



PUFFS OF SMOKE



ISSUE: MAY

NEWSLETTER OF THE CEDAR RIVER BOWMEN

VOLUME: 2009

From the President:

Dear Fellow Club Members,

The visions we had for this Club nine years ago are fairly well accomplished. Through the hard work and efforts by our working members, we have much to be thankful for. We have an archery facility that is second to none. Our Club is basically to the point where everyone can enjoy using the facilities with no major projects on the horizon and the maintenance of trails, roadways, and target replacement taking "center stage" as far as our workload. This should be the trend for the future; which will cut down on the number of work parties and man hours needed each year. This is not to say that we will not need help in the future; but that with some help, everyone (including the worker bees) will still have a great time at the Club. Thanks to all who have helped out and got us to this point. It is heartwarming to know that "everyone" now has the chance to be able to enjoy themselves at the range.



Please remember; All Club Members are invited to help out at any of the upcoming tournaments. Please see the schedule of events for dates and times. We would love to see you there! Please call **Mike Garrett** at **360-886-0809** and RSVP your time.

If anyone has had any luck, or not, turkey hunting this year, don't forget to write an article and send it to Walt for the "Puffs" for all of us to read.

Shoot straight and I will see you at the Range!

Jim Walker

Do you have an old vacuum you don't use?

The Club could use one that is in good working condition. Please get in touch with one of the Board members if you do.

2009 Membership Renewals

If you haven't renewed; you can renew online at <http://cedarriverbowmen.net/> and your key and membership card will be mailed to you. Please remember; the pro-rated membership fee is just for new members. Members renewing have to pay for the full year no matter when they decide to renew.

NO BROADHEADS ALLOWED on COURSES or FLAT RANGE!

As we start a new season at the Range; all members please be advised, that broadheads are NOT ALLOWED anywhere on the range except at the broadhead pits. There are now signs at the beginning of each course and at the Flat Range stating "No Broadheads Allowed". If anyone is caught with broadheads other than in the respective area, they will be disciplined accordingly. This could be suspension or being expelled from the Club and/or invoiced for any damaged carpet bales (\$400 each). The following are the Standing Rules that will be strictly enforced.

Standing Rules:

Sec 4: **Use of Practice Butts** (Flat Range)

c. No broad heads or blunts are allowed on the practice butts (Flat Range).

Sec 6: **Use of Animal Target Range**

c. No broad heads or blunts are allowed on the courses.

Sec 7: **Use of Field Target Range**

The same rules prevail on the field courses as on the animal courses.



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253-939-5501 – Phone 253-735-3432 -
Fax
uniref@universalrefrig.com

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

EDITOR: Walt Watkins Home 425-222-5611
or Write: 4713 Lake Alice Rd. S.E. "e-mail" SlimWalt@comcast.net
Fall City, WA. 98024 or cedar.river.bowmen@comcast.net

For Information or Membership Application:
MEMBERSHIP CHAIRMAN: Kristine Platt Home 253-222-9047
or Write: Kristine Platt e-mail: littleredvixen@comcast.net
6906 113th St. Ct. E
Puyallup, WA 98373

CRB Board Meeting April 9, 2009

Meeting called to order at 7:44 pm

9 board members present

March minutes approved as published in the "Puffs"

Treasurer's Report: not present

Membership: 2 new members signed up at the Soggy Dog Safari.

It was decided that a temporary card will be issued for those that sign up at shoots or work parties, will be good for one month only, by that time the permanent card should have been received.

John will be given 5 sign up/renewal packs in case he is contacted.

The list of non-renewed members was divided up last month, only half of the board members made their phone calls, still waiting for their responses.

Locks-keys not copying well, Jim called locksmith, tumblers \$6 each and the keys will only fit in those locks. John said the problem is an OLD lock was chosen, it is worn out so the keys do not work well in it.

Old Business: Mark Mackie will be making new signs for the courses, will be changed from named courses to A course, B course, etc as they are referred to during the tournaments. John Hill will collect from Brian for the banquet.

Rangemaster: We have gotten a lot of work done and will be cutting back on the work parties that we have currently scheduled. There are a few target butts that that need to be tightened

B-1 not tight at top, really loose, C-3 loose, C 7or8 whole target moves.

Walt wants to bring his tractor up and fix the road including drainage pipes for water buildup on the roads that creates the potholes.

Roxanne to see if Weyco has any fir tree seedlings for sale, soak up the extra water

Patrick will make the yardage sings for the 70-100 yard target butts on the flat range

Tournament Chair: not present

Edo is placing a half page ad in the WSAA quiver for the June Shoot and a full page ad for Bownanza. Edo will also need to create the sign for the new May shoot.

