



# Sylvan Archers Newsletter

VOLUME 1 ISSUE 2

JANUARY 2013

## HAPPY NEW YEAR!

## President's News and Proposed changes to the constitution....

### INSIDE THIS ISSUE:

Presidents Corner	1
It's all about Targets	2
How Traditional are you?	2
Just for Youth	3
3-D Updates	3
Hunting Tall Tales	4
Anything Archery	4

Check the website for membership information and events updates.

[www.sylvanarchers.org](http://www.sylvanarchers.org)

Email:

[kymbishop@comcast.net](mailto:kymbishop@comcast.net)  
for contributions to the newsletter

Well folks, we have entered another year. I hope 2012 was good to all of you.

Your club seemed to have done pretty good despite the downturn in the economy. Our membership is holding up, the grass is mowed, the lights are still on.....and people seem to be having more fun.

What more can we ask for?

At the last meeting your board wanted to set up a system of helpers and a reward for the helpers.

As you all know, we are a club that relies on it's members to volunteer to do chores at the range and our shoots. We couldn't operate effectively without your continued participation .

The work parties this year proved that the Sylvan Spirit is very much alive and well! It was amazing to see all the work we got accomplished at the range this past year. The practice range looks great, the "A" courses are being re-built. We look good!

So...here's what the board did; we passed a policy to reward those who help the club.

If you will volunteer to be a steady helper to our range director, we can cut you a discount on your dues the following year. If you work steady at the sportsman show, or steady for the Broadhead league, same deal.

**Here's how it will work:**

**10 hours of work= 25% off next year's dues**

**20 hours of work= 50% off next year's dues**

**40 hours of work= 100% off next years dues**

**(exception: 20 hours at sportsman show=100% off)**

**( 10 weeks of help at broadhead league= 100% off)**

**contact: JACK RUTZ, KARL OKITA,AL HANSCHAR, DAVE OSLER TO SIGN UP!**

**HAVE A HAPPY NEW YEAR!!**

**ALLEN F. STOVER**

**[Revision to a previously submitted Proposed Change to the Sylvan Archers Constitutional By-laws:](#)**

The proposed change to the Sylvan Archers Constitutional By-laws is as follows:

Whereas the duties of the Range Director are not outlined in the constitution and because it would clarify those duties to outline in a broad manner those duties, the following change is proposed;

*(the revised change is presented in italics, blue underlined)*

**Section 4.02 Vice President:**

- FIRST VICE-PRESIDENT SHALL BE IN CHARGE OF SUPPLYING ALL TARGETS FOR TOURNAMENTS AND OUTDOOR RANGE.**
- SECOND VICE-PRESIDENT SHALL BE IN CHARGE OF ALL INDOOR ACTIVITIES AND SHOOTING BOOTH**

**C. THIRD VICE-PRESIDENT SHALL BE THE OUTDOOR RANGE DIRECTOR. The Range Director, with the Assistant Range Director will be responsible for the outdoor ranges, buildings, equipment and generally the entire physical premises of Sylvan Archers Inc.**

*This proposed change will be voted on at the next meeting where we have 15 members at a meeting. This notice is in accordance with our present constitution which requires a 30-day notice be published before a vote is brought on a constitution change. This is also posted online on our website.*

## It's All About Targets!

Archery Fun Fact:

How did the legendary archer Robin Hood win an archery contest?

By splitting the arrow of a competitor, which today is still known as a Robin Hood!



Statue of Robin Hood in Nottingham England.



## Viva Las Vegas!

Mark your calendars Feb. 8-10th 2013, for The Vegas Shoot! (For those of you who have been following the PNW Shoot up tour, this is a warm up for Vegas! ) You will shoot a 3-spot or single spot Vegas target at 20 yards. You will be shooting 3 days, 10 ends , 3 arrows per end for a possible score of 300 each day. Check out: [www.thevegasshoot.com](http://www.thevegasshoot.com) for more information.

## OBH State Indoor Championships

Mark your calendars for February 22-24th 2013 in Bend, OR! Check out: [www.oregonbowhunters.com](http://www.oregonbowhunters.com) for more information. Remember no adult shoot on Friday night. So shoot early Saturday morning and hit the slopes with me for the rest of the day! Sounds like a fun weekend!

## Sylvan Range

And come check out our new A course for field shoots this spring at the range. We have new covers over the bales to protect the targets more and look more professional. I am excited about more field shoots this year too! A lot going on in the NW for outdoor field shoots this year, so stay tuned to the newsletter and our website for more information.

## How Traditional are you?.....

One of our members Laurie Robinson is hosting the 2nd traditional bow and archery shoot at Archers Afield on Jan. 6th. It is for traditional archers only, it starts at 6 PM and is \$10.00 to enter. Please call ahead to register: Archer's Afield: 503-639-3553 or go to [www.archersafield.com](http://www.archersafield.com) for more details.

While doing some research I found a good resource for Traditional Bow Hunters: Check out: <http://www.comptontraditionalbowhunters.com>. This is a national organization dedicated to Traditional Bow hunters, I thought it was pretty interesting.

I am always looking for tips and tricks or interesting information from the world of Traditional Shooters, so if you have something you think would be newsworthy or interesting, please send it over for publication! 25th of each month is the deadline for submissions

## Just for Youth..... with Mike Brown

### Follow the Arrow, adjusting the sight by Mike Brown

It is easy to get confused when adjusting the sight on your bow. Here are some simple tips.

