

# SAMFORD VALLEY



# TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

(ABN 63 639 289 573)

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

## Newsletter No. 30

**Here we go again** with a round-up of anything I can think of.

**Perhaps the first thing is what we might call “Congratulations” and/or “Welcome Home”.**

Firstly, to the **Australian Archery Team at the Rio Olympics** - I know, it's a little late but, “Congratulations on a great effort to all four of you. To **Alec, and Ryan and Taylor**, certainly the Bronze Medal in the team event must have been a spine-tingling moment. To **Alice Ingley**, it's a pity that illness didn't help you, but to the four of you, even getting to be in the Archery team was a great thing. We hope that the hard work, at and after the 2016 Open at our Samford Club, contributed to great performances”

Secondly, to **Kynan Schilling** - A great effort to go to the World Open Field Championships in Ireland, as part of the Australian Team. Kynan went with the plan to reach the Round of 16 in the Junior Men's Recurve division. Unfortunately he missed the cut-off by 11 points (potentially, 6 of those disappeared because of a shot on the wrong target face). It has happened, or will happen to us all!

## October 2016

He has come back with experience, some useful new knowledge, and the determination to go to the next Field Championships in Italy.

Thirdly, to **Delia Evans** - she was the Club's only representative at the National Championships in Adelaide recently. Congratulations for the hard work - and the wet feet. Delia shot in the Open Women's Recurve division, and ranked 11<sup>th</sup> in a field of 20. Not a medal ranking, but Delia has only recently returned to shooting, so that was a pretty good effort - particularly when the Torrens was probably actually running (it's not really a very big river).

Fourthly, to **Tristan Barrett and Elizabeth McKillop**, who were married, Saturday 15<sup>th</sup> October.



(Luckily, there was no Club Handicap shoot scheduled for then). Many wishes for a great life together.

Tristan had another couple of wins recently - he won the October Monthly Club shoot, and, I believe, the Ron Tucker shoot, both with scores in excess of 100% of the Master Bowmen scores.

Fifthly, to **Sam Strickland** - Sam is a member of the Mount Petrie Bowmen and not Samford, but he has trained here on a number of occasions. Sam competed in the Australian National Championships in Adelaide recently in the Open Men's Recurve division, and came second to Rio Olympic archer Alec Potts. Congratulations, Sam, a truly great effort.

### \*\*\*\*\*HEALTH WARNING\*\*\*\*\*

If you're not signed in to the Club's Facebook page, you will probably have missed Trent Carberry's warning that he picked up a tick, apparently on the field range, recently.

Here are some things to remember -

The Club's First Aid Officers will have information regarding ticks and the best treatment.

Paralysis ticks crawl up stems of grasses and along branches, but rarely climb higher than 50cm in their habitat, so they do not drop out of trees (*this belief is confusing them with drop bears - Ed.*), but they can climb up the body after landing on a person.

Most tick bites pose no medical problems, if the ticks are removed promptly, though there are many possible symptoms which are a bit too involved to list here.

The most serious complication from a tick bite could be the development of the uncommon "tick-induced mammalian meat allergy" where patients can develop an anaphylactic reaction to consuming meats and animal-by-products.

#### How to prevent tick bites?

If possible avoid known infested areas.

If not possible wear appropriate clothing such as: a long-sleeved shirt,

Long pants, tucked into socks,

Light coloured clothing to make it easier to see ticks before they attach,

Before entering possible tick infested areas apply insect repellent containing DEET, and re-apply as necessary,

Clothing treated with permethrin could be useful.

#### Removing ticks

**If you suffer from allergic reactions to ticks, only attempt to remove a tick whilst at a medical facility such as an Emergency Department.**

Using *fine-tipped forceps* (preferably not household tweezers) grasp the tick as close to the skin as possible and pull upwards with steady pressure, avoiding jerking or twisting the tick.

Prior to removal attempts, the tick may be sprayed with an insect repellent containing pyrethrin (apply twice with a one minute interval between applications) although there is currently no evidence to suggest this is of benefit.

If you have any difficulty removing a tick, or suffer any symptoms afterwards, seek medical attention urgently.

Use only fine tipped forceps (although the First Aid Officers may have access to tick-removal implements), and avoid squeezing the body of the tick.

Don't use folk-law remedies such as matches or pins, or irritant chemicals such as methylated spirits or kerosene.

Recently there has been a suggestion to use ether-containing spray, normally used for treating warts, to kill the tick by freezing it - evidence based research that this is an effective and improved treatment is currently not available (2015)

## Notes to ALL archers -

1. If you finish shooting (at whatever time), and there is no-one else who wishes to use your target, **PLEASE RETURN YOUR TARGET TO THE SHED.**

There have been a number of times recently when anything up to 3 or 4 targets have been left out with no archer using them.

This is a “self-help” Club -to leave simple “house-keeping” tasks to other members is imposing on their good graces.

