



PUFFS OF SMOKE



ISSUE: MARCH

NEWSLETTER OF THE CEDAR RIVER BOWMEN

VOLUME: 2009

From the president:

Dear Fellow Club Members,

Spring is near and so is our Club Banquet. Our shoot season is almost upon us and we have a lot of work to do to get things ready. Please lend us a hand at YOUR Club by participating at the upcoming work parties.



Much has been accomplished at the Club in the last few work parties; see work list below. Everything with a strike through is completed. The attendance was something I haven't seen in years - "Thank you". "C" course now has carpet bales installed.

Don't forget: the Club Banquet on March 7th at the Auburn Eagles Club. Make sure you reserve a spot by March 1st.

Shoot Straight and I'll See You At the Range!
Jim Walker

Road . . .

In case you didn't notice, the washed out road has been fixed. It took about 2½ days of tractor time with help from Dave Garrison to get it done. Thanks Walt (that's me). Then to top that off, Palmer Coking Coal, who we lease our property from, was gracious enough to furnish a load of gravel and spread it on the road. Thanks Bill. For those of you that are doing spring fix-up jobs, or fixing flood damage, don't forget that Palmer Coking Coal has all kinds of fix-up stuff . . . Sand, Gravel, Rock, top soil etc. and is situated right there in Black Diamond for close delivery. Thanks again, Bill.

2009 Membership Renewals

Your membership renewal notices have been mailed; please return your payment as soon as possible to receive your 2009 key, as the locks on the gates have been changed. If you haven't received your notice or if you prefer; you can

renew online at <http://cedarriverbowmen.net/> and your key will be mailed to you.


2009 Indoor League

Don't forget about our indoor league. We start at 6:30 PM and have our "potluck" dinner (bring whatever you'd like to share) and shooting will start around 7 PM. We will continue every Tuesday until further notice. Hope to see you there! There will be a



small fee of \$2, (Kids free), for the League to cover the cost of the targets and fuel for the generator. Fun is had by all!

Come join us. Keep Sharp for Next Season



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If you have any **NEWS** THAT you would like to see in **your** monthly "PUFFS", please submit it before the 25th of each month!

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6906 113th St. Ct. E
Puyallup, WA 98373

CRB Board Meeting February 12, 2009

Meeting called to order at 7:22 pm

9 board members present

January minutes approved as published in the "Puffs"

Treasurer's Report: not present

Membership: The first key exchange was held on Saturday February 7th as well as the first Open House, 3 new members signed up.

Old Business: Needs updating, Pat Moore is the new webmaster

Sent out and email today about the upcoming Banquet on March 7th

Rangemaster: Good turnout for the Feb 7th workparty; we got the following accomplished – Installed cookshack ceiling and primed interior, split and stacked wood, removed straw bales on C course, set cement blocks and install 2x6 boards, step in front of clubhouse bales, clean up horseshoe pits. Club provided burgers for all who helped out. The porta potty was moved to by the clubhouse by Walt and we will get another one for up at the flatrange.

Tournament Chair: Need flyers up on the website, Safari shoot-need to pick up large orange dots; Field Shoot-Kent and Dave will organize

New Business: Need to make sure that we have enough people with food permits to work in the cookshack. Club to pay for the permits. Jim to get more info on obtaining them. 4 shifts left to fill for Bownanza, Jim sent out email today asking for volunteers.

Discussed what new targets need to be purchased for upcoming shoots

Bownanza – Course Captains – Dave (C-N American), Edo (D-North American), Kent (A-Exotic), Patrick/Scott (B-Exotic), Smoker Round will be on D course and Coon Shoot will be on A course, target placement discussed

Walt fixed the entry road and PCC laid down some gravel on it

Board Meeting time will remain at 7:30pm instead of at the time that was previously discussed.

