

# SMOKE SIGNAL

Official Newsletter of Skookum Archers Club and Range

November, 2004

## News & Notes

**Pop Machine Installed in Club House.** A pop machine has been installed in the Skookum Club House. the machine has a limited number of choices of 12 oz. cans plus bottled water. Cost is just 50 cents per can. Due to repeated vandalism, the pop machine outside the club house was permanently removed last year.

**Dennis Jenkins admires John Finsterbusch's WSAA's Award**



## WSAA CONVENTION REPORT



**Delegates Curt Reid & Dennis Jenkins**

The 2004 Washington State Archery Association was held October 22-24. The Club was represented as delegates by President Dennis Jenkins, Curt Reid, and Don Morrison.

The 2004 WSAA Board agreed to serve another year, and there were few changes to positions. Skookum's Curt Reid was elected District 5 Trustee. The December issue will include the selected venues for 2005 state championships. Skookum will not be hosting any WSAA championships next year, but will host the NFAA NW Sectionals.

Congratulations to Club members who received awards as the WSAA overall champion in their respective classes:

- David Day
- Gavin Day
- Janaya Day
- Timm Hines
- John Finsterbusch

## Club Hunting 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 John Batts (See Board of Directors page for contact info).or list on Club White Board. Report type and sex of animal, number of points (if applicable), and GMU where taken (optional).



Also, if you have a good hunting story to share with the Club, write it up and send it to John.

The best ones will be published in the Smoke Signal. Good Hunting!

Congratulations to those who have already had success and reported their harvest:

- Tim Thorenstein, 3X3 Blacktail
- Paul Mitchell, 3X2 Mule
- John Mitchell, Mule Doe
- Shane Peterson, Mule Doe
- Dennis Jenkins, Mule Doe

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Your full-service pro shop and indoor range at the Skookum Archers Club and Range

## Mule Deer Quiz

1. Unlike whitetail deer, mule deer:  
Do not make scrapes  
Do not have wide racks  
Have small ears  
Do not rub during the rut

2. The lower 1/3 (tip) of the mule deer's tail is:  
White  
Black  
Brown  
Curved upward



3. What part of the body has a distinctive white patch?  
Belly  
Back  
Rump  
Left side

4. From late spring until early fall most male and female mule deer live apart.

True  
False

5. Mule deer have racks similar to whitetails.  
True  
False

6. Mule deer live in the eastern United States.  
True  
False

7. Mule deer have relatively small ears.  
True  
False

8. How do mule deer let others know danger is around?  
With high pitched bleating sounds  
Imitating the sound the predator makes by howling  
Flaring the hair on their rump  
Fixing their ears in a forward position

9. What happens if antlers become locked during battle?

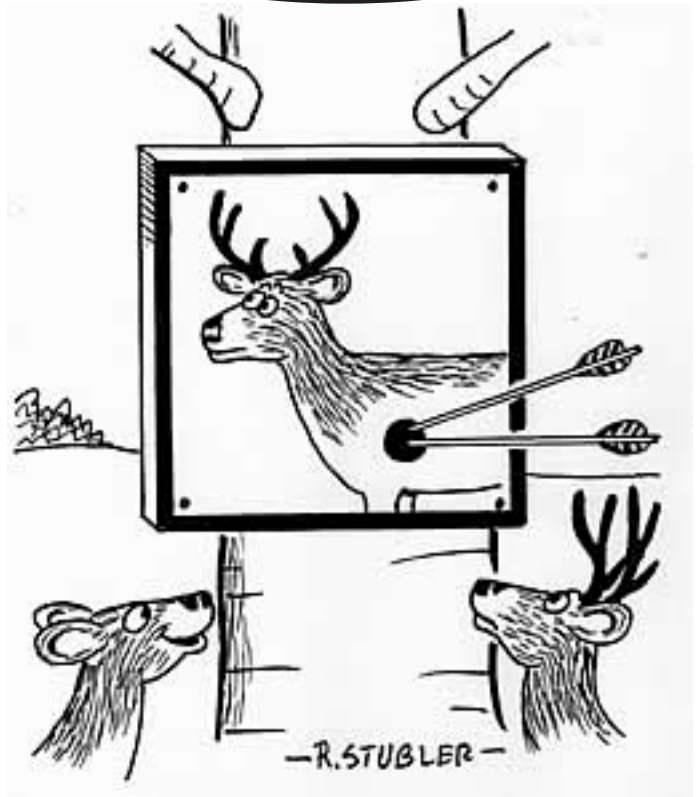
The males calm down and slowly withdraw, unlocking their antlers carefully  
Females sometimes try to assist  
They gnaw the antlers off each other  
Nothing- once locked, they stay locked

