

# The Cub Run Archers Newsletter

November 2019

The Cub Run Archers club is a member of the Arlington-Fairfax Chapter of the Izaak Walton League of America.



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## Upcoming Meeting

Next Monthly Meeting: December 8  
2019, 11:00am.

## Notes from last meeting

### **New Business**

#### **Meeting Date & Time**

Dave suggested looking into alternatives for the meeting date & time  
Possibly just for October/November to address hunting season conflicts  
Gilbert will investigate  
Sending an email to the membership to gather feedback is another option

#### **Dave resigns as acting President**

Dave will stay on the board as Tournament Director  
Bob D'Imperio becomes acting President  
Vice President position is vacant - Bob can appoint VP at next meeting

#### **3D Director – Ryan**

30 Point Buck Target for 3D range will be ordered from Hoffman's  
Proposes new Rinehart 3D deer targets solely for practice range  
\$2100 budget for new targets approved  
Fred and Ryan will determine which Rinehart targets (and cores) to buy

#### **Marv – replace LED lights for indoor range and kitchen as needed through Cub Run's budget**

Approved to ask for money from Cub Run up to a maximum of \$500 per year

#### **Range Captain – Fred**

Timers for the outdoor range will be installed  
\$242 expense report for Mason Feathers (flagpole area project)  
New 41" practice targets to be installed at 20, 30, and 40 yards first week of Nov.  
Discussion on how to address people shooting broadheads at the wrong targets  
One suggestion for further discussion: marking the broadhead targets with, for example, "BROADHEADS PERMITTED" in a different color from that used for the "NO BROADHEADS" signs

#### **Christmas Luncheon**

Up to \$250 approved, if social director will plan it  
Pending notification from social director – without notification, potluck will NOT occur

#### **Dick – Field Archery Representative**

Air bows may be pushed at next IWLA board meeting  
Dick proposes they be shot at the rifle range  
Safety issue: before the board can authorize air bows, we at least need to conduct a safety study

#### **Red – VBA Representative**

Lighted nocks at tournaments: Cub Run does NOT want lighted nocks permissible in any tournament format  
VBA should adopt a prohibition for lighted nocks in 3D tournaments

#### **Next Meeting: December 08**

# Paper Tuning 101

## PAPER TUNING 101

By: [P.J. Reilly](#)

Categories: [Equipment Setup](#)

Straight as an arrow.

It's a saying that's used beyond archery, but archery is its root.

Achieving perfect arrow flight, or, getting your arrows to fly as "straight as an arrow," should be the goal of every archer. If your arrow flight is true, then the sky's the limit for accuracy.

Paper tuning is one of the most common ways compound archers using mechanical releases determine whether their arrows are leaving their bows in a straight line.

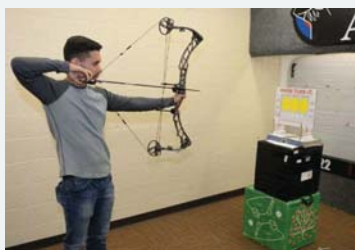
(Shooting a compound bow with fingers is more like shooting a recurve bow, and Lancaster Archery Supply recommends bare-shaft tuning in such cases. That's a topic for another day.)

Through paper tuning you can determine that your arrow rest, bowstring and nocking point are all perfectly aligned, and that you are shooting the proper arrows for your setup. It also lets you know if your hand position on the bow and your shooting form are both correct.

So what you'll need to paper tune is your bow and some arrows, a frame that can hold paper for you to shoot through, a target backstop and a shooting range.

Your frame needs to hold the paper by all four corners, so it is rigid when you shoot through it. And the frame needs to be positioned high enough that you can shoot straight through it. You don't want to shoot at a steep angle up or down.

There's a do-it-yourself paper tuning kit made by .30-06 Outdoors that provides a frame and paper to shoot through. All you have to do is set it on a stand holding the paper at roughly chest height. Place your target backstop 4-6 feet beyond the paper, so the arrow can pass all the way through the paper before it hits the target. You should stand about 6 feet away from the paper.



Before you shoot, you must make sure your hand position on the bow grip is correct.

