the center of the sight with the "x" on the center ring of the target. If the first arrow hits the target, shoot the remaining four arrows. If the first arrow misses the target, adjust the sight accordingly, remembering that the sight works backwards. For instance, if your arrow went wide right the sight should be moved to the left. Carefully shoot the next arrow and continue adjusting until you hit the target.
  3. Walk to the target and look at where the arrows are grouped. If the arrows are grouped primarily in the upper left part of the target, move the sight up and to the left. Pull your arrows, and head back to the line.
  4. Shoot another round and repeat the steps above until your arrows are grouped near the x. The more you shoot the tighter your groups will get and you'll be able to fine tune your shots to make your groups all hit the center ring.
  5. With a pen make a line on your sight bar where your sight is positioned and mark it 20 yards. By marking on the sight bar if your sight gets bumped during transport you'll be able to tell it's off before you let your first arrow go.
  6. Follow the steps above to set your pins or sight for different distances, remembering that your site should be moved down for distances further than 20 yards and up for distances below 20 yards.