2. On a slightly different matter, three archers can easily fit onto one target. If you see a space available on a target at a range you wish to shoot, ASK if you may join the group. This may mean that the fields are less crowded with targets than they sometimes appear to be.

3. Hopefully, you have all noticed that the shooting line has a series of plastic disks nailed on the ground. It is planned to keep the grass from obscuring these! The sequence, properly approached, is - **one red disk, then two white disks, then another red disk.** This marks out the three metres of space for one target placement - and **one metre for each archer.**

Similarly, on all of the distances at which we shoot (or it will be when we have sufficient disks - Note to Brian) **yellow disks** are lined up.

These mark the spot above which the centre of the target frame should be placed. They mark the direct line from the centre (1.5 metres) of each three metres on the shooting line, and place the targets 3 metres apart, as they should be.

Please observe this spacing.

4. **Please do not leave rubbish - water bottles and drink cans, paper, etc., on the grounds. Please use the bins as provided.**

**A note to newer archers** - though the more established members can also be involved .....

When you joined the Club you were (you should have been) given a booklet “Samford Valley Target Archers Information Booklet and Rules”. This tells you a lot about how the Club runs, and what your responsibilities are, and a few other things

There still seem to be numerable occasions when new archers are unsure about just what to do, and they (you) may be reluctant to ask. Mind you, the simplest answer is simply - ASK.

However, there is also another paper designed to answer some of the more simple questions about beginning in archery, which has been called “Archery for Beginners (or the confused)”. It’s a bit expensive on printer ink to hand out both booklets to new members but this paper might be helpful at times- though it does cover some things which are also covered in the “Rules”, perhaps with a slightly different perspective.

# ARCHERY FOR BEGINNERS

(or the confused)



Updated - 20<sup>th</sup> May 2015

For anybody who is interested in this, I can provide a copy on CD if you let me know ([evanf@hotkey.net.au](mailto:evanf@hotkey.net.au)), or if the link works, you might pick it up at -

<https://www.dropbox.com/s/4u6afd6fb4bxb5x/ARCHERY%20FOR%20BEGINNERS%20-%20Vers%201.5docx.docx?dl=0>

Let me know if you have a problem.

**An excerpt from history - from "Shooting Lines" an Australian Archery Association magazine of April/May 1978.**

"AROUND THE CLUBS

SOUTH QUEENSLAND ARCHERY SOCIETY

Lyn Eagles, Publicity Officer.

The S.Q.A.S. Championships were conducted over the Easter weekend at the site of the 1982 Commonwealth Games at Murrarie. We had visitors from North Q'ld, Ballina and Casino.

On Friday afternoon we shot a double clout under reasonable conditions - 10 ring scoring. Terry Donovan won the ladies' and Bernie Adams the men's shoot.

On Saturday we shot the first F.I.T.A. target round under cloudy conditions to

begin with, then after 50m it rained and we only shot one end of 30m when the shoot was called off for half an hour because of bad lightning. We finished the shoot very wet and tired, but the results were good considering the conditions. David Brown from North Q'ld gained his 1200 Star and after all the years of hard work and being so close on many occasions, Eileen Glassick finally gained her 1000 Star.

It rained heavily during Saturday night and on Sunday morning we had to cross very boggy ground before getting to the shooting line. Sunday was fine and the wind not too strong to start but by the time we got to 30m it was stronger. Terry Donovan won the double FITA and also became the first woman in Australia to win her 1200 Star. Bernie Adams showed there is still life in the old boy and again won the target event.

Early Monday morning the keen archers were out on the main rifle range at Belmont to shoot Flight. It had rained on Sunday night and gum boots were a necessary part of the dress as the whole range was water logged. The 56 target Field shoot followed the Flight, but was delayed a little when the utility that was used to put the targets out was bogged. Again gum boots were required as we had to walk back and forth through running water and it was quite muddy in sections. Terry and Bernie made a clean sweep and it was the first time in Queensland that the same lady and man have won the Target, Clout and Field events. Terry shot a new State record in the field.

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South Queensland started the year off well by winning the Teams Event at the Nationals in Adelaide, and it seems as though we are going to have a very

successful 12 months leading up to the 1979 Nationals in Perth”

So from this we gain a couple of points - Terry Donovan has been a great archer for a long time (although no longer shooting ) and rain and archery tournaments are mutually attractive.

**The “Flemish style” string** is interesting, generally, to the more traditional archers. In some ways it is easier to make than the usual bow string we now know. It certainly can be made using far less equipment. I would be surprised if there was not a few archers in the Club who know how to make them.



However, when I first started archery, the Flemish string was pretty much the usual string made. Despite the years, I think I can remember how to make them - and there are various sites on-line which detail a couple of methods.

The string can be finished with two loops, or, if you're REALLY traditional you can use a “Bowyer's Knot” at the bottom limb - which is really just a flash name for what is also known as a timber hitch. Using the Bowyer's Knot the string, if long enough, can be adjusted to any bow length.

