

# The Busybody



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

[Facebook = Cubrunarchers](#)

## Upcoming *Events*:

Next Meeting  
November 13, 11:00 AM

October 1 –  
November 18,  
Deer Archery Season

Cub Run Archers 2016  
Indoor Star FITA  
Tournament  
November 5-6

## President:

Once again we have tree stands to hone our hunting skills. The senior management team director, Marv Hicks, put together an engineering/technical group to facilitate the construction and erection of two tree stands. To ensure the E/T group maintained focus and to expedite construction, Marv provided meals onsite. The new stands are located on the same trees as the replaced stands and marked by Bella. The new stands are larger and sturdier than those they replaced. However, dancing aloft is strictly prohibited.

### Participants included:

Marv Hicks – senior manager and World renowned chef  
Roy Trent – senior engineer and project superintendent  
Gilbert Ramey – assistant chef and machinery operator  
Bob Walla – medic and laborer trainee  
Bob D'Imperio – stevedore and morale manager  
Laney McCutcheon - QC manager  
Tom - shanghaiied archer and expert erector  
Bella – site selector

November 13<sup>th</sup> at 11:00am will be the next meeting

## Tournament Director/Vice President:

### ANNUAL BUCKBUSTER SHOOT

On Sunday, September 18th Cub Run Archers held it annual 3-D Buckbuster shoot. The weather was good and I expected a good turnout but we only had a total of 27 shooters.

This was rather disappointing (I was hoping for around 40 shooters) as it took four hours to set-up the course on Saturday but you get what you get. I guess people have too many things to do these days to show for a 3-D shoot. Plus, you can now hunt on Sundays. Go figure.

I would like to thank the people that helped me set-up the course and run the shoot including: Jim Kerrigan, John Brett, Jim Smith, Matthew Smith, Dan Roberts, Jim Gibson, Robert D'Imperio, Nicholas D'Imperio, Barry Henningsen, Dick Riemer, Debbie Henningsen, Linda Riemer and Terri Perry.

Thanks one and all, we have another four shoots to run next year including a marked distance 3-D shoot to replace the pin shoot so we will have three shoots with a significant work load to put together. dd

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## Secretary:

Dear Fellow Archers;

Someone placed a deer carcass in one of the plastic trash cans next to the indoor range after processing their deer. The stench was dreadful not to mention the flies and maggots. To add insult to injury, when someone does something so thoughtless, other members of the club had to remove the carcass and clean up the trash can. We have been warned that if this happens on a continuing basis, the deer hanging and processing privilege will be revoked. I personally can't and don't believe that a cub run archers member did this. However, with the popularity of crossbows soaring, i have noticed a great number of regular IWLA members using the range as well as deer processing. It is incumbent upon those of us that frequent this area to police and inform others of the rules. I am sure the person who did this was unaware of his infraction. To clarify, deer carcasses are to be BAGGED (someone threw a deer carcass unbagged last week) and then placed in the dumpster next to the crossbow station. Thanks for your cooperation and vigilance.

Sincerely, Robert D'Imperio

## Range Captain:

Another Rhinehart wall will be put up at the crossbow station.

We still need volunteers to put up the orange fencing and benches.

## Membership Concerns:

Please watch for persons placing block targets in front of 60 yard bale to use as a broad head backstop. Barry would like to use the Indoor range for ABH meeting on Feb. 7<sup>th</sup>.

## Indoor Archery Director:

Youth archery to start on January 1<sup>st</sup>. Sunday evenings 6 or 7pm once a week. Level II instructor class will be held Dec. 10 and 11. We need help in the kitchen and other general help for the November 5 and 6 Star FITA.

**VBA Representative:** We got 3 out of 4 dates requested for our 2017 shoots. Winter Classic is now April 30<sup>th</sup>.

## AFC Archery Director:

We made \$190 from the Archery 101 class in Sept, the October class had 20 participants.



