

# The Cub Run Archers Newsletter

Winter 2021-2022



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

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

**Next Monthly Meetings:**  
**Sunday, January 9, February 6,**  
**March 6 11:00am**

# Notes From The Oct., Nov., Dec. Meetings

Badges are required when on the range. The purpose is to reduce the number of people who are not members of Arlington-Fairfax IWLA from using the range. The schedule for range use has been posted.

Bob Walla mentioned that the club roster for 2022 has been started and will be updated. Walla also invited ideas on how to better promote archery for the club.

Walla reported that there had been vandalism on some of the 3D targets on the range. Mark Gauntner announced that the vandal of the 3D targets had been identified. The vandal was a black bear. Mark was researching options for preventing more vandalism by the bear.

There is now keyed access to the indoor range, and members should lock doors to kitchen area when leaving.

Fred Ansick reported that he had picked up targets and cores from Hoffman archery. He also gave more details on the vandalism on some 3D targets on the range, and reported that people have been checking for badges on the range.

There was a discussion about a list of IWLA members that can be made available to club officers but will not be posted.

Indoor range users should avoid placing paper targets in the center to extend the life of the targets.

Target prices have increased. The club has purchased ASA targets in the past, but the club needs to get Arlington-Fairfax board approval for purchases over \$3000.

Dave Dobbins has volunteered to be the club's VBA representative.

Information on 2020 and 2019 shoots will be removed from the web site.

Fred Ansick reminded that the Arlington-Fairfax IWLA has some land near Strasburg that can be used by members. The application for use is on the chapter web site. One member and two guests are allowed at a time, and it is rugged terrain.

## **Pay Annual Dues with Credit Card!**

**You can now pay Cub Run Archer and VBA annual dues with a credit card.  
Click to go to the Forms page: [cubrunarchers.org/newslettersforms.html](https://cubrunarchers.org/newslettersforms.html)**

**You may need to refresh window to see the Pay Pal options, and refresh again if there is an error.**

# Hunters For The Hungry



This year, Hunters for the Hungry plans to surpass 30 million servings of venison.

By Bruce Ingram

Photos by Bruce Ingram

Sometime this fall, Virginia's Hunters for the Hungry (HFTH) will very likely distribute its 30 millionth serving of venison (1/4 pound equals a serving) in the organization's 30 years of service. Director Gary Arrington, who has served HFTH in various roles since coming aboard in 2004, marvels at the accomplishment and expects, in fact, to go well past that benchmark.

“As a hunter and a former Conservation Police Officer for the Virginia Department of Wildlife Resources (DWR), I'm used to seeing the good and bad in the hunting community,” he said. “But there's no question that Hunters for the Hungry has been the proverbial feather in the cap for the hunting community since we came into existence.”

“Hunters have a tradition of sharing their harvest with the less fortunate, and sharing high protein, low fat, organic venison meals with folks who are struggling is an excellent example of that charity. Our late founder, David Horne, had a vision that one day our organization would annually share 200,000 pounds of venison. It's safe to say we have the potential to surpass that every year now,” said Arrington.

However, Arrington emphasizes that HFTH is not just looking back at its past successes, but is eagerly striving to help the needy even more in the future.

“One of our more exciting initiatives has been to reach out to organizations not usually associated with hunting,” he says. “For example, we recently received a \$30,000 dollar check from the Roanoke Women's Foundation, a philanthropic group that's mostly known for supporting the arts, culture, and education.”

“We did a Zoom-type presentation to the group and that enabled us to communicate with members that normally might not have attended an in-person meeting. I feel this effort provided them insight about our mission. We've also been successfully working more and more with groups such as the Rotary, Lions, and Ruritans.”

Arrington adds that one of the major challenges in recent years has been the decline in meat processors, especially in many rural areas. These folks, he says, have been retiring from their longtime vocation. The solution?



Gary Arrington and a Hunters for the Hungry mobile cold box.

