



SMOKE SIGNAL

SKOOKUM ARCHERS NEWSLETTER - DEC. 2002

Notice of Annual Meeting and Election of Directors

December 12, 2002

The Annual Club Meeting and Board Election will be held Thursday December 12, 2002 at 7:00 p.m. at the Club House. Nominations for Board positions will be taken up until the time of the election.

If you are willing to serve, contact Pres. Curt Reid who chairs the Nominations Committee. Members of the Board of Directors serve a one year term. New board members are installed at the annual banquet in January. While Board members may serve in the same position for a number of years, the term itself is for one year at a time. Next year, there will be two new positions to be filled (Grounds and Activities), and there may be other spots open. Board positions will include:

President	Vice-President
Secretary	Treasurer
Tournament	Range
Grounds	Hunting
Communications	Activities

If you are willing to serve on the Board next year, please contact President Curt Reid at (253) 850-3689, creid@seanet.com to have your name considered by the nominating committee.

Bylaws require any Club expense over \$1500 to be voted upon by the membership. The Board plans to ask for a contingency vote to approve the **purchase of a used mower and/or ATV** to replace the current ones which are on their last legs. The funds would not be spent unless the equipment fails and can no longer be cost-effectively repaired. See you at the meeting.

Nov. 3-D Fun Shoot

About 100 shooters attended the 3-D Fun Shoot Saturday November 2nd. Most shooters were not club members. Where were all the members - out hunting? It was a beautiful fall day to enjoy the outdoors. Several families attended and shot together. It was great to see so many traditional and recurve shooters come out. We had nearly as many recurve shooters as compounds. Those who didn't come missed a great shoot. Photos of the shoot are available on skookumarchers.com in the Club News section.

Annual Club Banquet

Mark your calendars! The annual Club Banquet is tentative set for Saturday January 11th at the Club House and On Target Archery shop. The equipment will be moved out and the pro shop set up for a great banquet, which will feature steak and chicken, catered by Stanley Gibson, a chef at Stanley and Seaforts. The cost is anticipated to be \$15 for adults and \$8 for children under 12. As the time draws nearer, more details will be included in the January Smoke Signal, and on skookumarchers.com. We invite all members to come. 2003 Board members will be installed, and a variety of door prizes will be awarded.

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Word Find Puzzle - Archery Terms Available only in printed edition

The Helpful Game Warden

One fall day an old bowhunter was hunting whitetails in Northern Michigan. Due to hunting pressures, he decided to try a another area, and ended up in a vast cedar swamp.

After waiting for about three hours, he heard some activity coming towards him. Then he saw a large 4 point trophy buck.

He awaited his shot, drew back and released. His arrow went true. The buck ran about 35 yards and then fell in the swamp. Out of almost nowhere, a game warden appeared, and asked the man if he had a hunting license. The old man replied, "I can't remember if I bought one or not", so the warden said "follow me", and he dragged the deer out of the swamp to where their vehicles were parked. As the warden was about to open his citation book, the old timer cut him off, and replied, "sir, I just remembered, I do have a hunting license. Here it is"!!

The Bowhunter?

A man phoned home from his office. "Honey," he told his wife, "Something has just come up. I have a chance to go hunting for a week. It's the opportunity of a lifetime. So would you please pack my clothes, my bowhunting gear and my blue silk pajamas? I'll be home in an hour to pick them up." A week later he returned. "Did you have a good trip, dear?" His wife asked. "It was great; fabulous hunt!" He exclaimed. "But you forgot to pack my blue silk pajamas." "No I didn't," She replied. "I put them in your bow case."

Tough Call

A group of friends went bowhunting and paired off in twos for the day. That night, one of the hunters returned alone, staggering under the weight of a huge trophy buck.

"Where's Jim?"

"Jim had a stroke of some kind. He's a couple of miles back up the trail."

"You left Jim laying out there and carried the deer back!?!"

"A tough call," nodded the hunter, "but I figured no one is going to steal Jim."

