

SMOKE SIGNAL

Official Newsletter of Skookum Archers Club and Range

December 2006

Notice of Annual Meeting

It's getting close to that time of year again! It is time to vote on major projects for next year and elect the Board of Directors. Members of the Board of Directors serve a one year term. Each fall the President appoints a nominating committee to develop a list of candidates. Additional nominations are also accepted. The election is held at the annual meeting, which this year will be held Dec. 14th at 6:30pm in the Club House. Board members who are elected or re-elected are installed at the annual banquet in January. While many Board members serve in the same position for multiple years, the term itself is for a single year at a time. Board positions include:

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

At press time, there was no nominee for the Secretary, Activities, or Tournament. If you are willing to serve on the Board next year, please contact President Dennis Jenkins to have your name considered.

The membership is also required to vote on any proposed expenditure over \$1,500. Anticipated expenditures to be voted upon include security lightings for the parking lot, asphalt paving on the flat range, and 3-D animal purchases.

ANNUAL BANQUET

The Annual Banquet and Installation of Officers is tentatively scheduled for Saturday January 13th. Great catered dinner and lots of door prizes. Look for details in the January Smoke Signal.

Great Northwest Archery (253) 841-0991
Your full-service pro shop and indoor range



MARK YOUR CALENDARS!

THE INFAMOUS
SKOOKUM DIRTY THIRTY
3-D WILL BE HELD SAT.
AND SUN. JANUARY 6TH &
7TH AT THE RANGE.

Club Email List

One of the fastest and cheapest ways to get information to Club members is via email. We have been compiling a member email list that is kept by the VP & Communications Director. However, the list is far from complete, and some of the addresses are no longer valid.

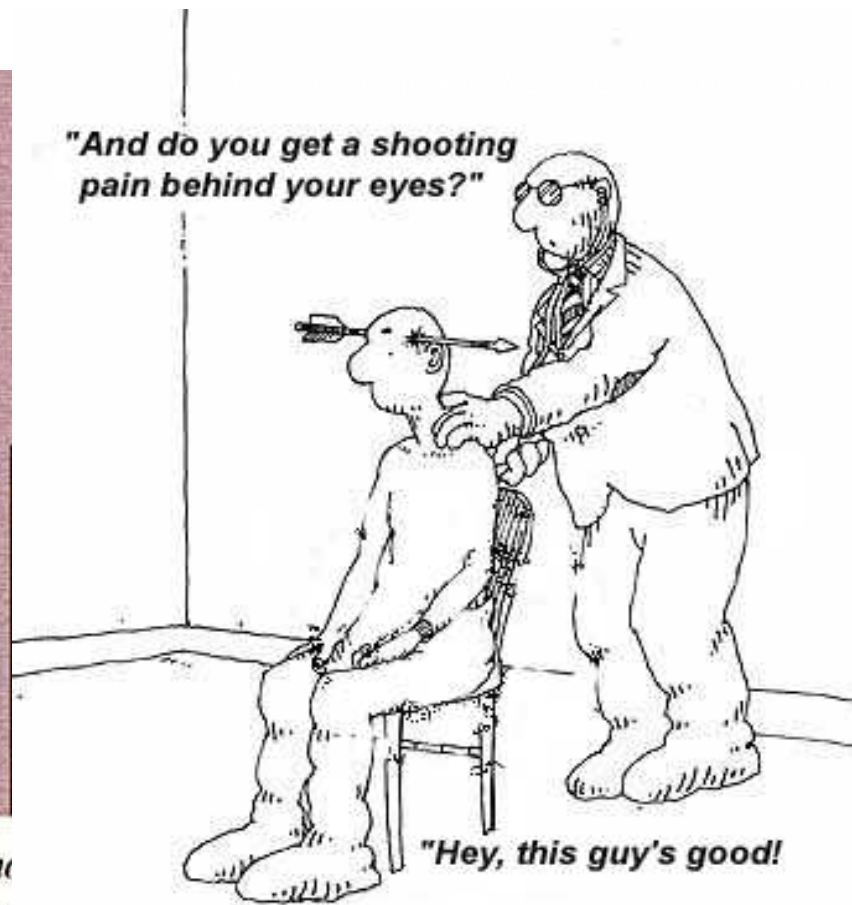
The list comes in handy when we have to send out notices, advertise shoots, or need to solicit member support on various occasions. We ask for your email address on the membership renewal form. Please send your e-mail address to info@skookumarchers.com or drop a note off at the clubhouse or call a board member. We only use your email for club notices, and do not distribute it outside the Club.

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"That's an artist's rendering of a buck I almost got in Colorado... That's an artist's rendering of a buck I almost got in Canada..."



