

# The Cub Run Archers Newsletter

June—July 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: August  
4, 2019, 11:00am.**

## Notes from last meeting

### **Presidents :**

President Walla stated that the white board which has been placed on the red shed is to inform people of items that are contained in the lost and found. If you find something on the range, please so indicate on the board so the item can be returned to the original owner.

Women on Target on May 11 was a resounding success and some of the participants were so enjoying archery that they did not want to move on to the next station. A couple will likely become CRA members.

On May 19 we held an archery 101 class with 5 people and the class went well at the hands of Dick Riemer. Steve and Mike picked up the new set of ASA targets and they are now in-house..

We will have a Crab Feast Oct. 6<sup>th</sup>. Details to follow. August 4<sup>th</sup> next meeting.

### **Membership Concerns:**

Dave Dobbins brought to the membership his concern about the lack of field and hunter targets posted on the practice range and the scant and non-diverse spot targets available in the red shed. He was authorized to purchase suitable paper targets to address the need and they will be pasted on cardboard with the assistance of Marvin Hicks and Mike Cinnamon.

A person came into the Indoor Range during the Money Shoot and qualified someone for the Park Hunts after being told this was not permitted. Sgt. Powell of the Fairfax County Police is looking into it.

### **Range Officers Report:**

Fred Ansick reported that a new backstop has been placed behind target 13 for safety purposes. Two Rhineheart walls have arrived and will be placed adjacent to the 20 yard and 30 yard target butts. Our range certification should be good for another three years but Red Bourdage will check on that at the VBA meeting coming up on the weekend of June 8th. Fred would like to install pavers for paths to the 40, 50 and 60 yard practice target butts. The motion was made, seconded and passed for him to do so. Fred wants to buy several Rhinehart walls as well as targets to replace the Pacific Bow Butts.

### **Tournament Director/Vice President:**

The Money Shoot had 92 shooters and was a resounding success. We made about \$2000 profit. The Team Money Shoot was also a success with 69 shooters on only 2 weeks notice. We had a profit of \$450. Thanks to all that helped.

### **AFC Archery Director:**

Girl Scouts donated \$90 to Cub Run Archers. 25 people attended the IBEP class yesterday. July 27 and 29 SWM will be using the facilities. Park qualifications are done for the year.

### **VBA Representative:**

VBA wants to ban lighted nocks in competitions.

**New Business:**

A boy scout from Troop 1966 (Ben Walker) presented a proposed Eagle scout project to replace and upgrade the lighting on the practice range. He will be presenting the details to the Chapter Board of Directors at the next Board meeting. The range captain will coordinate with the scout on the project if it is approved by the Board of Directors.

Jim Smith expressed concern that we have a limited number of broad head acceptable targets and tune-up for bow season is thus complicated. Fred Ansick said he could place additional broad head targets on the practice range as the season nears.

All Current CRA Officers are nominated to run for re-election next month.

Susan Snider has made the US Team to compete at the USA Archery World 3D Championship in Alberta Canada in September. This honor includes the responsibility to pay the considerable costs ranging between 4 and \$6000 dollars. To help defray the cost, Cub Run Archers will donate \$1500 to Sue. Approved.

Dick Riemer and Marvin Hicks are both running for IWLA Field Archery Director. Marvin was not present but Dick outlined his platform for Re-Election.

**NewsLetter Ediitor:**

After many years I have decided to change the format of the newsletter to make it a bit easier for me to manage and hopefully provide a better newsletter for the club. Any comments, suggestions, criticisms, Etc. would be welcomed. Please send any such to [rjbourdage@comcast.net](mailto:rjbourdage@comcast.net)

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Dear Fellow Archers;

As you may be aware, chapter elections will be held over the next two weekends. For the first time in a long while, we have two members running for the Archery Director position. To help inform your decision on this very important position, we have prepared a statement from each candidate. \

You all know that two Cub Run Archers are running for IWLA Field Archery Director and Archery at IWLA will be well served whichever of these fine gentleman win. There is however, a third member of Cub Run running for election as an at large Director. Jim Smith has tirelessly worked for the good of Archery as long as I have known him and I please ask you to consider giving him your support this weekend or next.

Thank you for taking the time to understand the positions of our very capable candidates and please, please vote in the elections.

The following two pages are the statements.

Sincerely,

Robert D'Imperio  
Secretary, Cub Run Archers

## Marvin Hicks

Marv is running for Director, Field Archery. For those who may not know Marv, he has been a member of IWLA for over 30 years during which time he has been actively involved in numerous IWLA's functions such as the Children's Xmas party, challenged person's fishing derby, crushing clays, women on target, and currently our upcoming annual picnic. He is well-known by our current IWLA board and enjoys the deserved reputation of a "go-to" person when help is needed. You may have witnessed this in a recent Cub Run meeting when Marv stepped up and handled the issue regarding the need for field targets on our practice range. That's only one of many examples but that's the type of person Marv is.