10. What is common with does?

After their first litter of one fawn, they usually have twins in subsequent litters  
They fight with bucks  
They lose hair on their ears after seven years  
They keep several of the spots they had as fawns

**Correct Answers:** 1. Do not make scrapes; 2. Black; 3. Rump; 4. True; 5. False; 6. True; 7. False; 8. Flaring the hair on their rump; 9. Nothing; once locked they generally stay locked; 10. Usually have twins after their first litter on 1 fawn.

**Never under any circumstances take a sleeping pill and a laxative on the same night before opening day.**



**Look Fred. There's your picture.**

## Why Bowhunters Fail

Many bowhunters fail in their efforts to kill big deer simply because they're unable to hit what they're shooting at - which leads to the most important part of hunting - **PRACTICE**. Poor marksmanship is the number-one reason most hunters fail to bring home a deer.

The one thing aspiring bowhunters must work hardest at is their conduct while hunting. It's tough enough trying to get within bow range of big bucks when those deer have no idea they're being hunted. But this task becomes virtually impossible once the bucks catch on to your game plan. Keeping a low profile is key to achieving a consistent success rate on mature bucks. If possible, keep the deer in your hunting areas from catching on that a bowhunter is routinely invading their domain. For example: "Years ago I'd take the shortest and quickest routes into my stand sites," one hunter stated. "Almost without fail I'd jump some deer. Those deer would then blow loudly, sometimes for several minutes. Of course, every big buck within hearing range knew something was up. It soon became obvious that I had to try something different."



In attempt to overcome his problem, the hunter logged a bunch of hours during the off-season figuring out "deerless" walking routes to his stand sites. The end results have been nothing short of amazing. Even though he bowhunts in areas that receive intense amounts of pressure, this hunter routinely arrows large-racked bucks. No doubt it's his cautious approach to the sport that's the difference.

Just about all bowhunters, from novices to the most experienced, are aware of the negatives associated with having deer smell you. Amazingly though, a lot of these same hunters don't understand the potential harm that can be done by having bucks see you. This lack of understanding can be attributed to a common misconception regarding the whitetails sense of sight. Put simply, a lot of bowhunters are under the impression that deer don't see all that well. Both Whitetails and Mules see very well!

**Make The Most Of Your Time.** Most bowhunters are afforded only a limited amount of time to hunt each year. Just about all of the bowhunters from my neck of the woods fall into this category. Amazingly, as precious as this time has got to be, darn few bowhunters use it the way they should. These individuals spend a few hours hunting in the morning and a couple of hours hunting in the evening. That's it!

What's even more unbelievable is that they don't spend the hours in between doing anything to increase their chances for some success. They don't study topo maps, they don't scout and they don't talk to other bowhunters. If your hunting time is limited, doesn't it make sense that you should spend as much of that time as possible in the woods? I realize that your chances of arrowing a buck during the mid-day hours aren't as good as they are early in the morning or late in the afternoon. But that doesn't mean you should never hunt at this time of day.

**Develop a Proper Attitude.** Finally, one of the biggest reasons that a lot of bowhunters fail in their efforts is because they go into the woods with the wrong attitude. Killing a big buck has somehow become more important to them than the quality of the hunt. Granted, we're all out there for the same reason. However, some bowhunters want so desperately to kill a big buck so badly that when the opportunity finally presents itself, they blow it. The key to lifting this burden from your shoulders is to remember that it isn't the end of the world if you don't connect. Even the best deer hunters suffer through seasons when they don't tag an animal.

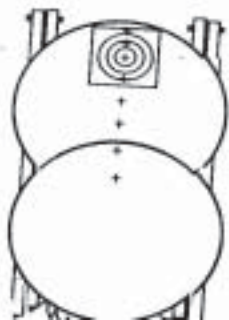
**Knowing your game is important. Remember that 90% of the game lives in 10% of the area. Rule out unproductive areas and concentrate on the good ones.**

## Tuning Technique for Finger Shooters

*Author's note:* Before using this technique, it is recommended that you do a bare shaft tune (also known as plane shaft tune). Visit [skookumarchers.com](http://skookumarchers.com) Archery Library for details.