Jim has already applied for the cookshack permit for the IBO 2nd leg NWTC

A 3D shoot in May was voted on and approved. The shoot will be held on May 16-17th. This will help make up for the low turnout at the Soggy Dog Safari. 40 targets each day. Will only get the \$25 cookshack permit, limited food choices, need to get volunteers to work the cookshack and put up targets.

New Business: Jim appointed an audit committee to ensure our books are in order. Chris Gates will be the chairman; members include Chris, Tony, Roxanne and Edo JJ spent over \$600 on his cell phone bill for Bownanza last year, the board voted on giving JJ a target butt sponsorship to help make up for those costs. He never asked to be reimbursed for his bill.

Bowhunting Chair: Hunting regulations will be out on April 15th this year and special permits are due by May 15th.

Puffs Editor: got nothing

Mtg adjourned at 9:18 pm

Kids and Archery

Unknown Author

Around age 10 my dad got me one of those little compound bow beginner kits. Of course, the first month I went around our land sticking arrows in anything that could get stuck by an arrow. Did you know that a 1955 40-horse Farmall tractor will take 6 rounds before it goes down? Tough sumbich.

That got boring, so being the 10 yr. old Dukes of Hazzard fan that i was, i quickly advanced to taking strips of cut up T-shirt doused in chainsaw gas tied around the end and was sending flaming arrows all over the place. Keep in mind this was 99.999% humidity swampland so there really wasn't any fire danger. Ill put it this way- a set of post hole diggers and a 3ft. hole and you had yourself a well.

One summer afternoon, i was shooting flaming arrows into a large rotten oak stump in our backyard. I looked over under the carport and see a shiny brand new can of starting fluid (ether).. The light bulb went off. I grabbed the can and set it on the stump. I thought that it would probably just spray out in a disappointing manner... lets face it to a 10 yr. old mouth breather like myself ether really doesn't "sound" flammable. So, I went back into the house and got a 1 pound can of pyrodex (black powder for muzzle loader rifles).

At this point, i set the can of ether on the stump and opened up the can of black powder. My intentions were to sprinkle a little bit around the ether

can but it all sorta dumped out on me. No biggie... 1lb pyrodex and 16oz ether should make a

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loud pop, kinda like a firecracker you know? You know what? Im going back in the house for the other can. Yes, i got a second can of pyrodex and dumped it too. Now we're cookin'.

I stepped back about 15 ft. and lit the 2 stroke arrow. I drew the nock to my cheek and took aim. As i released I heard a clunk as the arrow launched from my bow. In a slow motion time frame, I turned to see my dad getting out of the truck... OH SH*T he just got home from work. So help me God it took 10 minutes for that arrow to go from my bow to the can. My dad was walking towards me in slow motion with a WTH look in his eyes. I turned back towards my target just in time to see the arrow pierce the starting fluid can right at the bottom. Right through the main pile of pyrodex and into the can. Oh. Sh*t.

When the shock wave hit it knocked me off my feet. I don't know if it was the actual compression wave that threw me back or just reflex jerk back from 235 f*cking decibels of sound. I caught a half a millisecond glimpse of the violence during the initial explosion and i will tell you there was dust, grass, and bugs all hovering 1ft above the ground as far as i could see. It was like a little low to the ground layer of dust fog full of grasshoppers, spiders, and a crawfish or two. The daylight turned purple. Let me repeat this... THE (^&%\$ DAYLIGHT TURNED PURPLE. There was a big sweetgum tree out by the gate going into the pasture. Notice i said "was". That *(^%\$%\$% got up and ran off.

So here i am, on the ground blown completely out of my shoes with my thundercats T-shirt shredded, my dad is on the other side of the carport having what i can only assume is a vietnam flashback ECHO BRAVO CHARLIE YOUR BRINGIN' EM IN TOO CLOSE!! CEASE FIRE DAMMIT CEASE FIRE!!!! His hat has blown off and is 30 ft. behind him in the driveway. All windows on the north side of the house are blown out and there is a slow rolling mushroom cloud about 2000 ft. over our backyard. There is a Honda 185s 3 wheeler parked on the other side of the yard and the fenders are drooped down and are now touching the tires.

I wish i knew what i said to my dad at this moment. I don't know- I know I said something. I couldn't hear. I couldn't hear inside my own head. I don't think he heard me either... not that it would really matter. I don't remember much from this point on. I said something, felt a sharp pain, and then woke up later. I felt a sharp pain, blacked out, woke later.... repeat this process for an hour or so and you get the idea. I remember at one point my mom had to give me CPR so dad could beat me some more. Bring him back to life so dad can kill him again. Thanks mom.

One thing is for sure... I never had to mow around that stump again. Mom had been bitching about that thing for years and dad never did anything about it. I stepped up to the plate and handled business. Dad sold his muzzle loaders a week or so later. And I still have some sort of bone growth abnormality either from the blast or the beating. Or both.

