

SMOKE SIGNAL

Official Newsletter of Skookum Archers Club and Range

September, 2005



Club Picnic & Tournament

The Club held its annual Club Picnic and Championship Saturday, August 13th.

There were seven (7) targets of each of the following rounds: field, animal, hunter, and safari. Those who finished all rounds and placed first in their respective classes included::

- Don Morrison, Senior Male BHL, 486
- Dennis Jenkins, Male BHFS, 525
- Jemery Ryser, Male FS, 572
- Kristina Jenkins, Y Female BHFS, 301

This was a fun event for those who turned out. Thanks to the Dennis Jenkins Family and Jeremy Ryser for all their work.

Pizza and Archery



For the past several months, Steve Coleman has been volunteering his time to teach a free drop-in archery instruction session at the Club on Thursday evenings. Darlene Langa, Bill Raby, and Cooper Ewing have served as assistant instructors. 10 to 20 kids (and some adults) have been attending regularly. Nonmember participants pay \$5 each time for range and equipment use. At the Thursday Aug. 11th Club Member/Board Meeting and drop-in program, the Board hosted a pizza feed for all of the participants. We fed about 30 people that evening.

Thanks to Steve for getting this popular program started. He is in the military and will soon be leaving for Iraq. Cooper Ewing will be taking over the program to keep it going.

There will be no member meeting in September due to hunting season

Thursday 3-D Fun Shoots

The Pro Shop, Great Northwest Archery, in cooperation with the Club, is sponsoring an every Thursday 3-D Fun Shoot at the range. The fee is \$8.00 for 28 targets (14 animals from two positions). Shoot anytime during the day or evening. Register at the Pro Shop. Great Northwest is using their own animals and doing the setup and take down.

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Great Northwest Archery (253) 841-0991
Your full-service pro shop and indoor range at the
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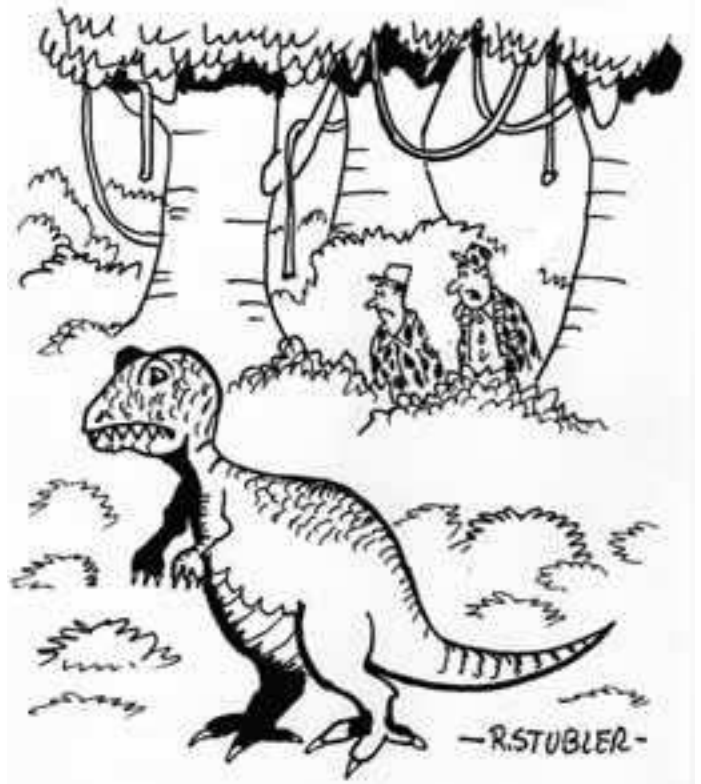
"I know Fish & Wildlife needs more money, but this is getting a little out of hand"



Like my new Camo Outfit?



"Deer shoots back"



Denny, I think we went too far back in the woods.

Deer Signs Quiz



1. Most scrapes are located under tree branches.
True
False
2. About how long does estrus last?
2 to 4 days
2 to 4 weeks
1 week
1 month
3. Dominance fights are more common than sparring.

True
False

4. What hormone increases in the doe during the breeding season?

Pineal
Estrogen
Testosterone
Insulin

5. Humans can smell the scent from a deer rubbing.

True
False

6. What environmental change triggers the hormonal change?

Rising tides
Temperature increase
Increasing/decreasing sunlight
Plant growth

7. What types of trees are preferable during rubbing?

Big, hard trees
Small, hard trees
Coniferous trees
Soft, amorous trees

8. How does a doe respond to a scrape?

By making a scrape of her own
By urinating and walking near it
By licking it
None of the above

9. At around what weight does a fawn enter puberty?

30 lbs.
75 lbs.
100 lbs.
150 lbs.

