



Mt. MADONNA BOWMEN NEWSLETTER

Winter 2014

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Presidents Message

Winter is upon us and we have seen a noticeable decline in outdoor archery activities and an increase in indoor shoots. The only outdoor shoot this fall was the regional Field/Hunter round at the range in October. Several indoor shoots have been held at Predator's archery. Activities to support the 2014 Bug Shoot are progressing nicely. All targets and target trails at the archery range have been recently checked and are in good shaped. A couple of hunting articles have been recently published talking about conservation and hunting and the growing interest in bow hunting using traditional methods. The club donated \$500 to the Mt. Diablo Bowmen to help out with restoring their range after the Morgan Fire

caused extensive damage. I hope this newsletter finds you had a Merry Christmas and hope your New Year will be rewarding.

Range Status/Activities

The archery range remains in good shape through the fall months. A recent walk through of the range by Bob Buie, club Range Master, and found all targets in good shape. The amount of archery activity on the range has declined as we move into winter. Thirty-five new target hay bales have been ordered that will be installed in the spring of 2014 to replace old bales. The increased archery activity at the range is resulting in more frequent bale repair. The county is requiring a list of planned maintenance for 2014 by the 1st of February. Maintenance planned for 2014 will be routing maintenance.

If you find anything at the range needing attention, please let us know!

Bug Shoot Update



We are making progress getting ready for the Bug Shoot in July of 2014. Raglin 3D's, the target repair company, has picked up the Bug targets and is currently refurbishing them at their location in Red Bluffs, CA. This puts us ahead of the previous year's schedule to get targets repaired. These targets were really in need of repair after the large shooter turn-out at our 2013 event.

State, National, and International Shoots in January

NFAA Southwest Sectionals – (2) 300 Vegas Rounds on the 3 spot or the single spot Vegas Target.
<https://www.nfaausa.com/southwest-sectionals>

CBH/SAA Indoor Championships – A 450 round indoor round on the 3-spot Vegas Target at 20 yards.
<http://www.cbhsaa.net/2014%20Indoor.pdf>

Refer to the MMB Website's Events Page for the details on these 2 shoots, get the registration forms, and reserve a lane at Predator's Archery. <http://mountmadonnabowmen.com/events.shtml>

IFAA World Indoor Archery Mail-Match (WIAMM) – The WIAMM is classified as a world event to promote archery for all. The WIAMM shall consist of three indoor rounds of 12 ends of 5 arrows using either the IFAA blue and white 5-spot or the blue and white single-spot target. Participants will submit scores shot each month at Predator's Archery between January and March. Refer to Predator's Archery WIAMM information page for details: <http://www.predatorsarchery.com/wiamm.shtml>

Contacts for all the above shoots: **Karen Stewart**, MMB Secretary, mmbowmen.webmaster@gmail.com and **Curtis Campisi**, Predator's Archery, 408-842-7733.

Membership Update

As of January 2nd, MMB is comprised of 117 households. To all new members, welcome to the family!!

Club Membership Renewals for 2014 are due in January. Renew by February 1st to stay on the active rosters. You can renew at any time either online using Paypal for payment or by completing a membership form and either returning the form and your payment by mail or dropping it off at Predator's Archery in Gilroy. Information on how to renew can be found on our website's membership page here:
<http://www.mountmadonnabowmen.com/membership.shtml>

Parking passes for the New Year are usually received by mid to late January from the Parks department and everyone will be notified when they arrive and information on how to get theirs. If there are any questions, please don't hesitate to contact me at mmbowmen.webmaster@gmail.com.



MMB Website Updates

Karen Stewart

If you've been to the club's website since January 1st you might've noticed a change to the picture viewer on the front page. This has been updated to use a dynamic feed from Flickr and populated with 50 images from around the range, mostly Bug Shoot images. Since the Bug Shoot isn't the only thing that happens at the range, I need your pictures! If you have any pictures taken at any of the other shoots (3D unmarked, Zombie, etc), club shoots, or just while you were up there having fun, please send them to me at: mmbowmen.webmaster@gmail.com.

As usual, we encourage all members to visit and bookmark the Mt. Madonna Bowmen website at: <http://www.mountmadonnabowmen.com/> and the Mt. Madonna Facebook page: <https://www.facebook.com/pages/Mt-Madonna-Bowmen/451919288172852>. Both of these are updated on a regular basis to ensure that members have the current information regarding the club and our activities. If there's anything you'd like to see on the website, please drop an email to the club's webmaster, Karen Stewart at mmbowmen.webmaster@gmail.com.

Hunting News

Rich Sandkuhle

A couple of articles have recently been published in news magazines about hunting that need to be mentioned. Time magazine published an article in their December 19, 2013 issue titled "America's Pest Problem" discussing several current issues about animal over population and the need to figure out a way to manage game. The magazine "The Economist" December 21st 2013 issue has an article titled "In the Dark Woods hunting in the United States. <http://www.economist.com/news/christmas-specials/21591747-can-bows-and-arrows-save-hunting-america-dark-wood>. This article talks about fair chase in hunting, the decrease in gun hunting and how more interest is being shown in hunting with bows and arrows where hunters have to use all their skills to get close enough to their quarry for a clean ethical shot.