Many of you are relatively new members of Cub Run and may not know that Marv has an equally long history with Cub Run and was our President for many years (blame him for the gavel) and was also our Treasurer for a long time until he talked someone else into the job. In addition to his insight and experience with Cub Run, Marv knows how to best represent Cub Run's interest when working with the IWLA board since he served three terms as Director, Field Archery.

If elected, Marv intends to carry-on with all of the current initiatives such as qualifications for the Park Hunts, the Girl and Boy Scout archery events, and our success with the Archery 101 classes. In addition to the monetary benefits, Marv understands that these programs introduce folks to archery and to our facility and he knows that's what we are all about. He has every confidence these programs will continue and possibly grow if he is elected. Additionally, Marv sees the changes regarding participation and increased interest in both "Target" and "Field" archery programs and feels it important that we work to continue this growth and lend our support to both disciplines, particularly the competitions with other local clubs. He also feels it important to improve coordination and communication with the IWLA Board to avoid past criticisms we suffered regarding conflicts in scheduled events, parking, and the use of the Archery Facility. Marv is also concerned about Cub Run's image to the IWLA Board as well as the other IWLA entities. He feels there are too many wrong perceptions of who we are and what we represent and Marv will work to overcome these misconceptions.

Marv understands that the role of Director, Field Archery is to properly represent Cub Run to the IWLA Board and feels through better communication, they will clearly understand who we are, what we represent, our service to the community, the utilization of the archery facility, and yes, of course, our budgetary needs. Regardless of the election outcome, Marv will continue to work these important issues.

## Dick Riemer

For the last six years I have represented Cub Run Archers as the Director Of Field Archery for the chapter. During this time the participation in shooting archery has significantly increased at the chapter. I have been able to generate additional revenue for the chapter as well as Cub Run Archers by being involved with the following programs. Also, by being an archery instructor for Fairfax County Park Authority, I have referred many individuals to IWLA to join the chapter.

I have been shooting archery for more than thirty years, mainly for deer hunting and shooting in our club shoots. After retiring, I decided a good way to give back to people wanting to learn about the sport of archery, would be to become an archery instructor. I am a level 2 instructor as well as a certified Boy Scout Merit Badge instructor. I have been in the Fairfax County Park Archery Program from the start of the program for the past 11 years as a park liaison.

Four years ago I saw a lot of people were starting to get into archery, and going about purchasing equipment the wrong way. That is when the monthly 101 archery class was started to help new members get into archery the correct way. This program brings in approximately \$1,400 each year to the Cub Run Archery Club. I also conduct classes for the Girl Scouts, which brings in additional money to the archery club. Field Archery has archery instructors, however, there have been times when very few instructors are willing to volunteer to help with the classes and I have had to step in and teach a class myself. I feel it is important for the Director of Field Archery to be a certified instructor.

The Fairfax County Park Qualifying Program is another program which generates income for the chapter. It has generated in excess of \$10,000 in the past 8 years. I am very involved in this program and the qualifying process. With the new changes the county is making in qualifying for the upcoming year, the number of people expected to qualify will double. The qualifying period exceeds three months and it involves many hours at the range. The work does not stop when I leave the range at the end of the qualifying session. Many hours are spent logging the information into the county webpage for each individual that attempts to qualify as well as keeping record of all money generated for the chapter treasurer. If reelected I will continue to run the county qualifying program for the chapter.

I will work with the officers of Cub Run Archers to keep implementing new ideas and improvements to be made at the field archery range.

I appreciate your vote.

Thank you,

Dick Riemer

## Sue Snider



Have you ever been driving down an empty highway at a respectable speed maybe 15 to 25 MPH over the speed limit and out of nowhere a car blows by so fast that you are tempted to open your door and step out to see why your car stopped? Folks, then you have some idea how the top eleven heavily sponsored female archers must have felt when our very own Sue Snider came from out of nowhere to snatch **second place** from this rather accomplished field of female archers. Shooting in the senior women's bare bow class at USA Archery National 3D qualifier Sue came from fourth place to second in the final round. **This event is used to select the top three archers to represent the United States at the World Archery 3D Championship to be held in Alberta Canada.**

Sue, husband Jeff, and son Jackson joined Cub Run Archers in December and Jeff volunteered for range officer duty and took the ASA level II instructor course to have access to the indoor range. The entire family began shooting in January.