10. Bucks can tell if a doe is near estrus by smelling her urine.

True
False

Answers: 1. True; 2. two to four days; 3. False; 4. Estrogen; 5. True; 6. Increasing/decreasing sunlight; 7. Soft, amorous trees; 8. By urinating and walking near it; 9. 75 pounds; 10. True

Word Find: WA Small & Big Game

S S Q O N K A U Y U C W A V O B E B C Y
 Q A F O O C H V Z M F O F O W G S R P J
 E L U M O Z B D C C G O G R K Q U G L T
 V L V D C I X U P E O D X A E W O E Y R
 X N Y L C S O C O K Y U V U P P R U E K
 D G Y Z A D K E E K R T G E U B G J U K
 D P E E R O D N O T S A E A U X Z L B N
 W J L N O S G Y O H A H J V R A B Q V Q
 K K W D X A T B Q J S O E O C T L Z G A
 P W B H C J Z O R T P W G S N S O N F O
 V P O H I N J C U B N P O F M C B C Y M
 W G B E C T R J R R L N Q N T V C D D H
 E W C E P I E G N O H A K X S E Y Y X L
 X T A M S D F T D A W T C Z B E R M Q E
 G X T X V Z V Y A N V X E K K K O Q M O
 H E N W H M U R J I A D F R B O J O C R
 D W R W C A N R U O L D U L S E B M M Y
 Y T Y B M V E M C N P T T E U I A Z N D
 Q D A Y L C O T T O N T A I L D X R V H
 O H E F C V J L J L F S B B U L D K C P

WORDS TO FIND: BLACKBEAR, BOBCAT, COUGAR
 COTTONTAIL (Rabbit), CROW, ELK, FOX, GOAT
 Mountain), GROUSE (Forest), LYNX, MOOSE, MULE
 (Deer), RACCOON, TURKEY (Wild), SHEEP (Big Horn),
 SNOWSHOE (Hare), WHITETAIL (Deer)

Avoiding Bowhunting Blunders

Dropping pull-up rope: Keep pull-up rope on the stand, or on your belt when descending. Always leave one in place on a permanent stand.



all launching arms of your rest. Make sure it doesn't squeak.

Clanging an arrow against the bow riser: Use mole skin, or thin carpet, or other material to quiet the riser should your arrow slip off.

Bow limb hitting the stand or nearby limb: When you first get up in your stand, draw in several different positions and angles, checking to be sure the bow limbs won't hit the the stand or a limb upon release.

Arrow not being nocked properly: When drawing to check things out while in your tree stand, quite often the nock of the arrow will come off of the string. The arrow may appear to still be nocked, but it isn't. Any time you practice draw, always check to be sure the arrow nock is firmly on the string. This can happen to both a finger and release shooter.

Release aid not "hooked up": Whenever putting your release aid on the bow string, exert some pressure on it to be sure it is locked in.

Missed Shots: A common problem caused by rushing the shot or target panic. Take your time. Don't shoot until the pin is on the kill area of the deer. Make sure you've practiced enough (shooting form and range estimation) to hit what you are aiming at.

Taming Your Peep

Peep rotation. No two individuals may agree as to the best method of dealing with this issue. The archery industry, as a whole, has developed a niche market around this very problem. Is it the string? Is there a method? Is there a treatment?

Most have only a vague idea of what it takes to end peep rotation. It is a difficult subject because there are so many new high tech materials, differing string lengths and bow types. Each material has its' own properties to be dealt with individually. No one material will do exactly as the rest.

The very first thing an archer must understand is that all strings will settle. That is, it will stabilize into a position where it will have the least amount of stress or potential for movement. Never draw the bow without an arrow nocked. Even this act can affect your peep.

After installing the peep on a new string, make note of which way the peep is facing. This position you will use as your guide. Now, without trying to aim, nock an arrow, point it safely at the target butt and release. You should notice that the peep has changed position. This will happen regardless of who made the string set you purchased. The string is becoming seated and on it's way to settling. When bought, a new string is placed from a relaxed attitude to the highest continuous kinetic stress of any modern material. It must change. The string will creep, however slight and compress on itself because of the flex from the limbs. This is what the cause of peep rotation is all about. The stress of the bow will move the string to its' most stable mode after all the shots have had their effect. Most manufacturers recommend that a string should be shot a couple of hundred times before it could be considered settled. There is an easier way. Your peep is your guide and also your tool to knowing for yourself when a string has settled rather than guessing from shot quantity.