“Thanks to grants and donations, we’ve increased our number of mobile ice boxes to over 20,” he said. “In some areas now, we can place an ice box in an area where a processor doesn’t exist. A longtime goal of Hunters for the Hungry has been to keep venison in the same area it was donated. That way hunters who donate their deer know that their meat goes to feed folks in their local area.”

How can sportsmen and the general public support Virginia’s Hunters for the Hungry to be an even more effective charity?

“Keep sending us your deer and your dollars,” Arrington says. “We’ll put them to good use and continue to make a positive difference in people’s lives.”

For more information: [www.h4hungry.org](http://www.h4hungry.org), 800-352-4868.

# How To Donate Deer

## HOW TO DONATE VENISON

### **Option One: Donate an entire deer – HFTH pay the processing costs!**

If you would like to assist the program by donating deer all you have to do is take your **legally harvested, field-dressed deer** to a participating meat processor or specified collection point (see participating processor list). There is a simple form to fill out stating you are donating your deer. Hunters for the Hungry will be billed for the processing costs. The meat will then be given to a local feeding program so that it can be distributed to people in need. **To help our program be as cost-effective as possible please donate large bodied animals.** Processors reserve the right to refuse any carcass not properly cared for or simply too small to be cost effective.

### **Option Two: Donate a package or two from a deer that you have had processed for your personal use**

When you have a deer processed for your family consider donating a portion of the meat to Hunters for the Hungry. **Every package makes a difference. As little as 1 pound will help.** The processor will store this meat or add into meat that has already been prepared for distribution to be picked up by a participating feeding program for distribution to the hungry.

### **Option Three: Donate an entire deer plus the cost of processing**

In addition to donating a deer at one of the participating meat processors or collection points send the \$50.00 cost of processing to the Hunters for the Hungry program or make a \$50 donation on line. A donation form is provided on the website if you would like to make a financial donation. Your gift is tax deductible and you will receive a receipt for your tax records

### **Option four: Donate deer from damage permit harvest**

If you qualify for damage permit harvests, call our office to see how we can assist you in donating these deer to the hungry.

## **PROCESSOR / COLLECTION SITE LISTING – Updated 11-12-2021**

**NOTE: Hunters for the Hungry, with the support of the Virginia Department of Wildlife Resources is accepting and testing deer in many test positive counties per the CDC and the Virginia Department of Health. We are not accepting deer harvested in FREDERICK County. Please visit [www.dwr.virginia.gov/wildlife/diseases/cwd/](http://www.dwr.virginia.gov/wildlife/diseases/cwd/) or click on our tab CWD Info. / Press Releases / Publications!**

# Cooking Venison



By Jonathan Bowman  
Photos by Jonathan Bowman

I would be willing to bet that venison is probably the most mishandled wild game. I have zero research to back this up, just a sneaking suspicion and lot of bad information I've heard around the fire or read on hunting forums.

“But my grandpa always said...” Your grandpa might be right, and I'm sure he taught you a lot of great things about venison, but if it could be better, wouldn't you want to change up your methodology a little bit?

I don't claim to have cooking venison all figured out, I just know I have cooked some amazing backstraps (think deer steak) and some terrible ones.

Here are my observations:

If you have the luxury of cold weather (below 40 as a general rule) or a generous friend with a walk-in cooler, field dress (remove guts and organs) your deer and hang it skin-on for four to seven days. It is amazing how much this improves the quality of the meat. Butchers do this with farmed animals, so why wouldn't we do it with deer? Even when I don't feel like processing the deer myself, I still hang it before taking it to the meat processor (keep in mind the butcher may hang it for a day or two as well). Keith Mast of K&S Meats in Kenbridge shared with me his #1 piece of advice to any hunters bringing a deer to the meat processor. “Field dress the deer as quickly as possible, especially if the animal was shot in the guts.” If you are new to field dressing, there are an abundance of YouTube how-to videos, and the entire process will probably only take you five to 10 minutes after you have done it a few times.