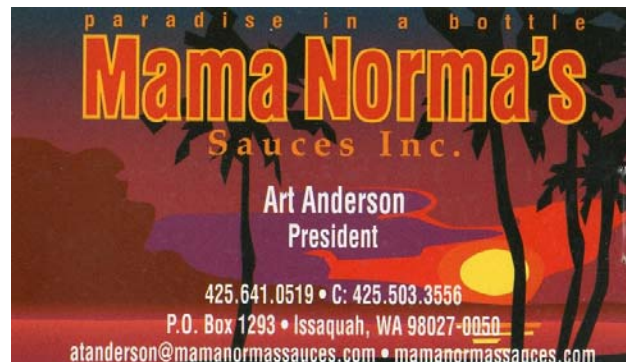
Woodstove chimney – Dave bought some materials but some of them won't work, it was decided to go

with the better materials so that it won't need to be fixed again for a while

Bowhunting Chair: Turn in your Ray White Awards, multi season drawing deadline is in March, cost for entry is \$5.60, be aware of the pricing cost of the tag itself though. Turkey season starts April 15th.

Puffs Editor: nothing to report
Mtg adjourned at 9:20 pm

I missed putting some of these ads in the paper the last couple of months of 2008 so I am running them now for a while



Additional Target Sponsors:

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Last Call for the 2009 CRB Annual Banquet March 7

(Children Welcome)

Come to this years' banquet and have a great time with fellow Club members! Please fill out your Banquet form and send it in right away! We need to know how many people plan to attend this years' Banquet, as we will not be able to have "walk-ins" at the door, reservations ONLY! However, we will be able to handle seating for all reservations. Time marches on quickly so don't wait until the last minute to make your reservations.

Details for the Banquet:

Date: Saturday, March 7th, 2009.

Place: Auburn Eagles, 702 M Street S. E., Auburn, WA. 253-833-2298

Time: 3:30 p.m. to 5:00 p.m.: No Host Bar

5:00 p.m.: Dinner Served

6:00 p.m. to 7:30 p.m.: CRB Agenda

Children allowed until 7:30 p.m.

8:00 p.m. until whenever: Band and Dancing

CRB Agenda - Swearing in of New Officers, Club Perpetual Trophies, Inspirational Award, Ray White Awards, Bull and Buck Awards and Door Prizes.

Adult Menu: Prime Rib and (not or) Baked Chicken Breast, Baked Potato, Vegetable, Dinner Roll, Salad, Desert and Coffee.

Price: \$20.00 per person, tax and tip included. This is a great deal and a great meal, so sign up today!

Children's Menu: For kids 10 and under will include the same individual items the adults are having at a reduced rate of \$7.00 for the prime rib dinner or \$5.00 for the chicken dinner. If your child(ren) plan on eating from this menu, please add them to your reservation form. For children only, you will also be able to order from the kitchen the following items: Hamburger and fries for \$5.50, cheeseburger and fries for \$6.50 or chicken strips and fries for \$6.00 which you can order at the banquet.

Door Prizes: Again this year, each person attending should bring something for their gender (should be in like new condition) to the Banquet. Could be some archery related equipment but does not need to be archery related. You may want to wrap it up to keep it a mystery. Let your imagination work on this, be creative. Let's have some fun!

The only way you will be entitled to a door prize is if you bring a door prize to the Banquet.

You will receive a ticket upon your door prize donation allowing you to receive a door prize. Tickets will be drawn at random and you will pick from the door prizes on the table. This has been a lot of fun the last couple years. Come to the Banquet and give this a try! You'll be glad you did!

For reservations: Please fill out the CRB Banquet Reservation Form and return by the March 1, 2009

Deadline to: Jim Walker,

10312 SE 304th Pl., Auburn, WA 98092

Please make checks out in the proper amount and payable to: Cedar River Bowmen.

CRB BANQUET RESERVATION FORM

Must be in hand, No Later Than March 1, 2009

Name: _____

Address: _____

Phone: _____ - _____ - _____

E-mail: _____

Number attending: _____ X \$20.00

Children under 10 attending:

(chicken) _____ X \$5.00

(prime rib) _____ X \$7.00

Total Amount: \$ _____

Make checks Payable to: Cedar River Bowmen

Send this form with the proper amount to:

Jim Walker - 10312 S.E. 304th Pl.

Auburn, WA 98092

Target Sponsorships

We still need a few more sponsors for our carpet bale program. With this year's assessment and a sponsor or 2, our program will be complete. Please do your share in acquiring a sponsor to help this worthy cause and the future of **YOUR** shooting!