Bob D'Imperio and Ryan Johnson encouraged Sue to participate in this event apparently to expose her to competitive shooting. The only way to experience the stresses and unique issues that affect archers in these shoots is by participating, but both Bob and Ryan were blown-away by her performance. Sue's accomplishment is further enhanced by the fact that she only began shooting archery in January of this year. Several archers, myself included, suspected that Sue must have had some previous training or instruction prior to joining IWLA, but I have been assured by her coach Bob D'Imperio that this is not true. Bob has a number state and national awards, but he said that his greatest contribution to Archery is being Sue Snider's first Archery coach!

## Susan Snider (Continued)

[Sue Snider](#) Thank you! I shot well the second day to jump from 4th to 2nd behind Fawn Girard. I don't think it has quite sunk in yet, but I plan on starting back to my regular routine tomorrow of shooting early every morning. Meet me there if you want to shoot unknown distance 3D out to 33 yards! My eternal gratitude to Ryan Johnson and Bob D'Imperio for all of the technical support and hours drilling distances and technique and thank you to all of my amazing teammates who have been incredibly supportive on this adventure.

As some of you know, our family's archery adventure recently resulted in my qualifying for the US Team that is being sent to World Championships in September. It is an honor and privilege to be chosen to represent the United States on the world stage; one I am still struggling to believe is true. I'm working hard every day to make sure I make all of you proud as I try to bring home a medal in addition to amazing memories.

One of the largest challenges is that the Team is self-funded. That means we receive no financial support from the sport governing body and must pay all of our own expenses--from lodging to uniforms to registration fees--ourselves. Our conservative estimate, with me travelling alone (to save money Jeff and Jackson are going to stay home) is for the trip to cost \$4-6,000. That is why the Team has decided to do a "Shoot-a-thon" in July to raise money. Please consider making a per-shot pledge (1000 shots maximum) or a donation to help me cover my costs for this amazing opportunity. Thanks for your consideration!



## American Heritage Girls Fall Camporee

Dear Bob and Cub Run Archers,

The Sportsmen's Alliance Foundation has been asked to help the American Heritage Girls with their Fall Camporee at the Fredericksburg Agriculture Fairgrounds (2400 Airport Ave, Fredericksburg, VA 22401) on October 19, 2019. AHG are looking for SAF to run the archery range for them. We will be using Genesis compound bows and shooting at foam archery targets at about 10 yards. Ages will range from 9 to 17 years old. Girls will rotate in groups of about 40 every hour.

We are looking for volunteers from the local archery community to provide instruction on safety and skill for the day. Day will run from 8 AM to 5PM with a break for lunch. AHG will be providing food and drink for all those helping for the day. It won't be Alaska King Crab or Kansas City Prime Rib but you will be fed.

If you are willing to help please contact Frank at [fprice@sportsmensalliance.org](mailto:fprice@sportsmensalliance.org) or call/text [614-266-7305](tel:614-266-7305). I hope you and your club members will take on this for the girls. Thank you for your consideration.

Regards,

FP

Frank Price

Sportsmen's Alliance

[614-888-4868](tel:614-888-4868)

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

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## Hunting & Trapping in Virginia Regulations Digest

The 2019-2020 Hunting and Trapping Regulations Digest is now available on the DGIF website and **mobile app!**

An overall summary of the changes can be found in the **“What’s New”** section. The printed version of the digest will soon be available at more than 500 license agent retailers throughout Virginia.



# FIVE TIPS FOR IMPROVING YOUR SCORES AT ARCHERY TOURNAMENTS

by Allison Jasper



Archery tournaments are way fun and exciting. It can be easy to get a little overwhelmed with excitement and nerves, and lose focus on what's important. These five tips may not magically cure low tournament scores, but they're excellent guidelines that can help improve performance under pressure.

## *BE PREPARED*

Preparation is the number one trick to staying relaxed...and relaxation brings those scores up! Know the tournament's rules, format, location, schedule and

dress code. By knowing these in advance, you free up your mind to relax and focus on your shot. Practice the exact round, including the target size, distance and – especially – the timing. Remember that tournaments can take awhile, so be prepared with snacks, reading material, and some music on your iPod. A 3-D or field archery tournament can have a slower pace, and require you to walk long distances over rough terrain with all your equipment, so consider using a backpack/chair combo. No matter what kind of tournament you're shooting, wear comfortable clothes and shoes.

## *KNOW YOUR SHOT ROUTINE*

Have a set shot routine you know and have practiced. A shot routine is something comfortable and familiar that you can easily repeat even if a tournament feels unfamiliar. No matter where you are, the steps of your shot should always be the same. You should be able to describe each step of your routine, and exactly how every part of your body moves during that step. When under pressure, a routine's last step (often the follow-through), is usually the part that gets sacrificed, so be sure to really emphasize that step.