Read [Danielle Prewitt's guide to “wet aging” meat](#). All you need is a vacuum sealer. In short, vacuum seal your tenderloins or backstrap for 7-21 days. (I've done 28, but I felt it started to degrade in texture). My wife hardly ever ate any kind of deer steak before I started wet aging, and now she loves the steaks. While I hate the term “gamey,” wet aging is the most significant reducer of the overly strong flavor deer sometimes have. Don't forget to change the bag every five to seven days so that it's not sitting in blood for too long as this also reduces texture quality.

Cook that baby rare or medium rare! I'm sorry, but venison steaks are not nearly as good when cooked medium and beyond. I live in Amelia, so I understand I am speaking heresy in some households, but give it a try. Rare/medium rare is not uncooked, just cooked for optimal flavor and tenderness. A key part of these steaks being excellent are points 1 and 2 above. If you can't do rare/medium rare, you can make incredible jerky from the steaks.

## Cooking Venison (continued)

You can use every part of a deer, but don't let the high and mighty on the Internet make you feel like a heathen just because you are nervous to eat the heart, for example. The heart is amazing, and one of the best parts of the deer (very much like steak), but if you are new to hunting and that intimidates you, just ask on a local Facebook group if anyone in the area would like the heart from your deer. There's nothing wrong with that, but I strongly encourage you to try it!

Keep the shoulders! Shoulders and rear hams make incredible roasts, jerky, chili corned venison, and more. They are also fantastic for simple crock pot recipes that require minimal effort.

At the end of the day, my goal is that hunters and their families will enjoy deer even more than they have in the past. Cook deer how you like it, but don't be afraid to try some new techniques and recipes. If you do try any of the recipes below, please let me know how it went!

Here are a few crowd-pleasing recipes I keep in my regular rotation:

### [Sika Deer Carpaccio Recipe — Elevated Wild](#)

Wade Truong is a fellow contributor to the Virginia Department of Wildlife Resources (DWR), and his recipes are some of my favorites. If you ask my family and friends, Venison Carpaccio was the dish that really knocked people's socks off last year. You can easily substitute the ingredients, just make sure to follow the process for getting the meat to look and feel like carpaccio.

### [Perfect Venison Backstrap or Tenderloin](#)

I won't claim that this recipe is original. It is, like most recipes, a compilation of many different recipes I have tested over the years. This is my favorite. You will probably like to make it your own with a slight variation, and I encourage you to do so!

### [Corned Venison Recipe – How to Make Corned Venison | Hank Shaw \(honest-food.net\)](#)

I make five or six pounds of this recipe each year. It's that good. It's extremely easy to do, and hard to mess up. It will require some fridge space for a week. Hank Shaw is a former Fredericksburg resident turned "Wild Game Cooking Legend." I'm not sure if that's his official title, but I own all of his books and I have made probably 30-40 of his dishes. I've yet to try a Hank Shaw recipe that I didn't love.

*Jonathan Bowman lives in Amelia County, where he spends as much time as possible hunting, fishing, and cooking. Jonathan loves sharing his passions with others, and is determined to one day convince his wife to join him on a turkey hunt.*

# ELK HUNTING RETURNS TO VIRGINIA

## ELK HUNTING RETURNS TO VIRGINIA FOR FIRST TIME SINCE THE MID-1800S

AUGUST 09, 2021 By [Gabriella Hoffman](#)

Local landowners, Rocky Mountain Elk Foundation (RMEF) volunteers, and the Virginia Department of Wildlife Resources have worked for decades to bring elk back to the Old Dominion State. That work has paid off. For the first time in at least 166 years, Americans will soon be able to go elk hunting in the state of Virginia.

Wildlife officials have announced the first Virginia elk hunting season will be held in October 2022, a major indicator that the reintroduction of the animals has been a success.

The last elk subspecies to inhabit Virginia was the now extinct Eastern elk (aka *Cervus canadensis canadensis*), last seen in Clarke County in 1855. Biologists have debated whether the Eastern elk was a distinct subspecies of elk or a subpopulation of the Rocky Mountain elk. Regardless, the last known Eastern elk in the US was killed in Pennsylvania in 1877.