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Dear Fellow Archers;

We have had a generous donation made to CRA comprising a multitude of items archery related. We are going to have a silent auction with all proceeds benefiting CRA so please bid liberally. I have included a numbered list below. These items will be on display for your perusal at the next CRA monthly meeting starting at 11am on Sunday, November 13th. Please email me your name and the assigned number of the item as well as description from the list below with your maximum one time bid. We will close the auction November 20th and notify all the winners. Good Luck!

Sincerely,

Robert D'Imperio

Secretary, Cub Run Archers

- 1: Apple Bow Press with Stand
- 2: Bowtech Compound Bow Older Model
- 3: Trophy Taker Arrow Rest
- 4: Scott Wrist Strap Release
- 5: Tru Fire Wrist Strap Release Camo
- 6: Tru Fire Wrist Strap Release Black
- 7: Tree Stand Bow Holder
- 8: Hodgman Guidelite Hip Waders Size 10

9: 1 Dozen new unfletched Carbon Express Maxima 350 Red Shafts with Bull Dog Nock Collars and inserts

10: 1 Dozen new unfletched Carbon Express Maxima 250 Red Shafts with Bull Dog Nock Collars and inserts

11: 5 Carbon Express Maxima Hunter 250 Shafts with nocks. No fletchings or inserts

12: 24 Easton Axis 500 Spine shafts no inserts, nocks or fletchings

13: 11 Beman ICS 500 Spine shafts with nocks. No inserts or fletchings

14: 7 Beman ICS Hunter 400 Spine Fletched Arrows with nocks. No inserts

15: 10 Beman ICS Hunter 400 Spine Shafts with nocks. No Fletching or inserts

16: 10 Beman ICS Hawk 340 Spine shafts with nocks. No Inserts or Fletching

17: 9 Beman ICS Camo Hunter 500 Spine Shafts with Nocks. No Fletchings or Inserts

18: 1 Dozen New Gold Tip XT Hunter 7595 shafts. No Fletchings Inserts or Nocks.

19: 5 Easton ACC 3-39/440 Shafts. No Nocks Fletchings or Inserts

20: 3 Pack New Slick Trick 125 Magnum 4 Blade Broadheads

21: 12 Muzzy Broadhead Ferrules and Points 12 blades



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22: Extra long older Cabelas soft Bow Case

23: Bow Guard Hard Bow Case

24: Gameplan Gear Bowbat Bow sling msrp \$81

25: 1 hunting length X Ring Silicone stabilizer

26: 1 hunting length Simms Limbsaver stabilizer

27: 1 hunting length Stealth stabilizer

28: 1 hunting length Saunders Torque Tamer stabilizer

29: 1 hunting length Alpine Archery stabilizer

30: 1 hunting length Alpine Archery stabilizer

31: 1 hunting length black generic stabilizer

Hunting Sights (all are missing mounting screws)

32: 1 Cobra Sight 3 Pin

33: 1 Cobra Sight 5 Pin

34: 1 Truglo Sight

35: 1 Trophy Ridge Sight

36: 1 Trophy Taker Sight

37: 1 Extreme Sight

38: 1 Optical Anchor Aid device

## A Citizens' Guide to National Forest Planning

Prepared by the Federal Advisory Committee on Implementation of the 2012 Land Management Planning Rule Washington Office 2016

**Came across this recently and thought that some of our members would be interested. The document is way too long to include in a newsletter, so I have included the "Forward" and a link to the PDF document.**

In 2012, the Forest Service, an agency of the U.S. Department of Agriculture, adopted an innovative new rule to guide land management planning in the National Forest System.

The 2012 Planning Rule is a significant advance in citizen-based land management planning intended to benefit communities, and to protect national important landscapes and resources. Because of the importance of sustainably managing the National Forest System with the help of the public and other stakeholders, the Chief of the Forest Service and the U.S. Secretary of Agriculture established a Federal advisory committee of citizens representing diverse interests to help the Forest Service achieve a more collaborative approach to land management planning.