Hunting and Range Estimation

Adapted from an article by Jason Butler

Botching a wide open shot to an animal due to a faulty range estimate is a modern-day bowhunter's nightmare. Mentally pegging the correct shooting distance is a big challenge, even for those who only shoot at close distances. The best 3-D shooter in the club won't do well on the hunt unless he can eyeball distances with better-than-average accuracy.

Judging the correct shooting yardage to a living, breathing, adrenaline surging big game animal that scurries in quick is anything but gravy, even when you think you're cool as a cucumber and conditions seem favorable. Most times you will be forced to eyeball the range, draw your bow quickly, then shoot. The whole episode will take only a few seconds at most. That's it. There's little time for second-guessing.

The solution, somewhat, is an ultra-precise laser rangefinder. Today's rangefinders are dependable, trustworthy, and affordable. Every bowhunter and 3D shooter should own one. Even if you don't take hunting shots past 20 yards you can practice eyeballing different distances inside that range, then check yourself with the rangefinder. It helps build mental confidence for pinpoint accuracy, even at close range.

But here's the catch. Rangefinders take time and effort during the moment of truth when that buck or bull is standing in the clear looking in your direction. Most hunting sequences happen all-too-quickly for there to be enough time to snatch the rangefinder from your neck or hip, take a reading, clip on to the string and shoot. Animals rarely stand still, so the situation can change on a dime, as it usually does, leaving you with only your naked-eye ranging techniques.

Too, there are those times, with bowhunters in set stands, where pre-arranging shot distances is common. Climb aloft, settle in, whip out the rangefinder and start dotting the surrounding landscape with readings and memorize landmarks for future reference. This is a good idea in theory, and it often works to a T. The only kink is that often-related sports term that starts with the letter A-adrenaline. Don't be surprised when the chips are down if your have trouble remembering your name let alone various distances you pegged hours or even days earlier.

There are three principal shot situations you are likely to find yourself face-to-face with in the woods. If you practice hard at estimating your ranges diligently in hunting-type encounters listed below, you'll bag more game animals with your bow, and missed shots will be rare.

Slopes

Shooting uphill and downhill poses a major problem for some archers. Bows sights are typically aligned for horizontal shots, so when you shoot uphill or downhill, the factors of trajectory differ somewhat. The steeper the angle, the more you will shoot high, and must compensate. Generally, you compensate less for uphill shots (about 66%) than downhill shots at the same degree of angle. It seems hunters commonly overestimate the distance when an animal is above or below level ground. Even the slightest slope can enhance a tricky distance reading. Simple practice time can give you a feel for how your arrow shoots differently on upward and downward slopes.

Mother Nature

As visibility diminishes from less-than-ideal weather conditions, fouling a shot from misjudgment of range is easy to do. Fog, rain, dim light, all of these things can fool even an experienced, gifted eye. Heaven help you if your eyesight isn't the best to begin with. The key is practice. How many archers actually practice estimating distances when it's raining out or getting dark? You guessed it, not too many! Try spending plenty of time on the range under similar conditions. There's nothing like hands-on trial- and-error in such circumstance to make sure your bow shoots on the money when likewise conditions unfold.

Continued on Page 4

2003 Tournaments

The 2003 Club and WSAA Event/Shoot calendar is now available on skookumarchers.com

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Range Estimation Continued from page 3

Target Size

Factors like the actual body size of an animal should be considered when pegging the distance of a shot. Believe it or not, animal size does have an overall effect on what type of range estimate you will come up with. Conventional ranging wisdom says smaller targets look farther away than they appear and bigger targets seem closer than they actually are. You must keep this in mind when shooting at animals varying in size.

Jason was on his first elk hunting trip a few years ago in eastern Idaho when he realized first hand that an elk is much larger than a whitetail or mule deer. Finally, toward the end of the week a bull came in to his guide's seductive cow calling and stood statue still at what he thought was 30-yards on the money. So he shot. And he missed. He saw his green fletching fly inches under the elk's bulldozer sized chest. He was stumped and really bummed out. The bull hightailed the heck out of there. After a bit of pondering Jason figured out what happened. He had simply underestimated the range. Come to find out he was 40 yards not 30. Jason is used to shooting whitetails. This elk looked like a big tank, much bigger than any living-breathing thing he'd ever shot before, so the elk appeared closer than he actually was standing. Hence, he pegged the range 10-yards shy. He'd practiced on an elk 3-D target all summer long, sure, but during those few intense seconds it just didn't seem to matter, because he was shakier than a leaf in a windstorm. The opposite can happen on smaller animals. They may look farther away.

