

SMOKE SIGNAL

Official Newsletter of Skookum Archers Club and Range

April, 2004

The Club took in around \$2,900 in Wet 'N Wild registration fees. A few of the 3-D animal targets were broken. Except for a few small animal targets, the bulk of our 3-D animals are getting pretty shot up and the Club will need to order several new larger 3-D animals this year.

President Jenkins reports that we have close to \$25,000 in the bank, so the Club is doing OK financially.

At the next Board meeting, it will be proposed to purchase a commercial grade push mower and a steel cargo shed to replace some of the aging wooden storage sheds behind the Club House. The Board is also considering how to best administer the Archery Education program.

With Spring growth coming, we need to trim the growth on the trails. Members should get out and clean up their assigned target area.

Wet 'N Wild Warm & Sunny

We had a good turnout at the biggest and most involved tournament we will sponsor this year - the annual Wet 'N Wild 3-D. Just over 200 archers registered for the tournament which featured 40 3-D targets and used the entire walk through course and part of the flat range. Many were one day fun shooters.

Special thanks to Tournament Director Dan Croft for the several days of volunteer time he put into this event. Curt Reid and Pat Fernandez also put in many long hours. Thanks also to Don Morrison, Dennis Jenkins, and Jeremy Ryser, John Finsterbush, John Batts and the others who helped make this a big success. Shoot winners included:

Male YA BHFS

- 1st – K C Krause 306
- 2nd – Chris Boldwin 214

Male Youth BHFS

- 1st - Michael Nelson 341

Female Youth BHFS

- 1st – Chelsey Passmore 210

Male Youth Traditional

- 1st – Coreie Wilson 172

Male Youth BHBB

- 1st – Mark Daniel 56

Male Senior BHBB

- 1st – Fred Ramiskey 215

Male BHFLS

- 1st - Jeff Taft 232

Male BHBB

- 1st - Divid Nations 212

Foul Weather Field Winners

Congratulations to those who placed in the annual Skookum Foul Weather Field Tournament.

Jim Miller, 1st, AMFS

Jeremy Ryser, 2nd, AMFS

Jamie Van Blaircom, 3rd AMFS

Matt Turner, 1st, AMFSL

Bill McKinnon, 1st, Sr. FS

Linda Parker, 1st, Female FSL

Shane Peterson, 1st, Male BHFSL

Gerald Hickman, 1st, Sr. Male Traditional

Rusty Englund, 1st, Male BHFS

Dennis Jenkins, 2nd, Male BHFS

Kevin Spencer, 3rd,, Male BHFS

Dave Eatman, 1st, Male Traditional

Kristina Jenkins, 1st, Youth FS

Brittney Jenkins, 1st, Cub FS

Joshua Raby, 1st, Cub Male FITA

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Signs

On a Plumbers truck: "We repair what your husband fixed."

On the trucks of a local plumbing company: "Don't sleep with a drip. Call your plumber."

At a tire shop in Milwaukee: "Invite us to your next blowout."

At a towing company: "We don't charge an arm and a leg. We want tows."

On an electrician's truck: "Let us remove your shorts."

On a maternity room door: "Push. Push. Push."

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

On a taxidermist's window: "We really know our stuff."

Outside a muffler shop: "No appointment necessary. We hear you coming."

**CARTOONS
AND PUZZLE
NOT
AVAILABLE
ON THIS
ONLINE
EDITION**

Level II Instructor's Course

Club Member and NAA Level III Instructor Steve Caufman has scheduled a level 2 archery instructor course. If you, or anyone you know, is interested in taking this course, please have them contact Steve ASAP. He will be ordering the books soon. Here's the details:

When: April 16th - 6:00pm - 10:00pm
April 17th - 7:00am - 8:00pm
April 18th - 7:00am - 8:00pm

Why so many hours?: Yes, this will be a long weekend. The class is 30 hours long as defined by the NAA and NADA.

Where: Skookum Archers Club House

How much: The fee will be \$180. That will include a \$50 membership to the NAA. If you are already a current member of the NAA, then deduct \$50 from the total. I don't know if a NFAA membership will work in place of an NAA membership. I'm checking with NADA now and hope to have an answer within a couple of days.

What to bring: Bring a pen, pencil, archery equipment, lunch, snacks, beverages.