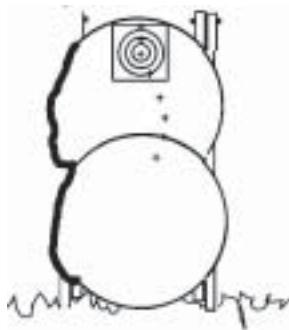
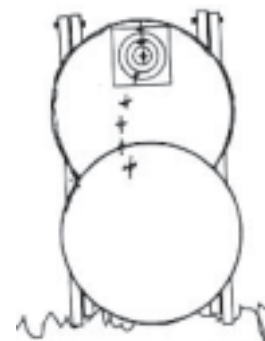
**Set Up.** To do the tuning you will need a large target butt. Place a small target face near the top of the butt. Make sure the target butt is far enough away that you can shoot at least a 35 yard shot.

**Procedure.** Note: All descriptions are for righthanded archers. If you are left-handed, all of the diagrams need to be switched left for right. (Hold them up to a mirror or Xerox them and look at them through the paper.) Set your sight for 20 yards and shoot one arrow at the bullseye of your target face (using the 20 yard sight mark each shot) from 5, 10, 15, 20, 25, 30 and 35 yards without moving your sight (note: you can walk off the distances since you don't need exact distances). Since you are not moving your sight pin, your arrows will generally impact high at 5 and 10 yards and low above 20 yards. The faster and higher poundage the bow, the less the low/high impact. What is important is not the distance between arrows, but the general pattern of impact.



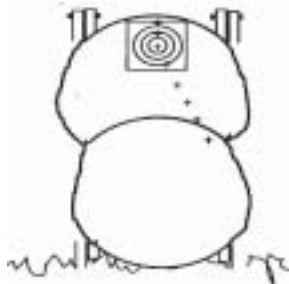
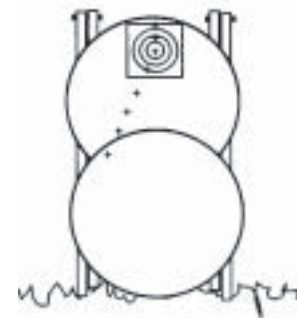
The ideal pattern for a tuned bow/arrow setup would be to have the arrows in a straight line from the middle of the target on down (see drawing).

If you get a pattern in which the arrows start in the middle, move to the left as they work down (from longer distance shots) and then work back towards the middle at the bottom — then your pressure button is protruding too far from the bow, e.g. centershot. (See drawing). Back it out a half turn and retest.



If you get a pattern in which the arrows start in the middle, move to the right as they work down (from longer distance shots) and then work back towards the middle at the bottom — then your pressure button is not protruding far enough from the bow, e.g. centershot. (See drawing) Screw it in a half turn and retest.

If you get a pattern in which the arrows start in the middle, and then consistently move to the left as they work down the target — then the spring tension in your pressure button is too stiff. (See drawing). Decrease the tension a half turn at a time and retest.



If you get a pattern in which the arrows start in the middle, and then consistently move to the right as they work down the target (from longer distance shots) — then the spring tension in your pressure button is too weak. (See drawing) Increase the tension a half turn at a time and retest.

Of course you can get combinations of some of these. The general consensus is you handle nocking point location first, then centershot, and pressure button spring tension last.

## 7 Habits of Highly Effective Archers

### 1. Always practice as if you were in a tournament.

Perfect practice makes perfect. If you get sloppy when you practice, you will shoot sloppily at the tournament.



If you can't learn to concentrate during practice, you won't be able to concentrate at the tournament. On the tournament line, you will reap

what you sowed.

**2. Forget past mistakes.** One of the most important strategies of champions is the ability to forget their mistakes. The more you think and visualize the good shots, the more likely it will happen again. When you shoot a bad shot, get over it and move on quickly. Visualize the next shot. Feel free to feel good when you make a nice shot. Make mental notes about the shot.