Conclusion

Bowhunters need to work doubly hard at estimating distances under real life hunting-type circumstances. Most hunters are not nearly as good at ranging animals as they presume they are. It takes time, and a whole lot of patience and effort. And remember, every little bit of practice helps.

Remember, in 3-D, it matters most for where it lands ... not how fast it got there.

Competing in indoor and outdoor paper shoots will make you much more accurate and confident when it comes to hunting or 3-D tournaments.

Calculate How Different Arrows Will Change Your Sight Marks

Ever wonder what effect new arrows would have on your sight marks? Here is the basic mathematical formula developed by physicist Harjinder Singh Obhi for Archery Focus magazine.

$$\text{Yardage(New Arrow)} = \text{Yardage(Old Arrow)} \times \left(\frac{\text{Weight of Old Arrow}}{\text{Weight of New Arrow}} \right)$$

The "=" means "approximately equals." Say your current (old) arrows for which you have sight marks each weigh 400 grains including point, nock and fletching. All you need now is the weight of the new arrow. If this is 350 grains including point, nock and fletching, then you can work out what effect the new arrow would have on a sight mark for say 100 yards, as follows:

$$\text{Yardage(New Arrow)} = 100 \text{ yards} \times 400 / 350 = 114 \text{ yards}$$

The physics of flight predicts that if you shoot a 400 grain arrow with your old sight mark for 100 yards using a new 350 grain arrow, you would overshoot by about 14 yards. In other words, in order to be on target at 100 yards with a new 350 grain arrow, you would have to set your sight to your 86 yard sight mark. You can use this formula for each range distance. Neat, huh?

"If you have confidence in your equipment, then you can better concentrate on your shot execution. Set up you bow, tune it to fit your arrows, and then focus on your form."

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Finer Points of Form As Taught by Korean Olympic Coaches

1. Place your weight on the balls of your feet, as this will give you more room to use your back as well as improving your balance. Make sure you keep a balanced center.
2. Make a straight line from the target through the contact point of the grip, through the arrow and back out the elbow, all in one plane. You draw with your elbow along the plane and extend your bow hand forward along the plane upon the release. Your draw should not exit this plane, i.e. no excessive motion away from the line previously mentioned.
3. Make your bow hand "soft." Translation, let it go with the riser. After the shot, your bow hand should really go limp.
4. Don't let your bow arm lurch forward upon release. Square your torso to the target bale as you are drawing. Doing so will lock your left scapula down, in addition to your left shoulder. This locks down the root of the bow arm, and it will fix some vertical grouping problems. You have to pay attention to bone alignment, and this can be very difficult to see by yourself on video.
5. The scapula is the root of the body. The shoulder blades attach to your arms, your core, your waist, your neck, your everything. If you don't have perfect shoulder blade positioning, you don't have anything. If you line up your scapula, everything else will follow.
- 6) Inhale and expel 2/3 of your breath before drawing. This lowers your chest and tightens your abdominals, making you more stable. Be careful not to run out of breath while shooting.
- 7) Squeeze your bicep while shooting, in order to keep your release tight and fast. When done correctly the release is very tight to the neck and punctual. This is not pulling with your arms, don't mistake it as such, it is simply a method of preventing a flyaway release.
- 8) Try to keep perfect string alignment each shot.

Shooting Form

It is rare to find a great archer with bad form. It is even more rare to find a bad archer with great form.

Proper Fletching - Broadhead Stability

Though many people use straight fletch with a slight offset on their hunting arrows for rest clearance purposes, the stability with this type of fletching may leave a little to be desired when it comes to stabilizing many broadheads.

Tests have consistently found that a moderate Helical fletch with a slight offset unquestionably offers more stabilization and truer arrow flight.