Course Outline:

1. How to instruct new archers
2. Archery Safety
3. Parent/Instructor/Athlete Relationships
4. Shooting Techniques
5. Archery History
6. Equipment Selection
7. Coaching Effectiveness
8. Problem Identification and Correction
9. Equipment Set Up and Tuning
10. Equipment Maintenance
11. Constructing Bowstrings and Arrows
12. NAA Programs
13. Promotion and Publicity
14. Teaching Level 1 Courses
15. Developing a Coaches Development Plan
16. Introduction to FITA Rules

Steve Caufman, NAA Level 3 Coach
253-468-3093; s.caufman@comcast.net

**In archery, our competition is the target.
We can't learn how to do any sport or discipline while competing! We must learn before we compete.**

Archery Lessons

Lessons are taught by National Archery Association (NAA) Certified Instructors. All equipment is provided. Students can use their own equipment if it is deemed adequate and safe by the instructor. The beginning classes consist of a series of four (4) one and a half hour (1 1/2) lessons, on Tuesday nights from 6:00pm to 7:30pm. Intermediate classes are also offered on Tuesdays from 7:30pm to 9:00pm.

The Board of Directors Liaison to the Archery Education program is Board Member Cooper Ewing who can be reached at 253-653-1575 or by email at cooperewing@yahoo.com. You can also visit www.skookumarchers.com (Archery Education) for more information. Sign up no later than the first of the month for that month's lessons. Note: With potential changes pending in the Archery Education Program, the following class schedule is tentative.

Upcoming Class Schedule:

April: 6, 13, 20, 27
May: 4, 11, 18, 25
June: 1, 8, 15, 22
July: 6, 13, 20, 27

Club WSAA Blue Face Winners

Congratulations to Club Members who placed in the recent WSAA Blue Face Championships. Winners included:

Timm Hines, 1st, Male FSL-R

Sam Payne, 1st, Sr. Male Trad.

John Finsterbusch, Sr. Male FSL

Jennaya Day, 1st, Cub Female BB

Curt Reid, 2nd, Male BHFS

Archery Tips

If either solo-cam or two-cam bows are drawn too hard into the stops, even a shooting machine has trouble shooting the bow accurately. Be careful to pull into the wall but not over the wall. Also, you can't shoot accurately if you are creeping forward into the power stroke. Stay in the valley.

Good strong helical helps a lot. A helical on your vanes helps straighten out your arrow a lot faster than straight fletching. Meaning that the bad releases, bad nock travel, or bad bow movements will have a much smaller effect. (The larger the fletching the quicker the arrow will correct itself). A fall-away rest makes this work really well.

Elk Hunting Tips and Genetics

Submitted by John Batts, Skookum Hunting Director

In an ongoing quest for a trophy bull elk it might be good to scrutinize more closely as to the location of where you will be elk hunting with the particular subspecies of elk that are located in that area. What's most important is that you get out this spring/early summer and do your scouting when the bulls are growing their antlers. They are out in the open during these times and can be more easily seen thus giving you a better idea of how many bulls are in the area. Here's an interesting report from the WDFW that could help you to decide where you will go this year to hunt the subspecies of your choice.

Kenneth I. Warheit, Senior Research Scientist, has provided interesting information about the genetic structure of Washington State elk herds. Washington State has ten elk herds that encompass the ranges of both the Roosevelt and Rocky Mountain subspecies. The management and viability of each of these herds depend, in part, on the degree to which individuals immigrate from one herd to another. For example, if there is no immigration between two herds, the herds are genetically isolated and changes in the numbers of individuals within each of these herds would be a function of their respective birth and death rates.

However, if immigration occurs freely between these two herds they may behave as a single population and changes in the numbers of individuals within each of these herds would be a function of birth, death, and immigration rates. Because monitoring and affecting the number of individuals in wildlife populations such as elk herds is a responsibility of resource agencies, wildlife managers are keenly interested in understanding the geographic structure of populations and in quantifying immigration rates. Specifically in Washington State, one aspect of the geographic structure of elk herds is their subspecific composition; that is, the percentage of individuals that are of Rocky Mountain or Roosevelt descent.