**3. Maintain positive self-talk and imagery.** To be a champion you must use your innermind to guide you. Think positive thoughts and imagine what a good shot would look like. Think positive thoughts. Focus on making the perfect shot. Learn to concentrate and focus quickly.

**4. Practice being mentally tough and focus on the match.** Many top shooters learned to developed a mental program to occupy their mind. Don't over-analyze each shot. Rely on muscle memory and concentration. Develop a mental program consisting of a series of conscious thoughts to follow throughout the shot. Discipline is key. Stay focused. Don't think about winning or losing. Stop your mind from drifting away.

**5. Enjoy the pressure of competition.** To have fun and succeed, you will have to love the pressure of competition. Anxiety, nerves and pressure are all normal and positive feelings. Just focus and take your best shot.

**6. Shoot your average.** You can't expect to do much better than your average practice session. You must learn to be consistent. Don't try to shoot better or stranger than normal.

Your arrow will go in different places. Don't try to shoot better when you are behind and relax when you are ahead. Just shoot your same old shots in the same old style. Take one shot at a time carefully, like the way you had always practiced and good shots will always follow through.

**7. Be prepared for anything.** To be successful in you must be prepared for anything that could happen. Make sure you are prepared mentally and physically. Anticipate and prepare for equipment failures, changing weather conditions, etc.

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## Set up For Indoor Shooting

**Arrows.** Choosing arrows for indoors is easy: Think BIG! But be careful, no shaft can help you score more points if it doesn't group well. Shoot test your arrows at 40 yards and use the size that groups the best.

**Fletching.** Fletching size is not that critical at short distances, unless your arrows are considerable over spined (too stiff). Feel free to use 1.75 or 2 inch (4.5–5 cm) vanes. Three, four or five inch (7.5–12.5 cm) feathers work well also, but you must still test from an intermediate distance to find what groups the best. The same goes for testing your points

**Paper Tuning.** If you use paper testing, be sure not to frustrate yourself by insisting on perfect holes because that's not always possible. Some arrow types and some arrow rests won't always give that "bullet" hole. Look for a hole that is not more than 1¼ inches high or high-left with clean, crisp vane slices. Crisp vane slices means that your arrows are flying in a stable pattern.

**Draw Weight.** When you set the draw weight of your indoor bow remember that your objective is to perform near perfect shot executions time after time. You can't do that if you're struggling with draw weight. Shoot about 10 pounds less than you hunt with and 5 pounds less than 3-D or field shooting. Control is more important than speed; remember that you're working on form with every shot, so you need to be able to hold steady and be able to focus on form during the entire shoot. .

**Nock Fit.** When nocks fit properly they can be pulled from the string with two fingers and a light tug. If you use dual nocking points, make sure there isn't too much gap between the points.

## Pacing Your Shots



The pace of your shot is important. There is a time frame and comfort level for each individual that carries a maximum confidence level (both physical and psychological) for performing the perfect shot. Breaking out of the desired time frame in either direction (too quick or too slow) can hurt our confidence level and performance. For some archers that window is very small. Even slight variations of the desired time frame can cause an archer

to get out of sync. For others, the window is larger and the archers can hold confidently for a greater span of time.

The key technique for making your shot occur during the optimum time frame is to have absolute control over the pace of your shot. Sounds easy doesn't it? It's not. Your ability to move at a pace that has great speed and control and is smooth and steady enough to allow your eye to tell your brain, "I'm ready to release, this shot is a winner" relies upon the various techniques. You need to find one that works well for you and perfect it through consistent shot execution.

You can draw, anchor, come through, and shoot with one steady motion. You can set up on the point and have a small gentle movement required once the desired aiming picture is achieved. Or you can set up on the point, get your aiming picture the way you want it and then come through with a smooth rapid pace. If you are a release shooter, there are similar techniques for controlling the time element, for instance: archery champion Dave Cousins has his release set so that the instant the desired aiming picture is achieved, the slightest touch of the release trigger will finish the shot. Others may prefer a greater amount of movement requiring that the archer start back tension movements early on and keep a smooth fast pace to the motion (without stopping). Whichever method you choose for yourself, the main objective is to be able to execute a greater percentage of your shots within the time frame that corresponds with your comfort level.