If you are torqueing the bow at the shot, due to improper hand position, none of the bow settings will matter. You will have erratic arrow flight.

Also, you must get a smooth, clean release. Don't slap the trigger or pull your release hand out to the side. Simply pull straight back through the shot with your release.

So you take a good shot through the paper. What you want to see is a round hole with three or four slices extending out from it – depending on the number of fletchings on your arrow.

# Paper Tuning 101

So you take a good shot through the paper. What you want to see is a round hole with three or four slices extending out from it – depending on the number of fletchings on your arrow.



if you see that, yell, “Bullet-hole!” and don’t change anything. Your setup is perfect. Short of the bullet hole, what you’ll see is a tear that features a rounded end where the arrow point went through the paper, and a three- or four-slotted hole made by the fletched end of the arrow.

Think about the layout of your tear to figure out how your arrow is flying. If the rounded end is down and the fletched hole is above it, for example, then you know your arrow is flying nose down, with the point below the nock.

Here’s a list of tears, and the most common remedies for each.

1. NOCK HIGH – Move your nocking point down, or your rest up.

2. NOCK LOW – Move your nocking point up, or your rest down.

3. NOCK RIGHT – Move rest away from the riser on a right-handed bow, toward the riser for a lefty. This tear also can mean your arrow’s spine is too stiff. Switch to an arrow with a weaker spine, or you can increase the point weight on your arrow, which will weaken its spine.

NOCK LEFT – Move rest toward riser for right-handed shooter, away for a lefty. This tear also can mean the arrow’s spine is too weak. Switch to an arrow with a stiffer spine, or reduce your point weight.



To start, the arrow shaft should be level from the nocking point to the shaft.

If you’re scratching your head over the fixes to the rest for point-right and point-left tears, know that many archers struggle with solving horizontal tears, because the corrective action is counterintuitive.

Logic would seem to dictate that if the paper tear shows the nock is left of the point – commonly called a nock-left tear - then you should move the rest left, to push the point left.

But that’s not the case. What happens is, the arrow wants to fly in the direction of the string’s travel. So if your rest is too far to the left, the point will kick to the right as it leaves the rest to follow the string path, and your paper hole will show a nock-left tear. Move the rest right to solve the problem.

Now what we’ve listed are common fixes for imperfect tears. If you try the suggested fix and you still get a tear, there could be issues not involving the rest or the nocking point.

Unless you’re shooting a single-cam bow, check the timing of your cams. These cams will have timing marks that allow you to see how they’re rotating. If one is rotating faster than the other, you’ll get paper-tuning tears. To synchronize them, you’ll need a bow press, because you’ll have to twist the cables. Or you can take your bow to your local pro shop and let them fix the problem.

If your arrow is making contact with the rest, that can cause paper-tuning tears. Spray your fletchings with white, aerosol foot powder and then shoot that arrow. If it’s making contact, you’ll see lines in the powder. Rotating the nock often will eliminate the contact problem.

Take three shots through the paper each time you make a setting adjustment. If all three shots show the same paper tears, then you know they’re likely the result of issues with your bow, rather than your form.

# Local Club Challenge

This plaque will stay with NORVA in 2020. I hope we can defend the title next year...

(At select club shoots, Cub Run Archers and NORVA each enter the two best scores (woman and men combined) in the K40 and K50 classes. The club with the most points at the end of the year wins.)



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## VBA 2020 FUNDRAISING RAFFLE

The Virginia Bowhunters Association (VBA) is having their 2020 Fundraising Raffle. The 1st Prize is a Parker Ambsher Crossbow, 2nd Prize is a Dual Mist Deerlure System and the 3rd Prize are 6 Carbon Express Arrows. Donations are \$5.00 each or five (5) for \$20.00.

The raffle drawing will be held at the VBA Twenty Fifth Annual Awards Banquet on Saturday, March 28, 2020 at the Am Vets - Post 7, 1340 North Liberty Street, Harrisonburg, Va. 22802. The winners do not need to be present to be eligible.

The raffle tickets will also be available at the VBA January's Quarterly meeting, (January 18-19, 2020) and at the VBA 2020 Banquet prior to the drawing. Besides VBA members, this raffle is available to everyone. Contact Irene Stocksdale for more information and you would like to get a batch of raffle tickets.