The RMEF has helped reintroduce elk to many of the large deer's native, historical ranges, including Virginia, through its **Eastern Elk Initiative**. When Europeans first came to this country, elk numbers were about 10 million strong — a plentiful resource. However, unregulated hunting and habitat loss eventually caused elk east of the Mississippi River to disappear by the late 1800s, according to the RMEF.

Since that time, hunter-conservationists and state wildlife agencies have restored elk populations in several states where they had been extirpated. Five additional states east of the Mississippi have viable, huntable elk populations: Kentucky, Tennessee, Pennsylvania, Michigan, and Wisconsin.

Virginia is the latest state to celebrate a successful reintroduction of elk since they vanished in the 1800s. Diana Parkhouse/Unsplash

Several failed attempts were made to restore elk to Virginia over the years, but the state **Department of Wildlife Resources (DWR)** says a turning point came when the agency released 75 elk between 2012 and 2014 within the current elk management zone (EMZ) that includes Buchanan, Dickenson, and Wise counties. Since then, the population in Virginia has steadily grown, and elk have reclaimed coal fields in Buchanan County. Today, the population is about 400 animals, which is high enough to administer a lottery hunt.

Elk aren't just good for the ecosystem, but their presence in numbers also benefits local economies. Kentucky has an elk population of more than 10,000. One **study** estimates hunters spent \$3.6 million in the state while hunting and scouting inside and outside of the 16-county elk zone during 2013, in addition to state fees collected for licenses and permits. Danny Smedley, the RMEF Bull Run chapter chair in Virginia, confirmed his state's herd reached the management goal outlined by the **2019-2028 Elk Management Plan**.



# ELK HUNTING RETURNS TO VIRGINIA (CONTINUED)



As the result of the hard work of many RMEF volunteers, Virginia will have an elk season that will generate funds that will be used to benefit the elk herd and other wildlife in Virginia,” Smedley said. “In addition to the benefits to the wildlife from the funds generated from the elk tags, the local economy has benefitted from increased tourism from people viewing elk.”

## How to Draw a Virginia Elk Tag

Virginia’s elk tags will be distributed through a limited random lottery system, as they are in other Eastern states. State residents will be required to pay a nonrefundable application fee of \$15. Nonresidents with a valid hunting license from any state will have to pay \$20. If drawn, hunters will be required to buy a \$40 resident or a \$400 nonresident elk tag.

The draw for the first Virginia elk season opens Feb. 1, 2022, and will run through March. Winners will be notified by May 30. They will then have 30 days from notification to purchase the required state hunting license, which is non-transferable, and the tag. Those successfully selected in 2022 and beyond will be **ineligible** to “receive a subsequent special elk hunting license for a period of three years.”



Elk numbers in Virginia have surpassed 400, allowing for a lottery hunt. Andrew Ly/Unsplash

The total number of available Virginia elk tags has not been set, but **according to state law**, nonresident tags will make up no more than 10% of the total number of tags, or one tag, whichever is greater. Resident hunters who live in the EMZ of Buchanan, Dickenson, and Wise counties will make up no *less* than 10% of the resident tags, or one tag, whichever is greater.

Additionally, qualifying wildlife conservation organizations can apply for non-draw tags through a **Conservation License Program** if their mission is “to promote and ensure the conservation of Virginia’s wildlife resources or to promote opportunities for hunting, fishing, trapping, boating, or other wildlife-related recreation within Virginia.”

Landowners in the EMZ can enroll in a **Landowner License Program**, which allows them to accrue points toward an either-sex elk tag if they open a minimum of 50 acres to public elk hunting.

The Virginia elk season will run for **seven days** from the “second Saturday in October through the following Friday, both dates inclusive.” For 2022, those dates will be Oct. 8-14.

Qualifying participants will have opportunities to hunt on both private and public land. For elk, **hunters are required** to use a rifle chambered for a .23-caliber cartridge or larger. Hunting with dogs is prohibited.



The Virginia DWR has not yet decided how many tags it will issue for the October 2022 season.

## Other East Coast Elk Hunting Tags

Random drawing license programs have already succeeded in many Eastern states.