While working with the Forest Service, the committee recognized that the new rule represents a big change in how the Forest Service conducts land management planning and felt strongly that a citizens' guide was essential to help the public effectively navigate and get involved in the planning process. This is that guide. We hope you find it useful.

Susan Jane Brown and Rodney Stokes, Committee Co-Chairs

[http://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd520670.pdf](http://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd520670.pdf)

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## Archery Deer Season Opens October 1st – Remember Safety First with Crossbows and Tree Stands



When using a crossbow, always be sure the bow limbs are clear of the tree or parts of the treestand. There is enough force in the limbs to knock a hunter to the ground if the bow limbs come in contact with the tree or stand. This is another reason it is so important to wear a full body harness when hunting from treestands. Photo by Bruce Hartman, VDGIF Hunter Education Instructor Treestand Safety team.

The Archery Deer Season opens Saturday October 1st and bowhunters should take extra precautions with tree stand safety and special precautions with crossbows... **Crossbow Safety Tips...** Virginia is among a growing number of states that have allowed all hunters the opportunity to use a crossbow for deer hunting. Formerly just reserved for handicapped individuals, now allowing all hunters to use a crossbow during archery season has become the fastest growing new hunting option. While crossbows are considered in the same regulations that apply to archery equipment, there are several key differences to handling a crossbow safely. If you hunt from a treestand and are using a crossbow, you need to be aware of these special safety guidelines.

- Never dry fire a crossbow.
- Always keep your fingers below the level of the rail.
- Cock your crossbow while on the ground before you climb into your treestand.
- Always be mindful of the proximity of the bow limbs in relationship to the tree and parts of the treestand, as you are tracking the movements of your target.
- Always use a haul line to raise and lower your crossbow into the treestand

Read details and more safety tips in the [September 25, 2013](#) edition of TOR.

### **Essential Treestand Equipment**

Most hunters venturing into the fields and woods of the Commonwealth carry a lot of “stuff” with them. These are mainly items that make the hunt for comfortable or easier. Treestand hunters are no exception. However, when hunting from a tree stand, all hunters should have three additional items with them that are considered to be essential.

**The first is a full body fall arrest system or more commonly called a safety harness.** Hunting from a treestand is dangerous. The higher one is off the ground, the greater the danger of injury or death. Virginia experiences as many treestand accidents as firearms injuries each year. A safety harness reduces these risks substantially. Since 2006, the Treestand Manufacturers Association (TMA) has required all of its member companies to provide a full body fall arrest system with every treestand sold. If a hunter does not have a safety harness, they should not go up in a treestand.



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**The second essential item is a life line.** This is a simple rope device that attaches a hunter to the tree the entire time they are hunting. A simple Prussic knot that attaches their harness to the lifeline, slides up the rope as they climb up and slides down as they descend. This simple device can eliminate approximately 65 to 85 per cent of all treestand accidents.

**The last essential item is a haul line.** A simple piece of rope as long as the stand is tall is used to haul the hunter's firearm or bow up to the stand after the hunter has climbed up. These lines can be small diameter, such as parachute cord or other light rope. At no time should a hunter be carrying anything in their hands as they climb up or down. A second haul line can be used to raise and lower a back pack or any other gear the hunter needs in the stand. A backpack will throw off a hunter's center of gravity and make it more difficult to climb. It should always be raised up and lowered on a haul line rather than worn.

Three simple accessories can help create a successful hunt, where without them the hunt could result in serious injury or death. Hunt Smart – Hunt Safe.



**Safety First – Time To Take Your Hunter Education Class...** For new hunters, NOW is the time to take the required Hunter Education Course to qualify for your license. Our team of over 900 volunteer instructors have [over 140 classes scheduled](#) statewide. But don't wait, as classes fill up fast as deer season approaches. You can find the class schedules and locations by telephone or website. This year, the Virginia Hunter Education Course is more convenient, combining the flexibility of self-study with less classroom time. Go to <http://www.dgif.virginia.gov/hunting/education/> for more details. **Note that resident adults** at least 18 years of age can take their Hunter Education course completely [online](#). This is also a good time to get an [Apprentice Hunting License](#) for a friend or family member that wants to try out this rewarding sport this season. This year Apprentice License holders are eligible to participate in the traditional Youth Hunting Days for Deer, Bear, Turkey, and Waterfowl. Visit the VDGIF website Go Outdoors Virginia for details.