I know of one Club member who would like to know how to make Flemish strings - there may be more. To this end I would be willing to try to set-up a workshop time - some time in a crowded calendar - to demonstrate the Flemish string. If you're interested, talk to me at the Club, or send me an e-mail at [evanf@hotkey.net.au](mailto:evanf@hotkey.net.au)

**As you know by now, we're using PayPal** so that members don't have to worry about small amounts of cash - and it may make things easier for our Treasurer. However, it has pointed up one minor complication - it doesn't tell us who has used it. For things like range fees, drinks, etc., this is not a real problem - however, especially for **membership renewals**, it causes some angst because our Treasurer can have a problem identifying the payer.

If you could make a note in the attendance book when you have paid membership renewal by PayPal, then it will be a considerable help - Thanks!

**The Club coaches are willing to help any archer** who asks for help (time and commitments permitting) but there is also a system in place where Alison Hagaman runs what is being called a “competition squad” at the western side of the field, when she is present at the Club (again, time and commitments permitting). This is designed for archers who are striving to improve technique and equipment set-up in order to do well in competition. No bookings, no special promises, if Alison is in that north-west corner, **it's on!**



**If you've been dying for a chocolate at the Club lately,** you'll have noticed that the chocolates have been few and far between. This is because at present we have no one who is organising the buying and providing of this stuff. Similarly, on occasions the fluid situation in the 'fridge has been less than fluid.

**The Club needs someone - you'll be paid exactly the same wage the rest of our members get from the Club - or preferably several someones who will keep an eye on the supplies and replenish them when required. If you're willing, have a talk to either Alison or Brian Hagaman about how things work.**

**Just for the fun of it, and throwing in a niggler or two,** what follows is a process of comparison from a recent afternoon shooting (the Ron Tucker Memorial shoot).

Recurve archers:



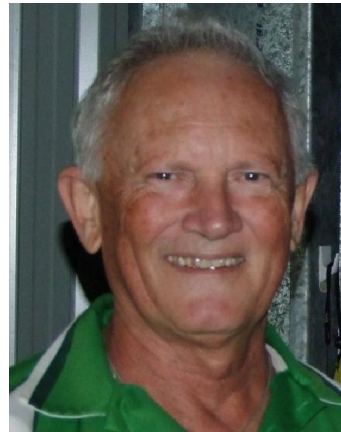
Compound archers:



Although you will see a "seven" there from an as yet un-identified compounder!

So why not change to compound?

**Talking about the "someones" in the Club,** Bruce Symes is now an archery judge, and he's our Field Captain as well - two reasons for obsequious obedience to his wishes -



and Judith, his wife,



has consented to being elevated to the position of "Club Shirt Convenor", which for some reason has changed from "Uniform Officer". She won't give you the shirt off her back, but she will get one from the cupboard for you. She has already done a great job in "shirt promotion" - (nearly had a problem with the spell checker).

## Hasn't the field been looking great!

Scott McLean works his little heart, and his frustrations, out on that mower!

**And Frans, "The Mad Bow-buyer" - has really done it this time,** and moved on (??) to (barebow)!



**Remember, December 3<sup>rd</sup> is the Christmas "break-up."** The fun-shoot in the afternoon, anything from darts to cricket to funny arrows at balloons, then the dinner where people provide their culinary successes (?), and then the trivia session presided over by Scott MacLean (be sure you know your "Abrahams" from your "Zone of fire").

**A POME by Ross Reiser (WA)** (with apologies to Pam Ayres) - published in "Shooting Lines" of May/June 1993

I luvs me little arrows an' I luvs me little bow,  
And standing on the shooting line to watch me arrows go.  
Some days they fly terrific and wind up in the gold,

And other days the little sods will not do what they're told:

They shake their little fletches and wag their little nocks

With a stubborn disobedience that really rots your socks.

And on the worst of bad days, you'll have trouble with your piles;

Now that's a pain-in-the-you-know-what that wipes off all your smiles.

(Ed. Note - arrow points used to be called "piles" -no other association!)

**To be given away to a good home** - does anybody happen to want two (or even one) two-drawer file drawers.



They haven't sold on "Gumtree" at \$25 each. The left one is in good condition, and has a working key, the right one has some wear and tear and is not lockable. Free to the Club or Club members.

Let me know - at the Club, or on [evanf@hotkey.net.au](mailto:evanf@hotkey.net.au)

I might even be able to throw in some file folders!

**The notice above** raises the question of advertisements in the Newsletter. As Editor, I have no problems putting in notices about archery

items members might wish to buy or sell. There are a couple of points about this, though - Newsletters can be a few months apart and perhaps a notice on the noticeboard is a better idea. If you would limit these in space usage a bit, and DATE THEM as to when they went up (we'd probably allow a presence for three or four weeks). It could be a better idea to let the Coaches know what you want.

### Don't overdraw!