2009 CRB Work List

(Edo will schedule with Mike Wallace and whoever)

- Finish installing plywood inside of registration booth and paint.
- ~~Seal leaks in roof in Registration Booth.~~
Cookshack:
- ~~Install 3/8" or 1/2" OSB ceiling, prime, and paint.~~
- Install splitter and hoses for wash station outside of Cookshack.
- ~~Build 4' X 14' X 8" step in front of bales to be able to pull arrows from top row.~~
- ~~Replace fireplace chimney in Clubhouse.~~

Work Parties 2-6 and 2-7

"C" Course:

- ~~Retrofit target butts on C course. Task includes removing straw bales, setting cement blocks and installing 2" X 6" boards on existing RR ties.~~
- ~~Install new carpet bales on C Course.~~
- ~~Install fire hose around new Carpet Bales.~~
- ~~"A" course: Need to install carpet bale on A4 purchased for that location to replace existing carpet bale made by the Club. Use bales removed on top of ones in clubhouse.~~

Flat Range:

- ~~Need to move the 20 yard butt to 100 yards since it was shot with broadheads earlier this year. This will lessen the chance of ruining an arrow.~~
- ~~Fix the 15 yard butt as the carpet bales need a little rework to get them straightened out.~~
- ~~Replace targets as needed.~~

Work Party 2-13

- ~~Finish work needed on "C" Course and Flat Range.~~
- ~~Clean up straw bales between containers.~~

c. ~~Cut up old parking burn logs, split and stack in firewood shed.~~

Work Party 2-27

- a. Remove and dispose of garbage in clubhouse and clean up around containers: dispose of garbage, burn non-useable wood and take old oven from mower shed to dump. **Some done.**
- b. Clean and organize clubhouse and hang archery banners stored in white container. **Some done.**
- c. Organize and clean tool shed.
- d. Organize and clean white container.
- e. Organize and clean mower shed.
- f. ~~Install 1 row of straw bales or carpet bales from A4 on top of bales in clubhouse.~~
- g. ~~Repair and paint fascia board on target stand in clubhouse.~~

Work Party 2-28

- a. Trim trails, widen shooting lanes, and clean up on "A" and "D" Courses.
- b. Re-wire electrical panel in Clubhouse (Galen).

Work Party 3-6

- a. Finish "A" and "D" Course clean up. Remove firewood and stack in woodshed.

Work Party 3-13

- a. Trim trails, widen shooting lanes, and clean up on "B" and "C" Courses.

Work Party 3-14

- a. Finish "B" and "C" Courses clean up. Remove firewood and stack in woodshed.

Work Party 3-20

- a. Go through all carpet bales and tighten up as needed by removing top 2 X 4, installing needed carpet strips and re-secure on "A", "B", "C", and "D".
- b. ~~Replace targets as needed through out range.~~
- c. Inventory all re-bar and straighten. Make sure we have enough colored shooting stakes; 40 of each and repaint. Get plastic caps that can be installed on top of stake during shoots as discussed for safety.
- d. Check old stubble bales on course that are covered to ensure they are staying dry. Others that were not covered need to have bands cut and stubble discarded. Some bales are on course (A11, A12, C1, C2, B6, D13) ~~some between containers~~, and some at end of parking lot.
- e. Generator:
Change fuel filter, oil and oil filter. Clean up wiring and container.
- f. Mowers:
Check oil levels. Fill with gas. Fill Gas container.
Check and/or charge batteries.

Work Party 3-28

- a. Trim trails and clean up on "A", "B", "C" and "D" Courses to get ready for Soggy Dog Safari.

Work Party 4-11

- a. Start work on whatever we need done to complete the range for CRB Field shoot in June (shooting lanes, distance stakes, etc) including necessary targets.
- b. Have target pasting party for upcoming field championship shoot and flat range. Use wallpaper glue, paint tray and roller to ensure good adhesion of target to cardboard.

Work Party 4-17

- a. Continue work on getting whatever we need done to complete the range for CRB Field shoot in June (shooting lanes, distance stakes, etc).
- b. ~~Rework horseshoe pits as needed.~~
- c. ?? Stairs on A-2 need to be replaced ??
- d. ~~Remove extra poles from parking barrier. These could be split and used for stairs on A-Course.~~

Work Party 4-18

- a. Trim trails and clean up on "A", "B", "C" and "D" Courses to get ready for NWTC.