For more information on tree stand use and safety, review other articles by the VDGIF Hunter Education Instructors Tree Stand Safety Team at: [www.bowhunting.net](http://www.bowhunting.net).

***Hunt Smart – Hunt Safe Remember: Always Harness Up – Before You Climb Up!***



In a civilized and cultivated country, wild animals only continue to exist at all when preserved by sportsmen.

**Theodore Roosevelt (1858 - 1919)**

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## Bowhunter Clubs Raise Funds for Hunters for the Hungry



President of the Belvoir Bowhunters Dale Bakari [right] presents check to Hunters for the Hungry Fund Raising Manager Gary Arrington. Over 18 years the Belvoir Bowhunters club has raised over 66,663 to benefit hungry neighbors in their area. These funds have been critical in helping cover the cost of processing and delivering more than 24.4 million quarter pound servings of nutritious venison that Hunters for the Hungry has provided to Virginia foodbank over their 25 years of operation.

**Belvoir Bowhunters conducted their 18<sup>th</sup> Annual “Hunters for the Hungry” 3-D Benefit Shoot** at Northern Virginia Archers on August 27. The archers support of this worthy cause has resulted in holding a benefit shoot for 18 years and supporting the Hunters for the Hungry for more than 20 years resulting in \$61,556 being raised for hunger relief now adding \$5077 to that amount, making our total contribution \$66,633.76. The Hunters for the Hungry organization has provided more than 6,106,606 pounds – 24.4 million quarter pound servings to those in need. The Belvoir Bowhunters is a collective group of Bowhunters and tournament archers who promote archery and bow hunting on Fort Belvoir and in Northern Virginia area. The group competes in a variety of competitive events throughout the year, sponsors hunting excursions, provides instruction to new archers and raises funds through charity archery events to support the Virginia community to assist those most in need. This Hunters for the Hungry Benefit shoot was open to any archer who would like to participate and non-archers as well. All proceeds, less club expenses went to the Hunters for the Hungry. Please visit our website at [www.belvoirbowhunters.com](http://www.belvoirbowhunters.com) or via Facebook at <https://www.facebook.com/BelvoirBowhunters/> for more information about our club. View the Belvoir Bowhunters annual contributions to Hunters for the Hungry on their website.



**Kingsboro Bowmen held its annual Hunters for the Hungry shoot on Sunday, August 28.** They had 76 shooters and donated \$673.00 to the local H4H coordinator. We had 25 3-D animals ranging from Buffalo, Alligator, deer, down to Javelina! A good time was had by everyone!

All bowhunters are encouraged to share the bounty and donate any extra full bodied deer to Hunters for the Hungry this season. A list of cooperating processors is on the [Hunters for the Hungry](http://Hunters for the Hungry) website.

## 5 Steps to Tackling Target Panic

By [Dave Dolbee](#) published on March 12, 2013 in [Archery](#), [General](#), [How To](#), [Safety and Training](#)  
Target panic is more than a problem it's a disease. It can strike anytime, anywhere and anyone. If you haven't been bit the target panic bug yet, your time is coming. Perhaps that last statement is a bit of an overstatement, but you get the idea of the seriousness. The good news is target panic is not only curable it's preventable.

### The Problem

Target panic is the inability to hold your sight on the target without causing a panicked release. For some, the panic induced can be so great that they cannot physically release the arrow. While this is certainly extreme, it happens. For others, it feels as if moving the pin to the center is impossible, like someone was physically pushing against you.



