

SAMFORD VALLEY



TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

(ABN 63 639 289 573)

www.samfordarchery.org

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G'day,

It's been a bit long between Newsletters, but that's what you get sometimes. 🎵 "I never promised you a rose-garden" 🎵.

However, there are a couple of **IMPORTANT** and **REASONABLY URGENT** things to take note of, so let's start with those.

In the **URGENT** category let's remember that the Samford CHEMMART has a Community Fund and our "Archery Club is listed to be our October recipient of the Chemmart Community Fund. 5% of sales of all Chemmart branded products sold in October will be donated to the club.", (from the Samford Chemmart Pharmacy).

So, if you need "over-the counter" products, use the services of the **SAMFORD CHEMMART PHARMACY**, and the "Chemmart" branded products, and boost the money that the Club will receive.

In the **IMPORTANT** category, remember that we had the Annual General Meeting of the Club just recently. The 30-odd people who were there will remember that. Other members may need to be reminded that it happened. Not a lot changed.

However, the Vice-President is now Nick Horley (Alan Roberts having stepped down). **Bob Thompson has bravely**

taken on the task of Recorder, and Scott Maclean *volunteered* for the post of Fund Raising Co-ordinator.

David Barwick has taken over OzBow responsibilities. Brad Tedford wishes to step down from the position of Member Protection Information Officer, but will remain in the post until we can lasso - er, *appoint* - another candidate.

The Club obviously depends on volunteers for all of the day-to-day activities involved in running what is an active and progressive organisation. All of the elected and appointed members, and those continuing or commencing in positions deserve tremendous respect and gratitude.

Talking just there, about Scott Maclean, I promised him that I'd apologise to Conan for calling him "Conor" in the last Newsletter - so, apologies Conan, it was a slip of the typing finger(s). Scott had some surgery recently, so he can't chase me round and make me do KP or such.

Some of us shot the Bowmen Round as the Ron Tucker Memorial shoot on the 5th October (well, I nearly did). This was also a participation in the United Bowmen of Philadelphia's world postal shoot for 2013. It would have been nice to have more participants, and particularly from other Clubs, but we actually enjoyed a good tournament.



Nick Horley shot a great round, possibly a World Record for this round for this year, and Hayden Millis shot a brilliant round, dropping only 10 points for what we hope will also be a World Record for the shoot for this year.

We will wait, and see.

The following is the report which I have sent to David Baier, who is the driving force behind the United Bowmen's world postal shoot:-

“On a *beautiful* Spring day - 25° C (77° F), a gentle breeze and a cloudless sky - 11 archers of the Samford Valley Target Archery Club commenced the Bowmen Round as the **Ron Tucker Memorial Shoot** on 5th October, 2013.

Unfortunately, your editor developed a case of being unable to keep the drawn arrow on the launcher (for reasons unexplained), and did not finish the round.

The other archers went on and completed the round - and seriously damaged the half-time food as well.

Last year our best Compound archer, Franz Roodt, scored 702. This year, four archers scored more than that. Scott Hagaman and Karl Reichel each scored 716, Junior, Hayden Millis scored an amazing 746 (10 below perfect!!)



One of Hayden's nine "All-In-Gold"s

We all hope that Hayden's score will eventually be recognised as a World Record for this shoot for this year.

Nick Horley, very deliberately, carefully and accurately set out to beat last year's declared Bowmen Round World Record of 730. (We had inadvertently forgotten the note during the year that Alex Wifler had shot a 736 with a compound bow!) However, all is good - Nick scored 738.

Again we will have to await the end of the year to discover if Nick has established a new World Record for the compound archer's Bowmen Round for 2013.

Two other compound archers shot the round. John Garland scored 660, and Mark Logan scored 654 - more practice and less judging, Mark?

Four recurvers also shot the Bowmen Round this day. Unfortunately our recurvers have not managed to match or beat last year's winning scores in the world postal shoot, but our Senior recurvers certainly beat last year's Club recurve score - Shane Beard with 523, Paul O'Brien with 469, and Patrick Barden with a score of 440.

Only one lady archer this year, and a Junior at that. Maddison Stuart scored a very creditable 557 at the 50 yard range.

Congratulations to everyone - firstly for good scores, and secondly for having the imagination to be involved. The consensus on the shooting line at the end of the day was that - WE'LL DO IT AGAIN NEXT YEAR!"

Oh, and I forgot to mention the one-metre-or-so of snake that crossed the field from east to west while we were shooting.



Thanks to Tim Millis for the photo (at a distance)



Another important thing to mention is the **WORKING BEE**, on 27th October - a Sunday.

Those members who were at the **AGM**, will remember that there was a discussion about introducing a "maintenance levy" which would go some way to making up for the cost of the maintenance which goes on at the Club in terms of repairs to facilities, etc.

The idea was defeated, and there's not a lot of point in talking about what the discussion was, however, where the Club is maintained essentially totally by volunteers, it is necessary for as many people as possible to give some time to work

that needs to be done to keep the Club running reasonably efficiently.