Work Party 5-8 and 5-9

- a. Continue work on getting whatever we need done to complete the range for CRB Field shoot in June (shooting lanes, distance stakes, etc).
- b. Move "D" 12 target butt five yards farther back; use fill from around 50 yard broadhead butt as needed. Possibly make moveable target shed that RR ties do not go into ground; rather are supported by feet laying flat on ground.
- c. Spray for noxious weeds.

Work Party 5-16

- a. ~~Seal leaks in roof in Clubhouse.~~
- b. Take down the curtain and re-hang wire on B-3.
- c. Repair day to patch and paint targets. Especially broad head targets.

Work Party 5-22 and 23

- a. Repair day to patch and paint targets. Especially broad head targets.

Flat Range:

- b. Upgrade and use cement blocks for center supports on all targets and 2 X 6's bolted to existing sheds and line with fire hose. Need 26 each PT 2 X 6's, 13 cement blocks, and 26 each bolts, nuts, and washers.
- c. Replace carpet behind butts and haul old carpet to dump.

Work Party 6-5 and 6

- a. Mow grass areas and trim trails and clean up on "A", "B", "C" and "D" Courses to get ready for State Field Championship Warm Up.

Work Party 7-11 and 18

- a. Mow grass areas and trim trails and clean up on "A", "B", "C" and "D" Courses to get ready for Bownanza 2009.
- b. Repair row boat as needed for Bownanza.

Work Party 8-8

- a. Trim trails and clean up on "A", "B", "C" and "D" Courses to get ready for Broadhead 3D shoot and Club picnic.

!!!!!!! THANK YOU !!!!!!!

The Board would like to thank all who turned out for the first 2 work parties. As you can see by the work list, much was accomplished. It was more than refreshing to see so many members show up to help out. It was absolutely the best turn out we've had in many years. Once again Thank you for your help and we would love to see you again in the near, near future. BTW the club supplied lunch for those who came.

2009 Work Party Schedule

Work parties start at 9:00 am and last until about 3:00 pm

This schedule has been set up so the Club can get most of the work completed in the first part of the year, that way EVERYONE (Yes, everyone! Don't be selfish.) will have the opportunity to shoot at the Club this year! The following is the list of work Party dates at Cedar River Bowmen Archery Club.

Please display this on your REFRIGERATOR or another prominent place so you won't forget the work party dates as we do need YOUR help. We know everyone that is a member enjoys the Club and its facilities, but how many members take the time to think about what it takes to keep these facilities in top shape? Keep in mind those dedicated working members deserve the right to use this Club also, rather than having it as a fulltime job. It's your club too!

Pitch in and help keep Cedar River Bowmen the Premier Archery Club in Washington State.

Please join us on the following dates.

2009 Work party Dates

February - 6th, 7th, 13th, 27th & 28th

March - 6th, 13th, 14th, 20th & 28th

April - 11th, 17th & 18th

May - 8th, 9th, 16th, 22nd & 23rd

June - 5th & 6th

July - 11th & 18th

August - 8th

Board Meetings Back to the "Old Times"

For all general members who would like to attend; the monthly Board meeting time has been changed back to **7:30 PM**, as 6:30 did not work out. ***The meetings are still held on the second Thursday of the month at the Clubhouse.*** Hope to see you there!

March Calendar of Events:

CRB work party 6, 13, 14, 20 & 28th - 9 to 3
6/8 NAA Indoor Nationals Salt Lake City MC/N
NW Indoor Sectional, Chinook Archers, BF/N
7/8 Kamiakin 3-D Kamiakin 3-D
12 CRB Board Meeting 7:30 p.m. at Club

All members are encouraged to attend

13/15 NFAA Indoor National, Louisville Ky BF/N
14/15 Buckle Shoot 3rd Leg Silver Arrow 3-D
March Madness Chinook Archers 3-D
21 Wash State NASP East Wenatchee NASP
21/22 Wash IBO Champs, Cedar River IBO
Triple Crown Warm-up, Wilderness Archery 3-D
AW Charity Shoot, Archery World, Birdie
28 Triple Crown - Practice, Evergreen Archers IBO
29 1st Leg NW Triple Crown, Evergreen Archers IBO
28/29 Mud & Boot Shoot Custer 3-D
Safari - 3-D Shoot, Wapiti Bowmen, S & 3-D
Traditional 3-D Colyak Bowhunters 3-D