*Good form alone may not be enough when target panic strikes. However, by incorporating a few easy steps into your practice sessions, you'll be back to enjoying your sport again in no time at all.*

Some shooters can be described as rock steady, and in truth while many of these archers will have sight pictures with less movement, they will still have movement. Don't fret, movement is natural, but misunderstood. When asked, most of my students have stated a belief that the movement was caused by their arms. This can be the case when over-bowed or with certain debilitating diseases.

However, you could have arms like Arnold and your sight picture would still dance like an epileptic. The arms are not the cause, they are the symptom. Your strength comes from your midsection, the abdominal muscles. Weak abs allow your upper body to sway. The arms are just trying to catch up, but that is what the archer sees so they associate the movement with arms. The good news is, while we could all benefit from a few sit ups, sit ups are not the solution.

### The Solution

The cure and prevention for target panic are really one in the same, so let's examine the steps you should incorporate into your regular training regimen to beat target panic and improve your shooting at the same time.



*Blind bale shooting does not require much distance. Pretty much anywhere you can set up a target and back up a few feet works great.*



**Step One:** Crank down your bow to its lightest setting. If you are not a proficient bow mechanic, go to a local pro shop and ask them for advice. For traditional archers, you'll simply have to grab a lighter bow.

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**Step Two:** Get close. I'm talking real close to your target—something in the range of five or six feet.

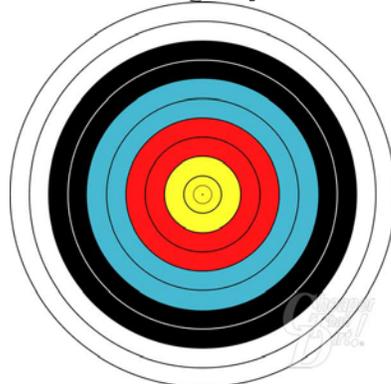
**Step Three:** Since you are so close to your target that you can't miss, you do not need to see. Now if this were a movie this would be the part where the old master blindfolds the unwilling student and somewhere lurking in the background would be a beautiful maiden. This isn't a movie, so we do not have to go that far. Ideally, you would look at the target close your eyes and then draw, hold for a few seconds and then shoot. This causes some students a bit of apprehension, so keep your eyes open until you draw and are on target.

Shooting with your eyes closed is going to have a couple of benefits. First, there is no panic because your brain is not stressing over aligning the sight picture. This has a secondary benefit, because you do not expect to group your arrows. In fact, grouping is bad. You are so close that it would be easy to start tearing up your arrows, so be sure to move your shots around the target.

The second benefit is muscle memory. When you put your key in the ignition of your car you do not typically have to bend over and line it up, nor search for the hole—unless you think about doing it first. As long as you let your subconscious handle the operation, your finely-honed muscle memory will hit the hole every time, only your conscious memory can miss.

Shooting with your eyes closed is known as blind bale shooting and trains your muscles to “feel” the perfect shot. This happens because the brain is denied its primary sensory input (vision) and has to rely on its other senses. So in essence, it learns to feel a good shot.

**Step Four:** This is likely the easiest and most difficult at the very same time. From a close distance, and while aiming at a large target, you'll draw and aim at the target. Once on target, count for three or four seconds before letting down. That's right, we need to train your brain that it is okay to hold the sight on the target without the urgency to shoot the arrow.



*Buy a handful of 10-ring targets. Then start by cutting out all but the last ring and shooting into the middle from a very close distance.*

**Step Five:** Cut the center out of your target and not just the 10-ring. If your target has 10 rings, cut out at least nine rings and use an over-sized target for the distance. This isn't an accuracy contest; it's a skills-building exercise. Over time, you'll slowly add rings and incrementally increase the distance.



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**Step Five:** Cut the center out of your target and not just the 10-ring. If your target has 10 rings, cut out at least nine rings and use an over-sized target for the distance. This isn't an accuracy contest; it's a skills-building exercise. Over time, you'll slowly add rings and incrementally increase the distance.