1. You need to make sure your bow is shooting straight. You cannot adjust the sight if you're your arrow is not flying straight out of the bow. If your arrow is not flying straight if the arrow hits the right or left side of the target at 20 yards and the opposite side of the target at 60 yards. This is caused by your rest not adjusted to center, improper body alignment by improper fit, wrong eye dominance, or the wrong arrow stiffness. These problems must be corrected in order to fine tune sighting. You can crudely adjust your sight to check for proper arrow flight but again you will need to make sure your arrows fly straight.
2. Let us assume that your arrow is flying straight. Your sights should be in the center for the middle distance you want to shoot. So at 60 yards or meters the sight should be in the middle at 30 yards or meters. Less poundage bows may not be able to shoot 60 yard or meters and you may have to sight the sights up for 10 to 30 yards. The peep, sight ring, and target circle should all line up and have a comfortable fit for good shooting form on a compound bow.
3. The general rule is to follow the arrow. Adjust the left and right first. Move the sight apertures or sight ring to the right if the arrow is shooting right and left it is shooting left. You should not have to adjust individual pins assuming the arrow is flying straight.
4. Adjust the height next. Move the sight or pin up if the arrow is hitting high on the target and down if the arrow is low.
5. A tip for new archers learning sights is to have coaches or instructors adjust the sight. This allows the new archer to concentrate on shooting form and leave the burden of sight adjustment to the coach. In addition, it will minimize arrow loss and damage due to arrow over shoots and damage. With your coach, go over the sight adjustment once the sight is adjusted and learn how to adjust the sight yourself.

Mike will be at Archers Afield on Thursday evenings from 4:00 until 8:00 From Jan 10 thru March. <http://www.archersafield.com>. He offers free advice and critique to intermediate and advance archers during the open shoot at Mount Scott open shoot at 7:00PM and Archers Afield. You will be able to schedule a lesson at this time. Mt. Scott community center also has lessons: <http://www.portlandonline.com/parks/finder/index.cfm?PropertyID=1120&action=ViewPark>

## 3-D updates..... with Dave Osler

With the weather driving us all indoors, Dave and his crew have been busy working on our animals to get them into tip top shape for the upcoming season. He has been working on trying out a new type of preservation method that he saw down at the Wapati Range. It helps preserve the animals better and makes it less likely that the arrows will go through the animals. So we will keep a watchful eye out for one or two of these new targets so see how they work and if it is something we might see in the future.

If you are not familiar with 3D archery, the term 3D archery generally refers shooting at 3 dimensional life-like targets made from self healing foam in situations which would mimic real life hunting experiences. ( accept we hope our live targets don't self heal! )

Early use of the targets was primarily for bow hunting practice but over time, shooting clubs began setting up courses to challenge hunters which led to more competitive venues leading into what we know today as 3D archery. Most early targets were made to resem-

ble deer but today, manufacturers like Rinehart and Mackenzie make all kinds of animals in various sizes – from skunks to giraffes and everything in-between including dinosaurs and aliens! It is a great outing for the family, whether you hunt or not! So make sure to check out club calendar for our upcoming 3D events for 2013!



# Hunting Tall Tales.....

Well since I have not gotten any good hunting stories, I am going to post this picture of my good friend from High School, Leon Olson Jr. He shot a nice Mule deer opening weekend and the next weekend tagged his Record Elk with his trusty Marten! YEP, that is how big they grow them in my home town of Sweet Home, OR!



## Anything Archery.....

Sylvan Archers will be at the Sportsman's show again this year running the shooting booth. The dates are Feb. 6-10th, set up is the 4th at 2:30 PM. If you are interested in volunteering your time at this event: Contact AL Hanschar: 503-657-7224 or email at: [ahanschar@cs.com](mailto:ahanschar@cs.com) for more details.

For those of you interested in tournament archery, whether it be 3D or target or field, here are some websites where you can find out what is going on in Oregon and Washington as well as where the NFAA tournaments are being held. As well as check out the local archery shops for indoor leagues, tournaments and lessons.

[www.nfaa-aarchery.org](http://www.nfaa-aarchery.org)

[www.archersafield.com](http://www.archersafield.com)

[www.oregonbowhunters.com](http://www.oregonbowhunters.com)

[www.brokenarrowarchery.com](http://www.brokenarrowarchery.com)

[www.washingtonarchery.org](http://www.washingtonarchery.org)

[www.archeryworld.net](http://www.archeryworld.net)

[www.calarchery.net](http://www.calarchery.net) ( State archers of California)

**What is Target Panic?** Target panic is a psychological condition experienced by many archers, both competitive and recreational. It was originally called "gold panic" because an archer would experience symptoms (panic) when the arrow was brought onto the bulls eye (gold circle). The name later evolved into target panic because it was discovered that the symptoms could be experienced when aiming at any target. There are three primary symptoms of target panic.[1] An archer suffering from target panic may experience a premature anchor, where the bow appears to become very heavy and it is difficult for the shooter to come to a full anchor position. A second symptom is referred to as a premature hold, where an archer "locks up" or "hits a wall" that they are unable to move past as they try to align their arrow with the target. The third symptom is referred to as a premature release and is characterized by an inability to come to full anchor without releasing the arrow. While target panic was originally blamed on high levels of anxiety and a "fear of failure", it is now understood to be caused by the way in which the brain learns at a neurological level. Treatments based on this new paradigm have been very effective at treating target panic in archers up to the Olympic level. Stay tuned next month for how to defeat target panic!

Source: Wikipedia.org