2009 Tournament Schedule

April 4 - 5 CRB Soggy Dog Safari

(Paper Shoot) Marked Yardages - Warm up for Redding

April 25 - 26

2nd Leg IBO Northwest Triple Crown 3-D

June 13 - 14

CRB State Field Championship Warm Up

(Paper Shoot) Marked Yardages

28 Field (4 arrows per target), 14 Animal (1 arrow per target) on Saturday, 28 Hunter (4 arrows per target) on Sunday

July 24, 25, 26 Bownanza 3-D

August 15 Broadhead 3-D

August 16

CRB Picnic and Club 3-D Shoot

Club Sign on Clubhouse

Bill Sharp is currently refurbishing the sign he made a while back for the Clubhouse. Maybe some of you noticed it has been missing for a while. When Dave & I were there one time we noticed that the Indian on one side fell off. Apparently I took it home for safe keeping. When needed, I couldn't find it so I had to make two new ones so they would match. I hope you like them. Sign should be up soon. Walt



Kiss Kentucky English goodbye.

By Pat Moore

Kentucky English can be described as not having your sights adjusted to where your arrows are flying. So when you are shooting you are compensating for a sight that is not pointing to where your arrows are going. For example: If you are holding your sight pin at 5:00 o'clock on the 9 nine ring to get your arrows to hit in the center than your using Kentucky English.

This is a real common practice for a lot of beginners but I hear even the wily old veterans doing it occasionally. I suspect the reason in most cases is that it's difficult to adjust the pins to match the arrows flight. Today's modern sights usually have a gang adjustment so it's much easier to adjust the pins. If it's too hard to adjust your particular sight buy a new one. What concerns me more than the excuse for not adjusting the sight is that the archer may not understand just how counterproductive a miss aligned sight can be to accuracy.

Let's discuss how your brain naturally aims, and how you can re-enforce good aiming technique with practice. Your subconscious mind will automatically point at whatever you are looking at. Your natural tendency when trying to hit the center of a target is to look at the center of the target. Note even a child that can't yet speak will point at objects of interest. The same happens while you are shooting a bow. If you concentrate at looking at the x ring your sight will migrate its' way to where you are looking. This is in fact how nearly all the top shooters describe their aiming. It is not a conscious effort being applied but rather a subconscious reaction. I know this sounds like a bunch of mumbo jumbo voodoo but if you work at this during your practicing you'll begin to see that this is a very effective way of shooting. Try this while practicing, concentrate your vision on the center of the target and let the aiming pin settle on where you are looking. Each release of the arrow you will be re-enforcing this subconscious aiming behavior. Every single shot re-enforces the subconscious aiming behavior and the subconscious aiming behavior helps you to aim better. So you are essentially body building the one natural tool that your body already possesses. This re-enforcement can have a snowball effect that leads to significantly higher scores. It can also help when you are hunting, resulting in more confident shots and less buck fever.

Now perhaps you are already seeing the issue with Kentucky English but let me elaborate. The only way you can aim using Kentucky English is if you are making a conscious effort to over ride your natural tendency to look at the center of the target. You are also forcing your brain to calculate how much over and how much down you need to compensate for each shot. OK practice like this for 2 weeks and you'll train your subconscious brain to make these calculations. What happens if two weeks later you pick up your bow and it seems to be shooting low and left? Well now you need to train your brain to hold high and right. So the previous two weeks are not only wasted work but now you need to overcome both your natural tendency to look and aim at the center of the target and unlearn the previous two weeks of practice. What happens here is that you never nurture the natural tendencies of the brain and your practice time becomes counterproductive because it is not re-enforcing any one thing. You stagnate and your shooting doesn't really improve.

Ok if that wasn't enough to convince you think about this. You've spent the last 6 years saving up preference points and have finally drawn that coveted elk permit you've been looking for. You're hunting on some prime elk habitat that holds that bull elk of a lifetime. Just then you hear the twig snap, there he is 47 yards directly below you he starts to move into the only opening available to shoot through. If you've been using KE your mind is thinking ok at 40 yards I'm aiming 4 inches to the left and three inches high so... , ah no wait that was last week this week it was shooting high so I need to aim lower and to the left. Ok wait should I be using my 50 yard pin or my 40 yard pin. OK OK, I'll use my 50. So now do I aim high or low, oh crap, he's in the opening shoot, shoot, shoot. . . ahhh damit, gosh darn it, I missed! If you had always had your pins set to point where your arrows were flying you would have put the 50 yarder just inside the hairline of his belly and be showing off the antlers at the local watering hole.