The time spent on the first four steps will vary with degree of target panic the shooter was suffering, but should become part of your regular training. This is a guide of course and money spent on a quality coach is money well spent. After all, we don't shoot to cause ourselves stress; we are supposed to be out there enjoying our shooting. Don't hesitate to utilize the services of a good coach.

## One Last Piece of Advice

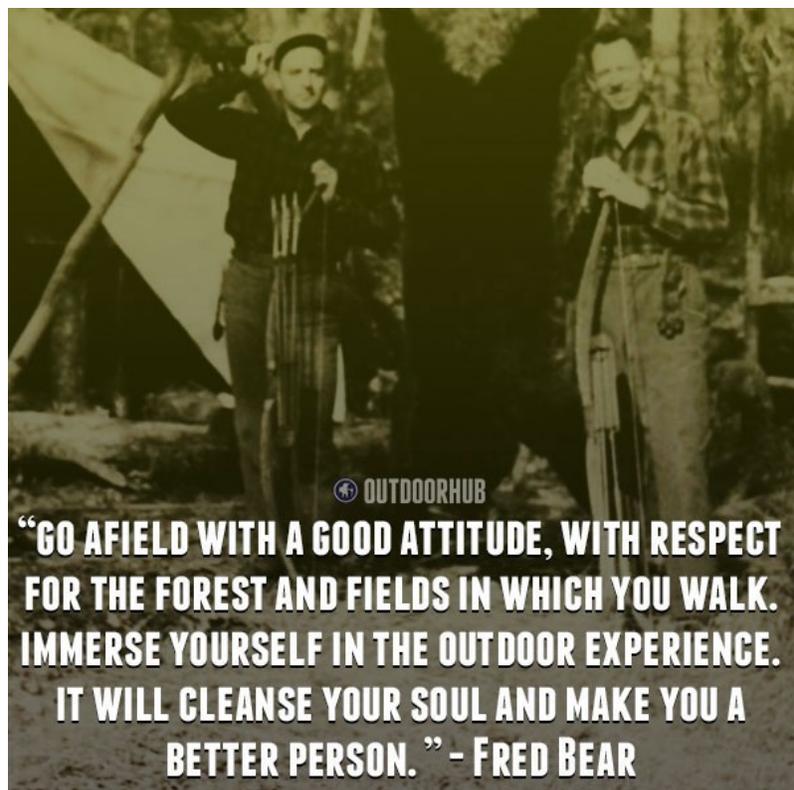
Don't get in too big of a rush to go through the steps. You didn't get target panic in a day and you won't cure it that fast either. I have known national champions that spent months quelling their target panic. Some beat it and were afflicted again and again. What's important is that they overcame target panic before it permanently cost them the enjoyment of the sport.



## Cub Run Archers 2016 Indoor Star FITA

The Cub Run Archers 2016 Indoor Star FITA will be held at the IWLA Cub Run Archers Club Indoor Archery Range, 14708 Mt. Olive Road, Centreville, VA 20120 on Nov 5-6, 2016. For more information click on

[https://1drv.ms/w/s!AIEUi\\_uktMLOji\\_drRX5mRghXquA](https://1drv.ms/w/s!AIEUi_uktMLOji_drRX5mRghXquA)



## 2016 VBA Shoot Schedule Cards

New(2016) VBA shoot schedule cards are available next to the desk in the living room area of the indoor range.

### Upcoming Shoots and Activities



No more scheduled  
VBA Shoots until  
January 2017





## The Back Porch

### The Busybody

c/o Red 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 Dobbins

#### Secretary:

Robert D'Imperio

#### Treasurer:

Jim Kerrigan

#### Field Archery:

Dick Reimer

#### Range Captain:

Chris Rose

#### Indoor Archery:

Dave Gilbert

#### 3-D Director:

Ryan Johnson

#### Youth Public Relations

Jim Smith

#### Social Director:

Terri Perry

#### VBA Representative:

Red Bourdage