It really doesn't matter if you use a helical with right or left offset because they will both fly well no matter if you are a right or left handed shooter. Adjusting the nock for proper fletch clearance should get you good flight characteristics either way.

With today's arrows of both the aluminum and carbon varieties incorporating the use of insert type nocks such as Easton's "Super Nock", you have the ability to precisely position your fletching for maximum fletch clearance.

On most size shafts with the possible exception of the smallest diameter carbon sizes a moderate Helical fletch can be positioned to clear most fork type launchers used in today's rests. The trick is to make sure your forks are far enough apart to give you maximum clearance without being so far apart as to allow the arrow to fall through at full draw.

Of course proper bow tuning and a consistent non-torquing bow handle grip is also going to help determine how well your arrows come out of the bow.

The use of a moderate Helical fletch which offers better stability may also allow the use of a 4" vane or feather instead of the standard 5" hunting fletch and will provide less air drag for increased downrange velocities.

The proper choice of broadheads designed for good flight characteristics is another important thing to consider when testing an arrow fletch type for flight accuracy.

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Broadhead Target Butts Stolen

Earlier this fall, one of the new foam broadhead target butts was stolen from the Club House. Recently, two (2) of the newer foam broadhead butts were stolen from the range (the bands were cut and the butts taken). These butts are very expensive. The Board has authorized a \$100 reward for any information leading to the arrest of the culprit. Due to these thefts, the **Board intends to replace the foam butts with sand pits** for broadhead shooting. The Club can't afford to keep replacing the foam butts.

Close Range Sight Settings

The close-range sight marks are some of the more difficult to get. You'll have no trouble getting the 15-yard mark, but in close at ten yards, 30-ft, 25, and 20 feet, etc., you'll have to spend some time. Between ten and fifteen yards away your arrows cross up from below your line of sight (The arrow starts below your sight aperture after all.) to above your line of sight, not to return down to the line of sight until they hit the target.

Because of this situation, distances closer than this crossover point require you to move your sight down the sight bar. To make sense of this, imagine shooting an arrow from two yards. To do it you would have to sight across the arrow shaft unless you could move your sight pin down to rest on the shaft. Since that's not possible, shooting two yards is difficult because your arrow has not yet climbed up to the line of sight. For a 10 foot shot, you may need to set your sight set for about 35 yd.

Choosing Arrows for Indoor Shooting

Choosing arrows for indoors is easy, think big! But be careful, no shaft can help you score more points if it doesn't group well. Shoot test your arrows at 40 yards and use the size that groups the best.

Fletching size is not that critical. 2 to 4 inch vanes work well. Three, four or five inch feathers work well also, but you must still test from an intermediate distance to find what groups the best. The same goes for testing point weights.

If you use paper testing, be sure not to frustrate yourself by insisting on perfect holes because that's not always possible. Some arrow types and some arrow rests won't always give that "bullet" hole. Look for a hole that is not more than 1 ¼ inch high or high-left with clean, crisp vane slices. Crisp vane slices means stable arrows.

A Winning Attitude

A positive self-image is essential to improving performance. One's self-image is a sum of their habits and attitude and one's habits determine how one acts.

To act like a winner is to become a winner. It is common for a person to act within a "comfort zone." For example, if you shoot at an average level, you will become "uncomfortable" if you are scoring above or below that average level on a given day. Your self-image will "make you act like you" and that self-image will either power you up or down to bring you back to a comfort level of performance. To escape the "comfort zone" one must change his self-image so that an improved performance level is "just like you."

Sports coaches and psychologists have observed that some archers have a fear of winning. You need to cultivate a self-image of yourself as a winner. Visualize yourself winning and receiving the big trophy at the end of the tournament!