Those who volunteer their time in this way give up time, and save the Club money, in helping at working bees. It is **FULLY** understood that not all members can attend **EVERY** working bee, and that some members are not able to attend **ANY** of them, but having as many bodies on board as possible lightens the load on all - and there are jobs which are necessary, which can be tailored to just about **ANY** member.

Please be ready to help!

Another thing that happened at the AGM was the presentation of a relic of "The Tree" which was beloved of some, and less revered by others.



When we get organised, we'll arrange a place for it at the Club. At the present it sits to the side in the original indoor area.

A FEW REMNDERS -

- **Please remember to make the effort to keep our (YOUR) Club tidy.** Put rubbish in the bins provided. Occasionally find a broom and have a go at sweeping a floor - it's therapeutic!

- **Don't just drop drink cans and food wrappers at the shooting line -** take them to the bins. If you see rubbish that someone has left, please take it to the bins.

- **If you're finished shooting, check if someone else wants to use your target,** and if there's no-one, at least take the target back to the door of the second shed - but preferably put it back properly.

- **Check all of your archery equipment BEFORE shooting.** Check the string - does it need waxing, is it worn too much? If it's Club equipment ask someone to check it.

- **Carbon arrows are great - they're either broken or not** but it can be difficult to be sure at times. Fragments of carbon under the skin can be a REAL PROBLEM. Learn how to check arrows for problems - ASK FOR HELP IF YOU'RE NOT SURE!!!

- **Beginners and new archers especially, be aware to how to remove arrows from the target (and the ground) properly.** If you're not sure - PLEASE ask. There have been some very strangely bent arrows turning up in Dave Arrowsmith's workshop lately. If they are really bent, that's a financial loss to the Club.

There's nothing like work to interfere with leisure, so I haven't

been keeping up with who has been shooting where. But here are some pertinent results from some recent QRE's.

(For new members, QRE's are Qualifying & Ranking Events and give archers an idea of where they stand in the overall picture of competition archers.)

Just noting Club members: -

Field QRE 11/8/13

Justin Olexienko 409

Michael Welk 369

Neil Digweed 379

Madeleine Ferris 374

Alison Hagaman 379

Madeleine Ferris 374

Alison Hagaman 339

Indoor QRE 4/9/2013

Justin Olexienko 592

John Cowley 547

Target QRE 7/9/2013

Dennis Mycock 576

Nick Horley 659

Scott Hagaman 640

Peter Clark 630

Karl Reichel 630

Madeleine Ferris 659

These are scores which are Open National List Ranking scores, so we have some rather good archers in our Club ranks.

I did promise (?threaten) Brad Tedford that I'd show this photo. It was after the July Monthly Club Shoot - which was also a Silver Arrow Indoor. Brad had done well - shot at 108.7% of his current rating, and was

looking good for the winner's medal--
--- then, Paul O'Brien shot 109.4% and
whipped the medal out of his hand.



Not sure if he went into "Mad Monk"
mode before or after.

Still, they laughed about it later!



**It's probably time for another
instalment of "Practicing to
Perfection", if only because I seem
to be running out of things to write
about - so, here goes!**

"POWER OF POSITIVE THINKING

In accepting the idea that we're capable of
more than that which we now believe to be
our capabilities, it is logical to assume that
we can improve. It is important, however,
to understand the underlying principle

here. Saying that we can improve in one
thing must also mean that we can improve
in all other things. In short we can do what
we want to do, regardless of what others
may or may not have been able to do before
us. The key is that we are limited only by
our own beliefs of what our limits are. If
we expand our beliefs about our limits, or
expel completely the thought that we are
limited, then the limits will change
accordingly. This is an absolute fact of life
and if you trust yourself you will find that it
is as true for you as it is for any other person
who has ever drawn a breath.

How can this attitude of positive thinking
be applied in the development of shooting
skills? There are many ways. Begin by telling
yourself that you have no problem that
you cannot overcome, because it is
absolutely true. In Your next shooting
session shoot every arrow without thinking
about any problem that you previously
thought you had. Say to yourself that you
will shoot every arrow exactly the way you
would shoot an arrow if that arrow was your
best shot ever. Don't hold back - holding
back is a sign of weakness, a sign of doubt
about your ability. You will succeed.
Relax! There is nothing to become
tense or worried about. You will be able
to do all that you want to do if you will
just allow yourself. The faults and
frustrations that may have burdened you
before were yesterday's problems.
Today is today and you feel differently
about yourself. You see yourself as the
champion of your own thoughts. You
are invincible. Nothing is beyond your
reach and nothing is in your way you are
the driving force that will overcome.

Learn to practice with this kind of will-do
attitude.

Understand that your subconscious mind
controls your conscious being and that if you
develop a will-do attitude the will-do results
will follow. The subconscious is a fantastic
power within each of us and it influences
nearly every aspect of our behaviour.
Allow the subconscious to expand the
bounds of your limitations through your
conscious belief in yourself, and you will
truly discover new horizons of self-
actualisation. It is a new dimension within

each of us that is ready to come forth. All that remains is to allow it to escape.