See Red Bourdage For Tickets

# VBA Double and Triple Crown Winners



## Virginia Bowhunters Association, Inc.

Bakari Dale  
VBA Field Vice President  
5425 Quinn Lane, Woodbridge VA 22193  
(757) 515-0498



## Congratulations to the 2019 VBA Double & Triple Crown Winners

### CRITERIA:

**Double Crown.** Any person who, within the same calendar year and competing in the same style & division, wins the championship at the Spring and Fall 3-D Classics, shall be recognized as a VBA Double Crown Champion.

**Triple Crown.** Any person who, within the same calendar year and competing in the same style & division, wins the championship at the State Indoor, Open and Closed Tournaments shall be recognized as a VBA Triple Crown Champion.

### 2019 Double Crown Winners: VBA 3-D Spring & Fall Classic (Marked/Unmarked)

	<u>Name</u>	<u>Styles/Division</u>	<u>Club</u>
1	Arthur Sommers	SHC	Massanutten
2	Paul Vogel	STRAD	Belvoir Bowhunters

### 2019 Triple Crown Winners: VBA State Indoors, Field Open, & Field Closed

	<u>Name</u>	<u>Styles/Division</u>	<u>Club</u>
1	Christina Tremblay	AFFS/R	Belvoir Bowhunters
2	Rick Stark	AMBB	Prince William Archers
3	Tony Hall	SMFS/F	New River
4	Tom Lynch	SMFS/R	Prince William Archers
5	Robin Vogel	SSFTRAD	Belvoir Bowhunters
6	Doug Bradford	SSMFS/R	Belvoir Bowhunters
7	Paul Vogel	SSMTRAD	Belvoir Bowhunters
8	Howard Farris	MSMBB	Shenandoah County Archery Club

The awards for these accomplishments shall be presented at the Virginia Bowhunters Association Twenty Fifth ANNUAL AWARDS BANQUET Saturday, March 28, 2020 at the Am Vets – Post 7 1340 North Liberty Street, Harrisonburg, Va. 22802. Please come out to support your fellow archers.

## 6 Bow-Tuning Tips

by Bill Winke

Tuning a [bow](#) is not black magic; it is a series of logical steps. Most of today's bows tune easily when you use the correct initial settings and good shooting form. Use these six methods to tune nearly any bow.

### Get Started Right

Snap a T-square on the string and line up the lower edge with the center of the cushion plunger hole (the rest mounting hole). Now, reading the scale found on the T-square, go up just more than 1/8 inch from the bottom edge (for a release aid) and place the lower edge of the nock set (or bottom of the upper knot for a string loop) at this point. Finger shooters should go approximately an eighth inch higher.

Adjust your rest up or down until the arrow is perfectly centered across the cushion plunger hole. Adjust it side-to-side until the arrow is parallel with your stabilizer when you look down on it.

Though obvious, it bears mentioning that you must choose the proper arrow shaft to get the right degree of stiffness for the way you shoot. The manufacturer's selection guide will get you on track.

I would not use anything other than a full-containment rest like a Whisker Biscuit (if you shoot short, more or less straight fletching) or a drop-away rest. I prefer drop-away rests. They produce the best arrow flight with the least amount of effort.

### Paper-Tune

One way to determine the adjustments you need to make to attain ideal arrow flight is to paper-tune your bow. To do this, you need an apparatus that you can stretch your paper across so you can shoot your arrows through it. Find or build a frame with a 2-foot by 2-foot opening. Use posts that are long enough to make sure the area you are shooting through is at the height you are standing. Tape or staple paper across the 2-by-2-foot square and you're ready to go. An easier way is to cut a 2-foot by 2-foot hole out of the middle of a tall cardboard box, stretch the paper across the hole and then sit the cardboard on a bench or table at the appropriate height. Step back 5 to 8 feet and start shooting.

### Adjust Knocks, Rest

If the arrow tears the paper with the tail high, move the nocking point up or down. In theory, it would be best to move down, but theory doesn't always hold true, especially if the arrow's fletchings are contacting the rest. If the arrow is tearing to the right or left, move the rest to the side. Experiment by moving in the direction of the tear and then moving it in the other direction if that doesn't straighten out your arrow flight.

you likely have cam timing issues. Also, if you have a tail-low paper tear, you almost certainly have a cam timing issue. The cams must be synchronized with each other to produce good arrow flight.