So now I hope I've convinced you to kiss your Kentucky English good buy. The next time your arrows aren't landing where the sight says they should, pick up your Allen wrench and fix it. Don't waste your time re-enforcing bad habits and confusing your subconscious.

Shoot straight and happy hunting, Pat

WDFW NEWS RELEASE

Washington Department of Fish and Wildlife
600 Capitol Way North, Olympia, WA 98501-1091
<http://wdfw.wa.gov/>

Contact: Donny Martorello, (360) 902-2521

Spring black bear hunt applications due March 13

OLYMPIA - Hunters may now purchase and submit applications for a 2009 spring black bear hunting permit, applicable to specific areas of western and eastern Washington.

To be eligible for a permit, hunters must purchase and submit an application to the Washington Department of Fish and Wildlife (WDFW) by midnight March 13.

A drawing will be held in mid-March for 295 permits in western Washington and 225 permits for hunts east of the Cascades. Permit winners will receive notification in the mail by March 31.

To apply for a permit, hunters must purchase a special permit application and a 2009 hunting license that includes bear as a species option. Hunting licenses, bear transport tags and bear permit applications may be purchased online at <http://fishhunt.dfw.wa.gov/>, by calling (866) 246-9453, or at any license vendor in the state.

Special permit applications, which require a correct hunt choice number, may be submitted online at <http://fishhunt.dfw.wa.gov/> or by calling (877) 945-3492.

Hunters interested in hunting on the Kapowsin Tree Farm should contact the tree farm before submitting an application to find out what areas are open. Those selected for the Kapowsin Tree Farm hunt must then purchase an access permit from Hancock Forest Management by calling (800) 782-1493.

Hunters selected for the Copalis hunt must obtain a Recreational Use Permit and should contact Rayonier at (360) 533-7000 during regular business hours.

More information on hunts scheduled on both sides of the state is available on page 58 in the 2008 Big Game Hunting Rules pamphlet at <http://wdfw.wa.gov/wlm/game/hunter/hunter.htm>.

Any legal weapon used during the modern firearm, archery or muzzleloader seasons can be used for spring black bear hunts. Bait or hounds are not allowed for bear hunting.

Fish and Wildlife Commission to take comment on proposed 2009-11 hunting rules

The Washington Fish and Wildlife Commission will take final public input on a proposed three-year package of hunting seasons and rules during its March 6-7 meeting in Ellensburg.

The commission, which sets policy for the Washington Department of Fish and Wildlife (WDFW), will meet both days beginning at 8:30 a.m. at the Quality Inn, 1700 Canyon Road in Ellensburg.

The commission will be briefed by WDFW wildlife program staff and take public comment on rule proposals for the 2009, 2010, and 2011 hunting seasons. The seasons include hunts for deer, elk, moose, bighorn sheep, mountain goat, black bear, cougar and small game. Commissioners also will hear comments on proposals for special seasons and hunting restrictions; opportunities for terminally ill and disabled hunters; hunter-education requirements; landowner hunting permits and damage-prevention permit hunts; trapping seasons; big game and wild turkey auctions, raffle and special-incentive permits; special closures and game management unit boundary descriptions; non-toxic shot requirements; and hunting equipment restrictions.

The March commission meeting provides the last opportunity for public input on the 2009-11 hunting seasons proposals. Final commission action is scheduled for the April 3-4 meeting in Olympia.

Walter Watkins
4713 Lake Alice Rd. S.E.
Fall City, Wash. 98024-9605



These are the officers and board members for the year 2009

President	Jim Walker	253-735-2200
Vice President	Chris Gates	360-825-8309
Secretary	Roxanne Chavis	360-829-4271
Treasurer	Tony Pierce	425-747-4194
Tournament Chairman	Mike Garrett	360-886-0809
Bowhunting Chairman	Dave Garrison	253-288-1775
Rangemaster	Scott Chavis	360-829-4271
Asst. Field Side	Patrick Seiver	425-432-3694
Asst. Animal Side	Edo Gebenini	206-459-5609
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	JJ	253-862-8972
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