There are two basic methods we can use to determine if individuals are moving among particular elk herds. The direct method involves marking individual animals and surveying entire populations to determine the movement patterns of the marked animals. This method is logistically tenuous and extremely costly. A more cost-effective method is to indirectly quantify migration patterns by genetically characterizing each herd, first to determine the degree to which the herd is composed of Rocky Mountain versus Roosevelt individuals, and then to determine the amount of immigration or gene flow among the herds. The Washington Department of Fish and Wildlife (WDFW), in collaboration with the Rocky Mountain Elk Foundation, initiated a project in 2001 to study the genetic structure of Washington elk herds. With the assistance of some of the state's elk hunters, volunteer organizations such as Eyes in the Woods, and tribal biologists, we obtained blood or muscle tissue samples from 345 elk representing nine herds within Washington, including elk from both Rocky Mountain and Roosevelt subspecies.

There are a variety of genetic techniques and molecular markers that can be used to investigate differences among populations of elk. For this project we used a molecular marker known as microsatellites. Microsatellites are pieces of DNA that do not produce proteins or any other product used by an organism, and mutate or change at a fairly high rate. To our knowledge, all animal species, including humans, have microsatellite DNA. An array of microsatellite markers can produce a genetic fingerprint that can be used to identify individual animals, or, with all individuals from a population taken collectively, can help determine if two or more populations (or herds of elk) are genetically "connected" through immigration. The degree to which populations (or herds) are genetically connected is a measure of how many individuals immigrate among these populations.

Our first goal in studying the genetic structure of Washington elk herds was to genetically characterize each of the state's herds as being composed of either Rocky Mountain or Roosevelt individuals. Although we have collected sufficient data from only a few herds, preliminary results from our genetic analyses indicate that there are relatively large genetic distances between Rocky Mountain and Roosevelt elk, with all herds north and east of Mount Rainier (North Rainier, Colockum, Nooksack, Selkirk, and Yakima herds) composed mostly of Rocky Mountain elk, while the coastal herd (Olympic herd) is composed of Roosevelt elk. Two herds (St. Helens and Hanford herds) situated between these Rocky Mountain and Roosevelt herds are of mixed descent. Furthermore, these data also suggest that the elk herds in Washington are geographically structured, with some herds exchanging individual migrants, while other herds appear to be geographically and genetically isolated. However, more samples need to be collected from each of the herds and additional data need to be analyzed before these results can be confirmed.

Wet 'N Wild Winners Continued

Male Traditional
1st – Rich Greeberg 226

Senior Male Traditional
1st - Pat Fernandez 179

Male Cub FS
1st – Dylan Boyle 265
2nd – Zack Townson 124

Senior Male FS
1st – Tony Boyle 348
2nd – Bill McKinnon 345

Male FS
1st – Bob Reinke 366
2nd – Mike Boyle 352

Female BHFS
1st – Vicki Reed 296
2nd – Cynthia McCroy 222

Senior Male BHFS
1st – Bob Mullins 314

Male BHFS – 1st Flight
1st – Toby Taft 368
2nd - Ted Brown 314
3rd - Paul Whitson 314

Male BHFS – 2nd Flight
1st – Chris Ray 322
2nd – Ted Bowen 314
3rd – Paul Whitson 314

Male Peewee BHBB
1st – Caleb Graham 246
2nd – Ethan Graham 75

Female BHBB
1st - Mary Nations 192

Male Peewee Traditional
1st – Joe Nottingham 130

Male Peewee BHFLS
1st – Justin Cappa 281

Male Cub BHFSL
1st – Casey Townson 239

Male Cub BHFS
1st – Daniel Singer 313
2nd – Jannen Wagley 299
3rd - Tom Townson 278
4th - Logan Moody 189

If your shooting form is not in alignment, or doesn't feel natural, why would you expect the shot to happen naturally or your body be able to repeat it over and over?

Tips from the Pros

"If your bow doesn't fit you, no amount of tuning will help."

"Aiming is not physical, it is mental. It's what your mind sees, not just what your eyes see!"

"The eyes put the pin in the center of the sight, but can't keep it there. The mind is the only thing that can keep it there."

"To a large degree, you can only shoot as good as you can hold steady. Adding mass to your bow helps a great deal in holding the bow steady."

"Remember, whatever happens at release was caused to happen during your shot setup."