# Bow Tuning Tips

There are ways to fix the cam timing if you have a bow press, but that is beyond the scope of this article. Take the bow to a good archery shop for help.

## Micro-Tune

If your bow is tuned, but hunting arrows are not grouping with your practice arrows, just move your sight to bring the hunting arrows on target. However, if you want the perfect setup (one that permits you to shoot field points or broadheads with the same sight setting) you need to micro-tune.

Paper tuning is an inexact science. An arrow that punches a clean hole in paper may still be pointing very slightly away from its line of flight upon release, causing small amounts of broadhead planing. If your broadheads hit below and to the left of your field points, for example, move the rest slightly up and to right (just fractions of an inch). Keep this up until the groups overlap. You must re-sight the bow now, but this fine-tuning process should quickly bring the two groups together.

## Tune Arrows, Too

If your groups with hunting arrows are larger than groups with practice arrows, you have poorly tuned arrows. Make sure your broadheads align perfectly with your arrow shafts. Place each arrow in a cradle and turn it while comparing the point of the broadhead to a fixed reference mark. The broadhead tip should stay still as the arrow turns. If not, the arrow's insert (the cut of the arrow) is to blame. Inserts should have a nice press fit into the arrow to assure alignment, and the arrow's cut should be clean and square with the shaft.

Once you've identified problem arrows, set them aside for use only with field points or try to square up the end of the arrow (even with the insert installed) with a device such as the Arrow Squaring Device from G5 Outdoors to bring the heads in line. I do this automatically on every arrow I make.

## Check Draw Length

The position of your elbow on your release arm affects arrow flight. It needs to point straight away from the target at full draw. If it points to the side, for example, the bow's draw length is too long. The release aid will put side pressure on the string and cause poor arrow flight that will be impossible to eliminate by moving the rest.

## A Note if All Else Fails

I have owned bows that I simply couldn't tune. Normally, this occurs because the cams lean to the side, and when you draw the bow they lean even farther. When you release the string, the cams snap back and move the string to the side, taking the tail of the arrow with it. If you are really struggling to tune, be sure the cams remain vertical throughout the shot. If all efforts fail, you may have a lemon.



# VBA Shoot State Shoot Dates 2020

Congratulations to the Christina Tremblay, Robin Vogel, and Jason Mason for breaking/setting records during the VBA 2019 State Closed Field Archery Championship hosted by Massanutten Archery Club.

Sincerely,  
Bakari Dale  
VBA Field Vice President

## **The VBA 2020 State Shoot dates are:**

### **Indoor: Feb 22 & 23**

Host Sectional Clubs: Belvoir Bowhunters, Bowhunters of Rockingham, Sherwood Archers, Kingsboro Bowmen

### **Spring 3-D: April 4 & 5**

Bid Clubs: Bowhunters of Rockingham

### **Open: May 16th & 17**

Bid Clubs: Sherwood Archers

### **Fall 3-D: Aug 22 & 23**

Bid Clubs: Kingsboro Bowmen

### **Closed: Sept 5 & 6**

Bid Clubs: Two Rivers Archers

## **The VBA 2020 Quarterly Meetings are:**

Jan 18 & 19

March 28 & 29 (Banquet)

June 6 & 7

Sept 12 & 13

Bakari Dale

VBA Field Vice President

[dalebakari@hotmail.com](mailto:dalebakari@hotmail.com)

(757)515-0498

# Chronic Wasting Disease

By Dr. Manny

Chronic wasting disease is a contagious, neurological disease found in elk, deer, and moose. It causes the animal's brain to deteriorate and turn into a spongy matter, which in turn emaciates the animal with the disease.

The illness makes deer act like zombies. They start to act very bizarrely, lose control of their bodily functions, and eventually die.

This is the deer equivalent of "mad cow disease." There are other forms of this disease that affect sheep, mink, and goats.