## *CHECK IN OFTEN ON YOUR EMOTIONS*

At least once an end, preferably after or before each arrow, check in internally. See how you're handling shooting with other people, and remind yourself to relax and have fun. Are you getting frustrated? Sad? Upset? Angry? If so, take a few deep, calming breaths, and refocus on form and a positive attitude. Visualize your shots going well. Focus on your internal dialogue, and watch for negative self-talk, replacing it with positive affirmations.

## *“EYES ON YOUR OWN PAPER”*

You might remember a teacher warning your class to “Keep your eyes on your own paper.” That's also great advice for archery tournaments. Focus on yourself during tournaments. It's easy to get distracted by what others are doing, scoring, or how they are shooting, but these distractions can actually take away from your opportunity to have fun and do your best. Let others shoot their tournament, and focus on being the very best version of yourself.

## *EXPECT THE UNEXPECTED*

Many things are outside of your control, including the weather, how tournaments are run, and even how you're physically feeling on a given day. If something goes wrong, no worries: that's a normal part of the process, and it's okay. Maybe it will be windy, or you'll become distracted, or you could even be delayed by a faulty timing system. Stay positive and determined, and keep your mental game on point. Focus on making the best shot possible, regardless of what's going on around you.

Archery is an incredible sport, full of opportunities to learn more about yourself. Tournaments are a great chance to build self confidence, make friends and above all – have fun! If you remember to focus on yourself, and having a good time, you are likely to remain relaxed and shoot your very best game.

# Hunters for the Hungry



## ATTENTION!!!



### *Hunters for the Hungry*

*8th Annual Sportsman's Banquet*

*Saturday JULY 20, 2019 at 5:30 pm*

**LOCATION: Park West Lions Club**

**8620 Sunnygate Drive, Manassas, VA 20109**

*Come enjoy an evening of food, fun, and fellowship while helping to make a difference in the lives of many less fortunate in our community and our state.*

*Event includes dinner, dessert, and beverages, a variety of raffles as well as live and silent auctions of donated merchandise.*

*DOORS OPEN AT 5:00 PM*

**COST: \$40.00 SINGLE; \$60.00 PER COUPLE**

**CHILDREN UNDER 12 FREE**

**SPECIAL RESERVED TABLES AVAILABLE!!!**

**MAJOR CREDIT CARDS ACCEPTED!!!**

FOR TICKETS OR ADDITIONAL INFORMATION CONTACT:

**Cole Cushman (540) 454 - 2688**

**Gary Arrington (800) 352 - 4868**

*Sponsored in part by:*



**ALL PROCEEDS TO BENEFIT THE HUNTERS FOR THE HUNGRY FEEDING EFFORTS!**

*Come support the Hunters for the Hungry Program!*

[cubrunarchersiwla@gmail.com](mailto:cubrunarchersiwla@gmail.com)