Practice Tips

Learn to approach your shot sequence by breaking it down into bare minimums and practicing them separately. Practice drawing to the same anchor, practice aiming, and practice waiting for the release to fire, and then figure out which aspect gives you the most trouble (you know, the part that you fear and hate the most) and force yourself to make it your first priority at practice.

Here's a practice tip. If an arrow was not a good shot then put down your bow and walk to the target and retrieve the arrow and re-shoot it. Do this until you are repeating your shot time and time again. You may get up to two arrows in a row or ten arrows in a row, and then some days you will do more walking than shooting. The whole idea is to force yourself to shoot your best possible shot so you won't have to do so much walking! It will help you concentrate and get in your zone.

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BOARD MEMBER SPOTLIGHT: KRIS MILES



Kristina Miles is a fairly new member of the club, still on her first year of membership. However, she and husband Pete have jumped right in, taking archery lessons, attending member meetings (including bringing great brownies), and helping out at events. She was elected to the Board of Directors for 2004 as the Club Treasurer.

Kris initially joined the Club because it would be less expensive to shoot as often as we wanted. She and Pete decided to become Active Members because we wanted to be more involved. They also have joined WSAA and the NFAA. Kris shoots traditional style, and just purchased a Hoyt Aerotech riser with 32 lb Vector limbs and ACC arrows with curly vanes.

In the last Skookum Archer's tournament she got first place out of one in my division. In the State Multicolor, she was second, out of two in my division. In the Mail-in Multicolor, she was first out of six. She also did a robin-hood one time while practicing. She has only been shooting since this last summer, but she says she is completely hooked.

Kris would think it would be nice if we had an indoor range, and she would like to see more involvement by our members.

Kris is currently a housewife with a degree in Mechanical Engineering. She does web design on the side. Other hobbies include a lot of work at her Church, and she is also active in the Seattle Robotics Society. She enjoys doing many crafts, like quilting, drawing, painting ceramics, and making temari. She loves to read, and is struggling to learn Japanese.

Great Northwest Archery

Your new Pro Shop at the Skookum Archers Range. We feature an indoor shooting range, a full-service pro shop dealing Hoyt and Parker bows, and an extensive line of archery products and services. We also sell WA hunting and fishing licenses. Look for our grand opening.

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ACTIVITIES

Open - Volunteer Today!

Club members Gary and Marlene Brandt have announced that they have re-opened *On Target Archery* in Bonney Lake at 18321 Old Buckley Highway. They have a 20 yard indoor range and full service pro shop. Phone: 253.862.3585 for more info.

SMOKE SIGNAL



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Don Morrison, Editor

**Mark your calendars! Safari
Saturday April 3rd, with the
Annual Spring Safari held April
24 & 25. Plan now to attend.**

Notice to Active Members: There is a "To Do" list posted on the Club House outside bulletin board. In addition to your target assignment, those seeking work hours to reduce dues can perform any of the tasks listed on the "To Do" list. For other work that needs to be done, contact Cooper Ewing, Range Master, or Pat Fernandez Grounds Director.

Target Assignments: Active Members are responsible for maintaining a target area. Life Members, Associate and Junior Members are not required to maintain a target area. IF YOU DON'T KNOW YOUR TARGET ASSIGNMENT, CONTACT THE CLUB VICE-PRESIDENT. Your target assignment is generally printed on your Smoke Signal mailing label. You are responsible for replacing the Target Face when needed, picking-up trash in your shooting lane, and reporting maintenance that needs to be done to the Grounds Chair, and reporting any range work (target shed, shooting bales or shooting stakes) that needs to be done to the Range Chair. Replacement targets can be acquired by contacting the Pro-Shop. Please do not replace targets until they need it; typically this means that the center scoring area is shot out. Also, we can all pitch in on replacing the target faces on the flat range. Thanks for working together!

- April 3, Skookum Safari Saturday Fun shoot
- April 8 (2nd Thurs.), Club Meeting 6:30 followed by Board Meeting
- April 10 & 11, WSAA State Safari, Darrington
- April 17-18 CCB Spring 3-D, Capitol City
- April 17-18 Cedar River Traditional Shoot
- April 25 & 25 Skookum Spring Safari
- May 1 & 2, NFAA Marked 3-D Championship, Redding

CALENDAR