When speaking of the will-do attitude we have to understand that this is a positive suggestion to our subconscious. The "can-do" attitude implies the possibility of success if something else happens, but on the other hand if that "if" does not work out, there is a possibility of failure. Viewed another way, the can-do attitude can be seen as a preconceived excuse for failure, the "will-do" attitude is not.

How often during shooting have you said to yourself, "I know I can do this thing if I will only ..." Later you find that you fail even when you try harder and harder. Why? You gave your subconscious a conditional suggestion, success "if" or failure unless. This situation creates doubt about your capability to succeed. You have a built-in excuse for failure (subconsciously) even before you begin. Approaching this same situation with a will-do attitude implies only one possible outcome - that you "will-do". You will succeed because you are mandating success to your subconscious and there are no conditions that allow you to do anything but succeed. There are no limits, there are no ifs, there is only the outcome you have said must occur. The will-do is your self-imposed directive to your subconscious and by believing in yourself and by not providing your subconscious an escape (failure) valve you must succeed - you will succeed.

It's difficult to believe that we can do something that has always been out of our reach before. This is because we are conditioned to believe this way. If we have a shooting problem it usually gets worse because we begin to doubt our own ability to overcome the problem. It is simply a self-defeating attitude and not the problem itself that makes the situation worse. This is how it works: After a day of frustrating practice you leave the range thinking of your problem. You have thoughts that are always directed towards your inability to do whatever it was you wanted to do. You say to yourself, "What is wrong with my shooting?" or "Will this problem ever go

away?" Looking at this situation through the eyes of your subconscious you would see a situation of doubt - a failure-oriented experience. The subconscious would view the failure as a limitation on your ability and you would feed that attitude through your thoughts of doubt about your own abilities. The subconscious takes the suggestion of failure and builds upon it so that next time you go to the range the failure will occur again. You programme your subconscious much like a computer. Once you have established the programme it will play itself back. If you programme failure, then failure is what you will get in return.

But, what if you had left the range that day after that same frustrating experience with thoughts like these: "Today I did not do things just as I should have, but next time I will return and do them much better. I understand that it is only human to have good days and bad days and today was one of my bad days. Tomorrow will be one of my good days. I will approach the problem I experienced today with a positive attitude because I know I will arise above it tomorrow." What has happened here is that you have programmed your subconscious with will-do thoughts. You have not allowed doubt to interfere with your positive thinking and you have paved the way to the success you seek. The whole thing may sound absurd but many things throughout the history of man have seemed absurd until someone proved they were not. Start today proving to yourself that your positive attitude is the single most important source of success that you will ever have.

If you are willing to begin to train your mind to be success-oriented, just a word of caution. We never expect our bodies to learn to do something on the first try and yet too many of us think that our minds will respond immediately to a new set of attitudes. You cannot expect a positive attitude to bless you overnight. You must learn to develop it. It is a gradual thing, just as learning your present negative attitude was a gradual thing. The best road to follow is one that is filled with positive

thoughts about all aspects of your life. Be a winner not only with your shooting but with all that you do. See the total life experience as a success trip - one in which you are in command and one in which you will always be in command.”

The mind is truly amazing!

You all should know by now about the technological advance at the Club - if not, where have you been?



The computer monitor on the wall makes it MUCH easier for everyone to see how well, or otherwise, you've been shooting.

I've discovered a few items to mention, because I've finally got around to looking at various minutes of various meetings.

So, let's do a bit of housekeeping:-

1. **We have a system set-up for reporting safety breaches and accidents/injuries.** In the file drawers at the sign-in point there are incident report forms. If you suffer an injury, or are involved in a safety breach, you **MUST** report it to a Committee member, and fill in a form.
2. **Would you all please note that visitors are NOT permitted to**

cross the shooting line without the permission of the Director of Shooting. This means fathers, mothers, sisters, brothers, cousins, etc., of people shooting. With the permission of the DOS, OK, without permission - **PLEASE DON'T!**

3. **Our (ex)-recorder noted at out last Management Committee meeting that some archers had been denied record claims in indoor rounds because the rounds had not been shot as they were supposed to be.** Indoor rounds are shot as 3-arrow ends - 6-arrow ends are NOT permitted. In outdoor rounds, where 3-arrow ends frequently used at the shorter distances, 6-arrow ends MAY be shot if the archers all agree.
4. **And, especially for new members shooting OzBow rounds, be aware that you are entitled to a certificate AND an OzBow medal when you qualify at the various OzBow distances.** Talk to David Barwick who is the OzBow co-ordinator. Just be aware also, that at the moment there may be a shortage of some of the medals.

Finally, but by NO means least we offer congratulations to our President, **Brian Hagaman**, and to that well known face-around-the-Clubs, **Keith Manssen**, who were both put up for life-membership of SQAS at the recent delegates meeting, and both motions were carried.

And, just to finish up with a little bit of information about myself personally, I thought you'd like to see something that is *NOT* on my "Bucket List"

I'm not that keen on camping, or just hanging around!



WORKING

BEE!!

Sunday

27th