"And do you get a shooting pain behind your eyes?"

"Hey, this guy's good!"



BigGameHunt.net

After not seeing a buck for over a week, Byron was a little frustrated after seeing one in a bar after his hunting trip was over.

WSAA Multi-Color Mail-In Begins 1 December 2006



The Indoor Multi-Color Mail-In Championship begins December 1st. Members will be able to shoot for score at the Pro Shop. The MC Mail-In consists of six rounds, usually shot over a period of six weeks. Registered archers may submit scores shot on or after

1 December 2006. Deadline for registration is 15 December 2006. All forms and fees should be postmarked by this date. All scores are due 31 January 2007.

All NFAA Divisions / Styles are recognized, including PeeWee. Participants must be current WSAA members, although nonmembers will be permitted to join the WSAA prior to the start of the tournament. To determine the proper age group for this tournament, use the individual's age at the start of the tournament. All scoring must be double scoring, with one score card being retained by the location reporter and the other mailed to the Tournament Committee. All archers should turn in their scores to their origination location reporter, regardless of where the scores were shot. All scorecards must be signed by the individual archer and two other WSAA members (three different signatures are required).

A registration form is available at the Pro Shot, or can be downloaded at <http://www.crispie.com/wsaa/Quivers/November%202006%20Quiver.pdf> Mail Registrations to: Ben LaPointe, 7952 F & S Grade Road, Sedro Woolley, WA 98284; For Information Contact: Ben LaPointe, (360) 230-1212 or email benflsarcher@clearwire.net Registration Fees: Adult, Senior, Master Senior \$10.00; Husband and Wife \$17.00; Young Adult \$ 8.00, Youth or Cub \$ 5.00; PeeWee Free; Family Maximum \$25.00.

The 2007 Club Event/Shoot calendar is now available on skookumarchers.com. Click the Upcoming Events Tab.

Bowhunting Awards



Once again, the Club will be giving hunting awards to anyone who harvests a deer or elk this fall. Awards will be issued at the Annual Banquet in January.

Report your harvest to Hunting Director Andy Ludwig (See Board of Directors page for contact info) or list your animal on the Club House

White Board. Report type and sex of animal, number of points (if applicable), and GMU where taken.

Also, if you have a good hunting story to share with the Club, write it up and send it to John. We would be happy to publish it in the Smoke Signal. A number of Club members have already reported their harvests:

- Dennis Jenkins, 6X6 Bull Elk
- Kurt Allen, Cow Elk
- Pat Fernandez, Cow Elk
- Andy Ludwig, Spike Blacktail
- Crystal Parker, Blacktail Buck

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!

Modern Archery History: Ben Pearson

By Don Morrison, Editor



Gene Suchma/Illustration

If you're over 40 years old, chances are you shot some kind of Ben Pearson bow as a kid. The fiberglass Pearson "Strato Jet" was a staple at scout camps across the country. I had several Ben Pearson bows growing up. My tournament bow in high school was a Pearson Golden Sovereign

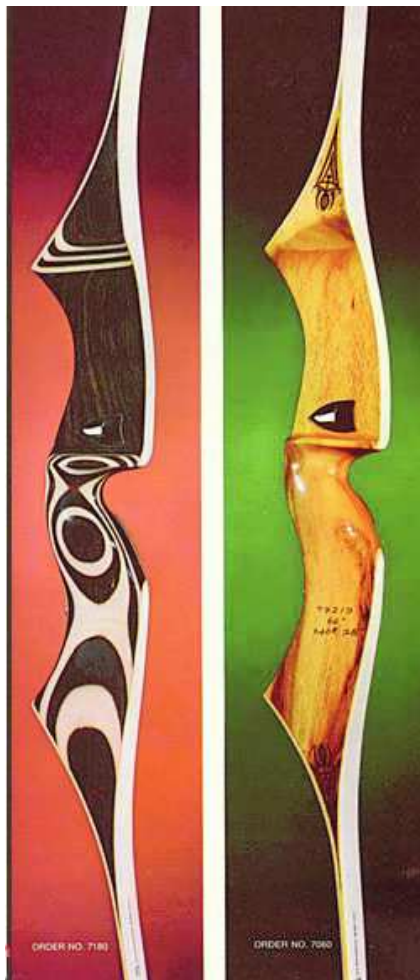
"Lord Sovereign" recurve. I also had a Pinto, a Filly, and hunted with a Pearson Colt.

Ben Pearson was born in Arkansas in 1898. The first bow Ben made was a six foot hickory patterned after the English longbow obtained from instructions on bow building in Boy Scout articles. Ben performed numerous exhibitions across America for youth and scout groups. Pearson never charged a fee for his demonstrations, nor asked for expenses."