Develop a time span that fits your style and learn to shoot within it. If you wander out of it, let down and start again. Build on the confidence you get from shooting your shots at that pace or within that time frame. Consistency is the key. Move quickly and deliberately the instant you have the desired sight picture (unless you shoot on the move anyway). Work on building a shooting rhythm that helps you to stay within your optimum time at full draw. One interesting thing is that controlling your timing also helps to reduce body and aiming tension.

## Board Member Profile: Dennis Jenkins



Club President Dennis Jenkins has been a member of the Club since 1996. He is also a past president of Flint Tip Archers. Dennis has been Club president the past two years, and previously served on the Board of Directors as Treasurer, as well as Tournament and Hunting director. He is well known throughout the state archery community.

Denny has always owned a bow and has been shooting one since he was a kid growing up in Arkansas, but he didn't get serious about tournament archery until 1991. He has since won two state championships, the WSAA Field and the WSAA Safari. Denny is currently shooting a Hoyt Ultratec. He has been a shop shooter for PSE and Hoyt. He has shot both BHFS and Freestyle

Dennis also hunts most every year. He has bagged a Spike bull elk, 3 cow elk, 1 bear, and about 10 deer. He drew an elk permit this year, had a bull within range in the brush, but couldn't get a shot off.

Denny's two daughters, Brittney (10) and Kristina (13), also shoot. They have won a number of tournament. They won their first trophies as small children. The Jenkins shoot the Redding Trail Classic and NFAA Marked 3-D Championship as a family.

## Member Notices

**Western Washington Sportsmens Show.** For the past two years the Club has sponsored the Archery Tent at the annual Sportsmen's Show at the Puyallup Fairgrounds. Each year more than 2,000 kids and adults try their hand at shooting a bow. Thousands more pass through the booth. We setup 3 FITA targets and 9 3-D animals including 3 very realistic dinosaur targets loaned to us by the O'Loughlin trade show that are a big hit with the kids. For 2005, the show is scheduled for January 26-30. We have also asked the show sponsors to allow us to partner with WSAA and the Washington Wildlife Coalition and the "Go Play Outside" campaign to provide information inside the Tent.

The Board and President Jenkins will serve as the coordinating committee for the upcoming event. However, we need lots of helpers to pull off this event. If you are able to help with the event (setup, takedown, instruction, etc), please contact President Denny Jenkins. As the time nears we will set up shift schedules for those willing to help.

**2005 Board Positions.** It's time to start thinking about next year's board. Any member interested in serving on the Board of Directors should contact President Dennis Jenkins. Terms on the Board are for one (1) year, so each year every position is up for nomination.

**Washington Wildlife Coalition Membership.** The Board plans to register Skookum Archers as a member of the Washington Wildlife Coalition. The cost of membership is \$250. Any member who opposes this action should contact a member of the Board.

**December Member Meeting Proposals.** At the annual meeting there will be a couple of proposals put to the membership. One will be to appropriate \$2,500 to purchase one of the "Archery in the Schools" program kits (11 Genesis bows, arrows, netting, etc.) to donate to an area school district willing establish an archery in the school program. This program has been very successful in other states, especially Kentucky, as a means of promoting archery. For more information, visit <http://fw.ky.gov/archeryfaq.asp>. Also proposed will be around \$1,500 to install new fencing in front of the flat range by the range fee drop box.

## Great Northwest Archery

### Stock Up Now on Late Season Bowhunting Supplies

*Your Pro Shop at the Skookum Archers 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. We also sell WA hunting and fishing licenses. Open daily.*

**(253) 841-0991**

## BOARD OF DIRECTORS

### PRESIDENT

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### RANGE

vACANT

### GROUNDS

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### HUNTING

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jkbatts@comcast.net

### ACTIVITIES

Open - 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, and the Board meets at 7:00 pm, in the Club House.

# SMOKE SIGNAL



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and Range  
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www.skookumarchers.com  
info@skookumarchers.com**

**Don Morrison, Editor**



**3-D Sat.  
November 6th  
8am - 2pm**

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!

- Saturday November 6th, 3-D Saturday, Skookum Range 8am - 2pm
- Thurs., November 11, Club Member Meeting, 6:30 pm, Board meeting thereafter
- December 1st, Multi-Color mail-in Begins
- December 9, Annual Member Meeting and Election of Officers
- January 15-16, WSAA Multi-Color Championships, Host TBA
- January 26-30, Washington Sportsmen's Show

## CALENDAR