Four species are susceptible to this disease: elk, mule deer, white-tailed deer, and moose. There have been no cases of humans catching this disease, either from contact or from eating the meat of infected deer. However, scientists gave infected deer meat to monkeys to eat in an experiment, and the monkeys caught the virus. So it is probably better to be safe rather than sorry. Wildlife experts are trying to make it a requirement that you test the meat you've caught before you eat it. In some areas of the United States, 25 percent of the deer population has this disease. So it may be worth the extra step if you are planning to eat the meat you've hunted. Wear gloves when handling the carcasses of deer you've shot.

Should you kill a deer with the disease, make sure you dispose of it properly. This helps to contain the disease and keeps other deer from infection.

If you accidentally consume a piece of infected meat, don't worry too much. Americans consume between 7,000 to 15,000 infected deer per year, and so far no one has developed chronic wasting disease.

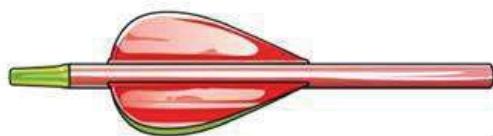
You can spot a deer with chronic wasting disease if they have ribs, hips, or backbones showing. If the [animal](#) is not alert or shows no sign of fear of humans, then they might be infected. However, there are plenty of normal deer conditions that cause these symptoms as well. Lactating deer are not typically alert to their surroundings.

If you have been hunting a deer for some time and you notice that it has progressively lost weight, then it most likely has the disease.

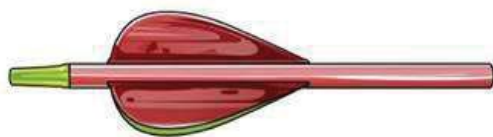
Deer with chronic wasting disease typically have a wide, wobbly stance. They keep their heads down, ears low, and have a very shaggy coat. These deer are prone to excessive thirst, heavy urination, and have difficulty swallowing.

Before you go hunting, check the number of reported cases of CWD in your area. Look at the zones and the drop-off locations approved by the state and the county. It's all part of responsible hunting.

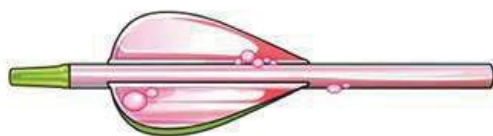
# Wait Times



Oxygen Rich artery



Muscle or Liver



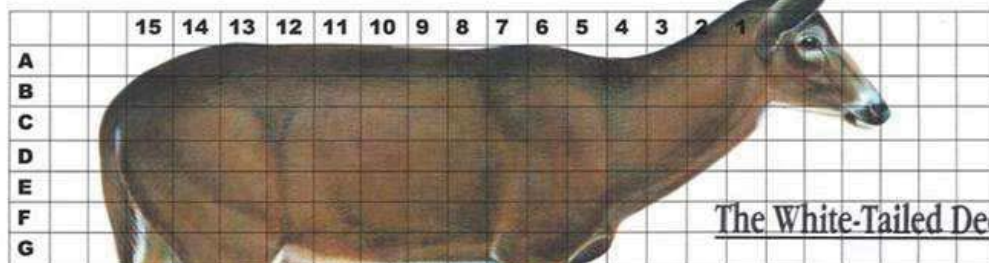
Lung Shot



Gut Shot

## WAIT TIMES

**Heart or  
Double lung ..... 1 hour  
Liver.....6-9 hours  
Gut.....12- 24 hours  
Shoulder.....ASAP w/ dog**



The White-Tailed Deer

**Mark hit site, blood.  
Stay off trail/blood.  
Photos of arrow & blood.**

**If they walk away  
treat as a liver or  
gut shot**

**“WHEN IN DOUBT BACK OUT”**



**CRA Newsletter**

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Dave Burke

**Vice President:**

Robert D'Imperio

**Secretary:**

Rylee Butler

**Treasurer:**

Jim Kerrigan

**Field Archery:**

Dick Reimer

**Range Captain:**

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**Youth Public**

**Relations:**

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**Social Director:**

Terri Perry

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**Representative:**

Red Bourdage



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**Or our Facebook Page**

<https://www.facebook.com/cubrunarchers.org>

Won't you join us?