The bow must be shot until there is no movement from the peep. This is where the archer will know that the string has settled. After you have shot the required number of times, you'll notice that the peep will be in exactly the same position after shooting no matter how many times you shoot. It could take as little as a dozen shots or as many as a few hundred. Regardless of the amount, the string WILL settle. This is the time to go to the next step.

Bear in mind that this constant is a relative term as your string has already so much twist over its' length. Draw the bow slowly (nocked) and watch how the peep moves as the string goes through the draw cycle. This is the indicator. The archer then knows what to do with the peep. After drawing the bow and watching which way the peep moved, you must place it in the bow press. If your peep rotates from right to left, you will have to take the string off the lower post (finger/center serving side for solo cam bows) and turn it from right to left. How much you turn will depend on how much the string rotates through the draw cycle. The string is doing what it wants to do. All you do is help it go where it wants. This is very important. For a half turn rotation, turn the string a half turn. Draw and shoot the bow a number of times to re-settle the peep. If it still does not roll into your eye view, repeat the process or even try an additional full turn. Always shoot the bow a number of times the re-settle the peep before checking for position. If it rotates too far, turn the string back a half turn at a time. Never do more than a half to a full turn at a time because you are close to where the string wants to be at rest. Too many turns gives a settled string much more than it wants to do. I describe it this way to make it easier to visualize. Always, a little at a time will give much better results.

If the peep sits exactly opposite to the position desired the next step is quite simple. The archer then just flips the peep to face him/her. Flipping the peep requires you to go to the bow press again. You don't have to relax the string completely. Relax only enough to be able to get the peep out and turn it a half turn. Remember that each time the bow is in the press, it has to be shot to re-settle.

Sometimes the archer will notice that the peep sits at 3/4 of the way no matter what he does. At this point the archer knows he is so close any post or peep movement is too much. If you can't seem to get the peep in the right place no matter what is done, you are almost at its' optimum position. Any post or peep adjustment that is too far and you haven't yet pulled your hair out is the time to flip strands. This step requires the most care and you go back to the bow press. Relax the string again as in the previous step. Look carefully at the direction of the string twist (all bow-strings MUST have twist and never buy one without). For example, if the normal twist of the string is from right to left and your peep must move to the left an 8th of a turn, give or take, do this. On the face of the peep facing you most, take 2 strands from the left side and flip them to the right side. On the opposite face, take 2 strands from the right side and flip them to the left

side. This will pull the peep over to the direction you want. If you want to move it slightly the other way, just do the same steps in the opposite direction. I chose 2 strands for simplicity but there is no set number. The more strands means more movement. This last step is done only when all the previous steps were done first. Draw and shoot the bow a number of times to re-settle the string.

This system for taming peep rotation is also effective for archers using string loops. The only difference is that the string loop must be turned as well and more care taken to allow the string its' movement. Remember: always let the string go where it wants and let it finish what it wants to do.

There you have it. This method does work and it must be done properly. An archer may have to play with this a couple of times as string quality varies tremendously from one manufacturer to the next.

Keys to Holding Steady

There are 2 principal keys to holding steady when aiming a bow. The first key is to figure out how all the different body parts have to be aligned and balanced so the sight picture becomes steadier. That may not seem to be a big deal. All you have to do is to close your eyes when you are at full draw and wait for your body to align and balance out the muscles needed. If you have the physical strength developed to do this, when you open your eyes you will find that you are actually holding a lot steadier than you thought you could. Then you run into the second part of holding steady.

The second part of holding steady is to be able to hold steady and aim. As you try to move your pin to the spot you may lose your steadiness and end up catching the spot as it flies by. Steadiness can be lost if you are not balancing the muscles that control steadiness. A good approach is to keep the same shoulder and arm alignments, but pivot at the waist as needed to center on the bullseye. This is not as easy as it seems. But, anything else seems to cause the steadiness to break down.

How's your range estimating ability?

Judging distances may be an archer's most important task. No matter how well you shoot you need to know the distance to hit your mark. Even with today's fast shooting bows we only have a few yards error between our perfect hit and a marginal one. We owe it to ourselves, as well as the animals we hunt, to work on our range estimation.