Club Member Classifieds

New Gold Tip XT 5575 Camo Shafts. Great hunting arrow. 1 dozen new uncut in package with inserts and lock nocks (or can substitute Bohning flo. green nocks). Straightness of ± 0.003 "; Weight tolerance of ± 5 grains. For 55-75 draw weights (8.2grains/inch). Retail between \$80-\$90. Will sell for **\$59** plus \$3.90 S&H. Will cut to length, install inserts and fletch (4" AAE or Duravanes) for additional \$10. Contact Don at morrison@lgi.org. Phone: 253-565-6253 (days), or 253-565-1630 (nights). Also have a brand new spare Gibbs **Sureloc Armored 3rd Axis Leveling Block**, Standard 10-32, in silver. Retail for \$29-\$35. Will sell for \$25.

Email your classified ads (Archery related only and keep it short) to info@skookumarchers.com, or fax to 253-565-2575 by the 26th of the month

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WSAA Multi-Color Mail-In League

The Club will host a Multi-Color Mail-In League at the Club House Active Members Range on Wednesday evenings at 7:00 pm beginning December 18th. Shooters will have about 9 weeks to complete 6 shoots. Must be WSAA member to compete for awards. Fee is \$10 WSAA registration fee, plus \$3.00 per shoot to cover targets, heat, etc.

Shooter's School

A Shooter's School class will be held December 21st and 22nd at the Skookum range. Cost is \$250.00 per person. \$125.00 needs to be paid by December 1st and the balance at the time of the class. Checks need to be made out to Tim Strickland and mailed to Carolyn Elder at 2319 PeEll McDonald Rd, Chehalis, WA 98532. The class will run from 9:00 AM until around 4 or 5:00 PM. For more information, email Carolyn Elder at bowpro@localaccess.com. Tim Strickland is a well-respected archery instructor. Among other accomplishments, he is a former coach of the U.S. Olympic Archery Team. He is a past member of Skookum Archers (1970s). This class is for intermediate-advanced archers.

NAA Level I Instructor Course

The Club will host an NAA Level I Instructor course on Saturday January 11th. 8 hours of instruction to become a certified instructor. Club will pay registration fee for first 5 club members who commit. However, participants must agree to volunteer for at least 8 hours at the Skookum archery instruction tent during the Washington Sportsmen's Show at the Puyallup Fairgrounds Jan. 22-26. Nonmembers may take the class for a \$50 registration fee. Anyone interested in teaching beginning archery should participate in this course. To sign-up or for more information, contact Bob Suggs at 253-925-0583; email: SUGGSRD@aol.com.

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Dave Rutledge; (253) 848-3685
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HUNTING

Dave Curtin; (253) 538-9019

PROGRAM MANAGERS:

Grounds- Kurt Allen
Range - Vacant
Facilities - Vacant

Eyes in the Woods Liaison - Vacant
Bowhunter Education - Vacant
Pierce County Sportsmen's Council Liaison
Jim Cowart (253-537-7623)

Target Tournament - Vacant
3-D Tournament - Dwayne Wurf
Target Logistics - Vacant

Education - Bob Suggs (253-925-0583)
Publicity - Don Morrison (253-565-6253)

To submit items for the Smoke Signal, contact Don Morrison, Newsletter Editor, by the 26th of the month at morrison@lgi.org. Fax: 253-565-2575.

CALENDAR

- December 12, Membership Meeting & Annual Election, 7 p.m., Club House
- December 16th, WSAA Multi-Color Mail-In Period Officially Begins
- December 21 & 22, Shooter's School at Skookum Range. Fee: \$250
- December 26, Board of Directors Meeting, 7 p.m., Club House (May be cancelled)
- Wed. December 18, Multi-Color Mail-In Begins at Club House Active Member Range
- January 11, NAA Level I Instructor's Course, Club House
- January - Annual Club Banquet - Date and Time TBD - Tentatively Sat. Jan 11
- Jan. 22-27 - Skookum Archery Demo Tent at Western WA Sportsmen's Show

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 will be responsible for replacing the Target Face when it has been shot out, picking-up trash in your shooting lane, and reporting any maintenance that needs to be done; grounds work (grass, trees, brush, etc.) 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; you will be assisted with finding the correct replacement target face. 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!

December 12th
Annual Club Meeting

SMOKE SIGNAL
DECEMBER 2002

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Skookum Archers
Club & Range