MMB Officers and Contacts

President:	Rich Sandkuhle	rsandkuhle@charter.net
Secretary/Webmaster:	Karen Stewart	mmbowmen.webmaster@gmail.com
Treasurer:	Curtis Campisi	predator@garlic.com
Range Captain:	Robert Buie	
Target Captains:	Ken and Kay Gardner	

Website: www.mountmadonnabowmen.com

Facebook: <https://www.facebook.com/pages/Mt-Madonna-Bowmen/451919288172852>

The Lazy Girl's Guide to Surviving Redding

Karen Stewart

"Redding" a.k.a. the Western Classic Trail Shoot and NFAA Marked 3D National Championships held at Straight Arrow Bowhunters in Redding, CA the first weekend of May is the must shoot event of the summer. This shoot is 70 3D targets shot over the course of 3 days, plus the 14 target Pro-Am held on Thursday. There's a lot of walking, standing, and a little bit of shooting during those 4 days. The weather can be completely unpredictable. It can be hot, cold, rainy, and windy all in the same day or you can luck out and have a perfect 3 days of shooting. Anything can happen and that's all part of the challenge.

Why am I mentioning this shoot in January? Well, I'm a firm believer that Redding is not a shoot you wake up one day and decide to go to. I've seen first-hand what it does to the unprepared body so in my opinion it serves well to decide early if you're attending then start training for it.

Let me start out by explaining what I mean by "training". I don't go to shoots expecting to win, I go for the experience and to do my best. That said, if you work through the exercises and your scores aren't what you want them to be as you get closer to the date, SO WHAT?!? Go for the experience, go to have fun, and you may end up surprising yourself. This is how I ended up 2nd my first year and had my highest average 3D shoot scores at this shoot. So, when I say I'm in training for a shoot I'm simply working on things I know I need to do to be at my best.

My lifestyle doesn't include going to the gym or any type of regular exercise (hence the "lazy girl" in the title) so my Redding training starts with building stamina. Soon after Vegas which means mid to late February and absolutely no later than early March if I'm procrastinating, I spend 2-3 weeks getting the outdoor cobwebs off by stopping by Black Mountain Bowmen (which is very close to where I work) 2 days a week and shooting 14 targets, then on Saturday go to MMB for another 14. After that, I'll increase my weekday shooting to 3-4 days and MMB to 20-28 targets and try to do a Sunday shoot or just go up to MMB if my schedule allows. Following this regimen for at least a month and a half increases my stamina for shooting multiple days so I don't feel like I've been run over by a truck with my shoulder ready to fall off by day two.

As I've gotten older, what my body needs throughout the day to be at its best seems to change year to year. To be in tune with my body's needs, things I pay attention to during my training phases are: how do I feel this morning after the dinner I had last night? How much water do I need to stay hydrated and do I know the dehydration signals early? Will the cinnamon roll I had for breakfast cause me to crash mid-morning? How much coffee can I intake before I get too jittery to shoot? What snacks work best to tie me over between



feedings? How much sleep do I need? Sleep and sugar levels play a major role in my mood and my mood will play a role in how well I shoot. Figuring out these things beforehand will help me make decisions to ensure that I do what I need to continue doing my best all four days.

While I'm getting my body ready for the feat, I also take the time to get to know my bow. This means I shouldn't drop points because "I didn't know my bow would do that". As I mentioned the weather can be unpredictable in Redding and so can the bay area weather in the spring, so regardless if it's the perfect day to shoot or if it's rainy, windy, cold or hot, I try to shoot on my scheduled days. This primarily allows me to get to know my bow in less than perfect conditions. Your bow, whether it be a compound or recurve, will have different reactions in varying conditions. Work with your bow in different settings and pay close attention to how it handles. You'll learn things about it like: if wet strings or heat will make your bow shoot faster; how much rain will slow down your arrows; how much yardage do I deduct for a 7 degree incline in the fog; and how to shoot a 70 yard target over a canyon with wind swirls. All these conditions are variables that can mean the difference between an 11 and a 8, or even a missed arrow and an 8 if you know how your bow will react.

There's a few good local spring-time shoots to attend to get into the swing of things. In March there's: Yahi Bowmen's Spring Fling (if you need to learn how your bow handles windy conditions this is a good one); Lodi Bowmen's Cartoon Classic; Black Mountain Bowmen's Golden Arrow; Horseshoe Bend's 3D Buffalo Hunt. In April: Salinas Bowmen Island Shoot; and to wrap it up with Fresno Field Archers Safari Shoot which is the weekend before Redding.

In a nutshell this is how I survive Redding. It's truly a fantastic experience and a wonderful course to shoot. Be sure to visit Straight Arrow Bowhunter's website for information about their course, registration (usually starting in February), the latest news about the shoot, and where to stay.

<http://www.straightarrowbowhunters.com/>.