Carrying a rangefinder is not enough. There are times when you cannot use it, an animal comes in unexpectedly you move and suddenly he's on alert, probably not a good idea to risk the movement to range him. If you are confident in your range estimation you won't have to risk anything. Range estimation is a lot like you're shooting, in "that" you have a maximum effective range. Once you know your effective shooting range learn to estimate yardage to that distance, you can work on farther distances later. If you can be within three yards plus or minus, out to forty yards you will be a much more successful hunter. With better ranging comes more confidence, and that always means better shooting. It's ironic, but to improve your ranging skills you need some type of a ranging device. It does you no good to guess distances if you have no way of knowing if you are right or wrong.

Judging distances on flat ground is not to hard once you practice for a while. The most common approach is to move your eyes in ten or twenty yard increments to the target. Pick a spot ten yards away from you then pick a spot ten yards from that and so on. Just be careful not to judge distances by how far your quarry looks to be. From shooting 3-D tournaments I've learned the size of an animal can throw your estimations off unless you stick to the ten or twenty yard routine. You might shoot two or three deer targets in a row at forty yards then they throw an elk up in front of you; he looks to be the same distance as the last three deer you've shot at. You shoot and you miss low. How could you be off so far? The size of the deer vs. the size of the elk, although the elk looks to be the same distance it's really his greater size that makes him look so close. Rule of thumb, smaller targets look farther away and larger targets look closer than they are. Since most of us practice shooting at deer size targets we need to remember this when heading into the woods.

Up or down hill shots have perplexed many archers. You look at an animal and think he's 35 yards away and then miss low or high. Again how could you be so far off? Consider it this way, if you were twenty yards up in a tree stand (using a treestand as an example, but it could also be up on a hill). A deer is directly beneath you, he is twenty yards from you but your arrow will need to cover only one yard to reach him. You shoot him to be only one yard away. If he were ten yards out from the base of your tree you would shoot him for ten yards although he looks and actually is farther from you. Gravity has the same effect on an arrow whether it is flying across flat ground, up or down a hill. One tip on shooting down hill if there are

trees, look to see which tree he is standing by, then follow it up level with your vantage point and range the tree. This is also hard to do with nothing between you and the tree but it is better than trying to guess yardage down hill.



Judging distances across ravines with no terra firma between you takes practice then more

practice. It can be done but there are no shortcuts. This is when taking consideration of the size of the animal is most important. A great place to practice your ranging is at your local 3-D shoots. You will be able to shoot at numerous animals of various sizes at different yardages.

Most of the shoots try to mix they're shot selection so your not shooting on flat ground each shot. If you are not shooting for competition most of the smaller tournaments will let you take a rangefinder on the course with you. Be sure to ask when you sign up and pay your shooting fees. By taking a rangefinder with you you'll be able to guess how far the shot is, then check yourself. When doing this please be courteous and don't say the yardage out loud. Remember there are other people around who don't want to hear what the yardage is or may be competing. Most of all enjoy the shoot and have fun.

Welcome New Members

Welcome to these new members who have recently joined the Club:

Steve Shaull, Auburn

Joe Manville, Sumner

Craig Ralstin, Dash Point

Aaron Dubinsky, Puyallup

Eric Ward, Puyallup

Daniel Hoaas, Puyallup

Andrew Ludwig, Auburn

***Thanks to Cooper Ewing
for the new Smoke Signal
header and updated Club
logo.***

Target Replacement

When you get out to the range, and notice that a target face has been shot up, you can go to the pro shop and get a key to the target cupboard. Replace the target with the same type and size as was on the target bales. We will also post a list of what type and size of target goes on each target bale. Also, each active member is assigned a specific target to maintain. That assignment is located after your name on your Smoke Signal mailing label. No one likes to shoot at beat up targets, so make sure your target assignment is always kept up. Thanks.

Great Northwest Archery

Your Full Service Pro Shop at the Skookum 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.

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ACTIVITIES

Vacant - 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, followed by the Board meeting, in the Club House. No Sept. Mtg.

SMOKE SIGNAL



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Don Morrison, Editor



**Best Wishes
Bowhunters**

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!

- Bowhunting Season
- September 9-25, Puyallup Fair
- October 1, JOAD Fundraiser, KBH
- October 8th, 3-D Saturday
- October 22-23, WSAA Convention, Spokane

CALENDAR