In 1926, Ben entered the Arkansas State Championships held in Little Rock and placed next to last. It was a humbling experience for the budding archer. Determined to improve his skills, Ben worked at upgrading his equipment and learning to shoot. The next year, he once again entered the Arkansas State Championships, but this time he walked away as the Arkansas State Champion. During the 1938 NAA National Tournament Ben placed 24 places ahead of a young archer named Fred Bear.

He began making archery equipment for other archers in the area. He was successful. But realized that making archery equipment by hand was slow and expensive. He designed machinery to mass produce archery equipment, but the country was in a depression and funding was hard to find. When Ben Pearson met Carl Haun, a oil man with an interest in archery and a eye for business he got the backing he needed to begin Ben Pearson Inc.

Pinto and Colt



The first catalog in 1938 had only arrows in it. The logo was "ARROWS of EXCELLENCE".

The machinery allowed the company was able to mass produce bows cheap enough for the average Person to afford archery equipment. The company was making several thousand a day. This production of archery equipment resulted in the spread of archery across the country. In 1958 bows were given names: The Cougar, Javelina, Pinto, Palomino, Filly, and Colt were among the most popular. In 1961

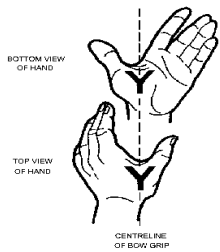
the Sovereign line of archery equipment came out. This was the "elite" line of bows sold by Ben Pearson.

In 1967 The Leisure Group acquired Ben Pearson Inc. The Sovereign line was dropped. Several models were continued under the Pearson name. The company headquarters moved to Los Angeles, California. 1972 The Brunswick Corporation bought Ben Pearson from the Leisure Group. The headquarters is moved to Tulsa Oklahoma. In 1978 Ben Pearson is bought by an old partner of Ben Pearson and moved back to Pine Bluff, Ark. At the 50th anniversary party for Ben Pearson Archery, Governor Bill Clinton was presented with the six millionth manufactured bow and the 200 millionth manufactured arrow. Governor Clinton said the only thing he ever won in grade school was an archery contest using a Ben Pearson bow and arrows.

Ben Pearson passed away in 1971, and was among the first inductees of the Archery Hall Of Fame in 1972. For photos of Ben Pearson Bows, visit <http://www.archeryarchives.com>.

Eliminating Bow Torque

Adapted from an Article by James Park



One aspect of our technique that has for a long time been of concern is the effects of bow torque. That is, by twisting the bow's riser as we draw the bow, we induce a sideways scatter of our arrows on the target. An arrow that has been shot well enough to hit the centre of the target, aside from

the bow in his hand.

Much thought has been given as to how best to place your hand on the bow's grip in order to minimize bow torque. Equipment manufacturers have given careful attention to the shape of the grip to assist this. Several innovative manufacturers have even created swiveling grips that make it impossible to twist the riser, but this generally results in a more complex and heavier riser than is desirable.

Bow torque arises through either incorrect hand location on the bow, or through changing the orientation of your hand as you draw the bow, or a combination of both. Ideally, we want the line-of-force of the bow to pass exactly through the contact point between your bow hand and the bow. The generally accepted best hand position is one in which the weight of the bow is taken on your "thumb muscle", with the orientation of your hand such that the joint of the radius (one of the bones of your lower arm) at your wrist is directly under the arrow. The radius is the bone on the thumb side of your forearm. It is quite easy to check that your wrist is in this position by simply looking down when at full draw and seeing which part of your wrist is directly under the arrow. Correctly locating your bow hand in this position will also result in your thumb pointing directly at the target.

Even with your bow hand in the correct position on the riser at full draw, it is of great importance that you do not twist the bow as you draw it. For example, you could have your bow hand off to one side prior to the draw, turn your wrist as you draw the bow, and have your wrist correctly positioned at full draw. Unfortunately, in this case, you will have applied torque to the riser. Consequently, it is important to start with your bow hand in the correct position prior to drawing the bow, and retain it in that position as you draw the bow. Putting your bow hand in this position is one of the useful things you can do while relaxing between shots.

Now, while maintaining an excellent hand position in drawing the bow and making the shot is the key step in eliminating bow torque, can we minimize the impact of any remaining torque, or of any torque that might creep in during the pressures of competition? Indeed we can - there is a very simple means of canceling it out.