**Sun Jul 7, 2019**

11am - 12pm CRA Meeting

| Calendar: Cub Run Archers

**Tue Jul 9, 2019**

6pm - 8pm Dinner

| Calendar: cubrunarchersiwla@gmail.com

**Tue Jul 16, 2019**

6pm - 8pm Dinner

| Calendar: cubrunarchersiwla@gmail.com

**Tue Jul 23, 2019**

6pm - 8pm Dinner

| Calendar: cubrunarchersiwla@gmail.com

**Mon Jul 29, 2019**

6pm - 10pm Suburban Whitetail BOD

| Calendar: cubrunarchersiwla@gmail.com

**Tue Jul 30, 2019**

6pm - 8pm Dinner

| Calendar: cubrunarchersiwla@gmail.com

**Sun Aug 4, 2019**

11am - 12pm CRA Meeting

| Calendar: Cub Run Archers

**Sun Aug 25, 2019**

9am - 1pm Cub Run "Buckbuster" 3-D

| Calendar: cubrunarchersiwla@gmail.com

Saturday, July 06, 2019 09:00am	<a href="#"><u>NORVA 3-D Shoot</u></a>	<a href="#"><u>Northern Virginia Archers</u></a>
Saturday, July 06, 2019 - Sunday, July 07, 2019 10:00am	<a href="#"><u>Buggs Island Fish &amp; Wildlife Annual "Big Arpie" Two Day Shoot</u></a>	<a href="#"><u>Buggs Island Fish &amp; Wildlife Club</u></a>
Saturday, July 13, 2019 08:00am - 12:00pm	<a href="#"><u>Walton Park Bowhunters 3-D ASA Shoot</u></a>	<a href="#"><u>Walton Park Bowhunters</u></a>
Saturday, July 13, 2019 - Sunday, July 14, 2019 08:00am	<a href="#"><u>Massanutten "MAC" Annual Two Day Shoot</u></a>	<a href="#"><u>Massanutten Archery Club</u></a>
Saturday, July 13, 2019 09:00am - 12:00pm	<a href="#"><u>Manahoac Bowmen 3-D Shoot</u></a>	<a href="#"><u>Manahoac Bowmen</u></a>
Sunday, July 14, 2019 09:00am	<a href="#"><u>Prince William Archers Shoot</u></a>	<a href="#"><u>Prince William Archers</u></a>
Saturday, July 20, 2019 07:00am - 02:00pm	<a href="#"><u>Sherwood Archers 3-D Shoot</u></a>	<a href="#"><u>Sherwood Archers</u></a>
Saturday, July 20, 2019 08:00am - 10:00pm	<a href="#"><u>Belvoir Bowhunters 3-D &amp; "Piz Roast" Shoot</u></a>	<a href="#"><u>Belvoir Bowhunters</u></a>
Saturday, July 20, 2019 - Sunday, July 21, 2019 08:00am	<a href="#"><u>Manahoac Bowmen FITA Two Day Shoot</u></a>	<a href="#"><u>Manahoac Bowmen</u></a>
Saturday, July 20, 2019 - Sunday, July 21, 2019 09:00am - 11:00pm	<a href="#"><u>Staunton River Archery Club Two Day Shoot</u></a>	<a href="#"><u>Staunton River Archery Club</u></a>
Saturday, July 20, 2019 - Sunday, July 21, 2019 10:00am - 01:00pm	<a href="#"><u>Dixie Bowmen 3-D Trophy Two Day Shoot</u></a>	<a href="#"><u>Dixie Bowmen</u></a>
Saturday, July 20, 2019 - Sunday, July 21, 2019 01:00pm	<a href="#"><u>Bowhunters of Rockingham Two Day Shoot</u></a>	<a href="#"><u>Bowhunters of Rockingham</u></a>
Saturday, July 20, 2019 04:00pm	<a href="#"><u>Hunters for the Hungry 8th Annual Northern Virginia Banquet</u></a>	
Sunday, July 21, 2019 08:00am - 12:00pm	<a href="#"><u>Shenandoah Archery Club Shoot</u></a>	<a href="#"><u>Shenandoah Archers</u></a>



## **CRA Newsletter**

c/oRed Bourdage  
4217 Jackson Mill rd  
Haymarket, VA  
20169

Send submissions to:  
rjbourdage@  
comcast.net

### **Cub Run Archers Club Officers:**

#### **President:**

Bob Walla

#### **Vice President:**

Dave Burke

#### **Secretary:**

Robert D'Imperio

#### **Treasurer:**

Jim Kerrigan

#### **Field Archery:**

Dick Reimer

#### **Range Captain:**

Fred Ansick

#### **Indoor Archery:**

Byron Kissane

#### **3-D Director:**

Ryan Johnson

#### **Youth Public**

#### **Relations:**

Jim Smith

#### **Social Director:**

Terri Perry

#### **VBA**

#### **Representative:**

Red Bourdage

## Deer and bowhunting: Treestand safety starts now

Since we're heading into a season of challenging early spring weather, I think it's appropriate to touch on a subject that isn't much fun but is important. Each year hunters across the country leave treestands up all year long and each fall a few of those hunters end up losing their lives.

The common thought is that connection straps just cannot handle the annual growth of a tree and therefore eventually become compromised. This happens, although it typically takes more than a year. On a side note, a single year can make stands straps tight enough to the point where they are very difficult to loosen.

An underrated culprit for treestand failure and dangerous situations has everything to do with wet conditions. Some stands are designed with over-molded cables that allow a slight bit of moisture to penetrate deep inside where rust can compromise their integrity. This is nearly impossible to see until it's far too late. Stands left hanging from year to year also have to deal with ice build up and the expansion and contraction that comes from freezing and thawing.

These things are by no means a guarantee to immediate treestand failure, but a stand left in the woods from year to year becomes exponentially dangerous as the elemental effects accumulate. Take a little time to pull all of your stands and give them a good visual inspection. Oil any parts that show any signs of rust and make sure your straps/cables are in good operating condition.

A little extra work right now will keep your stands in quality hunting shape and just might save your life come hunting season.

**Please check the webpage**

<https://www.cubrunarchers.org>

**Or our Facebook Page**

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

Won't you join us?