**Kentucky**, home to the East Coast’s largest elk herd, boasts a population of 11,000 animals and a robust elk management program. It currently **awards** between 600 and 800 elk tags each season, with 10% of tags allocated for nonresidents.

Pennsylvania is home to nearly 1,400 elk, and the state issued a record **187 tags** for the 2021-2022 season. The elk season was established in Pennsylvania in 2001 following successful reintroduction efforts that began in the early 20th century.

Tennessee hosted its first elk quota hunt in 2009, and the state awards **15 tags** annually.

**Michigan** and **Wisconsin** also host managed hunts following successful population recovery efforts. For the 2021-2022 season, the former will set aside **260 tags**, while the latter will issue **eight tags**.

Virginia is the latest state to join the club, and its new elk season demonstrates how hunting and wildlife conservation go hand in hand.

# Range Information

Range field house # 703-631-4496 :

**Please be advised. The designated range director will make changes to operating procedures. *IF* you do not see a change, then there has been no change.**

**Field Archery:**

Range field house # 703-631-4498

**Target Archery range:**

Range field house # 703-631-4498

**Rifle/Pistol range**

Range field house # 703-631-4496

**Skeet & Trap Range**

Range field house # 703-631-4497

**Sills Air Range**

Range field house # 703-631-4818

## CHAPTER HOURS OF OPERATION:

8 a.m. – 9 p.m. for outdoor recreational use (including outdoor range operation)

8 a.m. – 12 midnight for indoor uses (including indoor range operation)

With extended hours reserved for staff and special scheduled events, such as camping activities, as needed.

***See designated range Web pages for specific days and times of operation.***

## RANGE BADGE:

All Members are required to display your range badge when you access/use ALL Chapter ranges (archery, airgun, and firearm). Access will be denied if you do not have it displayed. If you have lost your range badge, please contact the [membership office](#) to purchase a replacement badge.

## Upcoming Shoots

01/09/22	Belvior	Indoor pin	9am	sg	pin
01/16/22	Sherwood	Indoor pin	2pm	sg	pin
1/22-23/22	Staunton River	3D	8am-11am	cas	other
02/05/22	Belvior	Indoor pin	9am	sg	pin
02/12/22	Sherwood	Indoor pin	2pm	sg	pin
2/12-13/22	Sherwood	3D	8am-2pm	cas	other
2/19-20-/22	VBA Indoor	Belvior,BOR,Sherwood,Kingsborough,Two Rivers			
2/26-27/22	Staunton River	3D	8am-11am	cas	other
3/5-6/22	Prince William	Mid Alantic Indoor Sectional		sg	other
03/12/22	Manahoac	3D	9am-12pm	cas	other
03/13/22	BOR	3D	8am-12pm	cas	pin
3/19-20/22	Sherwood	3D	8am-2pm	cas	other
03/26/22	Manahoac	Annual Field f/h	9am-12pm	cas	other
3/26-27/22	Staunton River	3D	8am-11am	cas	other
04/02/22	Manahoac	Night Critter Shoot 3D	7pm-dark	cas	other
04/03/22	Belvior	3D	9am	sg	other
04/03/22	Two Rivers	TRAC F/H/3D	8am-1pm	cas	pin
04/24/22	Massanutten	A Robinson Ritual	8am-1pm	cas	pin
4/16-17/22	Staunton River	3D	8am-11am	cas	other
04/23/22	Manahoac	YHEC Event Archery & Orienteering 3D	8am	sg	other
04/23/22	Belvior	Wild Game Dinner			
4/23-24/22	Sherwood	3D	8am-2pm	cas	other
04/24/22	Prince William	International Round F/H	9am	sg	pin
04/30-5/1/22	Spring 3D	BOR			



**CRA Newsletter**

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Send submissions to:  
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comcast.net

**Cub Run Archers  
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**Vice President:**

Dave Burke

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Justice Percell

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The Year Santa Hired a Consultant

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<https://www.cubrunarchers.org>

**Or our Facebook Page**

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

Won't you join us?