Looking from above the archer, a counter-clockwise rotation of the riser will result in the arrow going to the left of where it would have hit had no torque been applied (assuming that there was no arrow contact with the rest or launcher as a result of the bow torque). However, with the riser twisted as a result of the torque, your bow sight aperture will now also be pushed off to the left. With your sight to the left of its normal position you will be aiming a little to the right of where you would have been aiming had there been no bow torque. That is, we have two effects-the bow torque is making the arrows go left, and the sight extension is making you aim to the right when you twist the riser. The two effects are in the opposite direction, so perhaps we can make one cancel out the other by selecting a suitable length of sight extension.

How to Adjust Your Sight. Start at a close distance, typically at 20 yards. With your sight extension set right up against the riser, try to shoot an arrow as well as you can, with no torque applied to the riser. Then adjust your sight so that you are hitting the center of the target. Then shoot another shot with a significant amount of torque deliberately applied to the riser. You need to be careful in doing this to not apply too much torque as you could otherwise have the bowstring come off the wheels or out of the nock grooves, which would not be pleasant! If you are right-handed, it is best to twist the riser counter-clockwise as viewed from above, as otherwise you may have the bowstring hit your bow arm. The arrow should hit the target well to the left because the torque will be the dominant effect.

The next step is to move your sight extension so that your sight is now much further out from the bow, and repeat the test. As you get closer to the optimum sight extension length the "torqued arrow" will come in closer and closer to the arrow shot without torque. Indeed it is possible to have the extension out sufficiently far that you can over-compensate and have the torqued arrow hit to the right of the good arrow. The optimum sight extension length is obtained when the torqued arrow hits the target in the same place as the good arrow. Seeing this work for the first time is rather amazing. **Continued on p. 6**

In carrying out this test, you do need to bear several points in mind. When you twist the riser you may get the arrow or fletches hitting your rest or even the riser, and this can completely mask the effects of the test. This is a problem with shoot-through launchers. Also, unless you have a reasonably fast bow, you may find that with the optimum sight extension length you cannot get arrow clearance at the longer distances, in which case you will need to use a sight extension and only partially cancel out the torque.

Remember, though, this technique is not removing the torque, but canceling out its effects.

Three Bucks

Three bucks are in a mountain meadow complaining. They've heard a rumor that a huge buck has entered their area, and they aren't happy about sharing any of their does.

The Alpha buck says, "You know, since we settled our differences and split up the does, I've been pretty happy with MY 30 does. I am not about to share any of MY does with this new buck."

The second toughest buck says, "Yeah, well I ended up with only 20 does, so I can't afford to share any of MY does."

The youngest buck says, "I may only be half as big as you guys, but I'm not going to give up any of My 10 does."

Suddenly the biggest, baddest buck they had ever seen appeared at the edge of the meadow. He must have weighed close to 375 pounds and with huge sweeping antlers. As the huge buck trotted towards the three other bucks the ground seemed to shake.

Suddenly the former Alpha buck is a bit more flexible, "Well, maybe I could spare a FEW does."

The second toughest buck says, "Maybe if I hide in the bushes, he'll leave me alone."

But the small, young buck is snorting, raking the brush and shaking his fledgling antlers in an extremely confrontational way.

Worried about the reckless youngster, the two older bucks trot over to the young buck and say, "Listen, son. It's not worth dying for. Just give the new buck your 10 does."

"He can HAVE my 10 does," replies the young buck, raking the brush and shaking his fledgling antlers again. "I'm just making sure he knows I'm a BUCK!"

Finer Points of Form Korean Style

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.

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.

Yardage (New Arrow) =

Yardage(Old Arrow) x (Weight of Old Arrow / Weight of New Arrow)

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:

Yardage(New Arrow) = 100 yards x 400 / 350 = 114 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.

Great Northwest Archery

Your Full Service Pro Shop at the Skookum Range

We feature an indoor shooting range, a full-service pro shop dealing Hoyt, Parker bows and PSE bows, and an extensive line of archery products and services. Get your supplies for the late season hunt.

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ACTIVITIES

Vacant - Volunteer Today!

The monthly member and Board of Directors meetings are held the second Thursday of the month. The member meeting is at 6:30pm, followed by the Board meeting, in the Club House.

SMOKE SIGNAL



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info@skookumarchers.com**

Don Morrison, Editor

**Annual Club Membership
Meeting and Election,
Thursday, December 14,
6:30pm at the Club House**

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 the 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!

- Thursday December 14th, Annual Membership Meeting and Election of Officers, 6:30pm
- Multi-Color Mail-in, Wednesday evenings at the Pro Shop
- Every Thursday at 6:30pm, Drop-in Archery Training Program
- Dirty Thirty 3-D, January 6-7, 2007
- Annual Club Banquet, Saturday January 13th

EVENT CALENDAR