I guess what I am trying to say is, get your kids into archery. Its good discipline and will teach them skills they can use later on in life.

The Confident Archer:

by Pat Moore

Over the last couple of issues I've offered some suggestions about things you can do during practice and equipment changes you can make to improve your accuracy. Today, I want to talk about how you use your brain. Confidence: you hear coaches in every sports talk about the importance of confidence. It has long been understood that being confident is a requirement of top performance. My thought is that many of us don't really understand what that feeling is. This is an emotional state of being where you don't actually believe you will fail. Now many of us know that we don't hit the bulls eye every time but a confident archer starts every shot believing 100% that this is not going to be one of those times. And I mean every shot. So let's talk about what that feels like and how you can reach that state of FEELING!

You'll note I've emphasized the "feeling" of being confident, many of us are generally thinkers (me included) and so getting in touch with our feelings is more challenging. However feeling confident is something you don't or shouldn't have to think about. If you have to THINK about it, then you really aren't confident. So let me describe a non confident shooter and think about if this might be you. A non confident shooter is saying things like: "I can't miss this shot" "Don't miss, Don't miss, Don't miss. "All I need to do is not miss any of the next three shots and I won't lose", "If I hadn't missed on the last three shots I would be a winner" "Now don't shoot until that pin is centered or you'll miss". In all of these cases the archer is feeling worried or anxious. Anxiety is the killer of quality performance. If you have any anxiety about a shot you have a lack of confidence you don't truly believe that you will hit the bulls-eye. When you focus on "Not Missing" guess what, you'll miss.

Now lets talk about the confident archer. A confident archers have a smile on their face when they step to the line. They know how good it feels to hit the bulls-eye and they are looking forward to this feeling. They can't wait to get to the line so they can shoot another one. They don't think or concern themselves with the arrows that missed they obsess about the ones that they shot well and how great that good shot felt. If you are looking forward to how great it's going to feel when that arrow hits the center of the X ring then more often than not your subconscious will make it happen. You will also ensure that the things you do to prepare will make it happen.

OK, that all sounds good but how is someone supposed to feel that way when 80% of their arrows miss. Well let's talk about how we elevate our positive feelings towards shooting and eliminate the negative feelings. No matter how many misses you have to be happy, any day shooting is better than a day at work or school right? Anger, is the way to the dark-side Obiwan, it leads to anxiety and frustration. Always comment about the good shot you have and think (no obsess) about how that felt. (I know this is hard) You have to forget and not concern yourself with the misses, they hold no value. Don't try to fix a miss you already know what a good shot is so, try to emulate it. *(Continued on Next Page)*

So if we are trying to emulate a Good shot start by practicing so you always get one. Shoot at ten yards at a 6" plate for a while. Do this until you can hit the plate 30 out of 30 times, believe me you'll start to develop a feeling that it's really hard to miss it. As you do this, remind yourself you never miss. Say to yourself "I never miss that's how I shoot" After you have mastered this move back and shoot at a slightly smaller target, all the time registering how great it feels to hit the target and re-enforce that you always hit the target. This will help you develop that positive feeling and get you focused on the right path. Of course archery is a game of luck the more you practice the luckier you get.

Scoring, I know this next bit sounds counter intuitive and it's hard to do but you really can't concern yourself with your score. The score is really the byproduct of the shooting experience. If you enjoy the shooting experience and look forward to every shot with confidence in your abilities then the by product will be good. If you have anxiety that you will perform poorly and are distracted by misses and poor performance and a low score then the byproduct will also be poor. Now if you read this article it's probably because you were hoping I would tell you how you can raise your scores but I hope you walk away from it learning how to be positive happy and successful. That is what is really important. Concentrate on the successful fun part of shooting all the time moving forward and you'll be amazed at how the other byproducts of your success will change, oh and yes your scores skyrocket too.

Have fun good luck and shoot straight.

Pat

May Calendar of Events:

1/3	Youth World Team Trials	Carbondale, IL	FITA
	NFAA Marked 3-D	Redding, Cal.	M3/N
2/3	Golf Shoot	Kamiakin	G
8/9	NASP National	Louisville, KY	NASP
9	Lilac Invitational Field	Evergreen Archers	F
14	<u>CRB Board Meeting 7:30p.m. all are welcome</u>		
16/17	<u>May Stimulus Shoot</u>	<u>Cedar River</u>	<u>3-D</u>
16/17	WSAA 3-D	Evergreen Archers	3-D/W
23	Barebow Picnic & Field	Templar Academy	F
23/24	Memorial Day Golf	Waa-Ku-Wa Archers	G
23/25	Kid Valley	Lewis & Clark	3-D

Upcoming Work Parties:

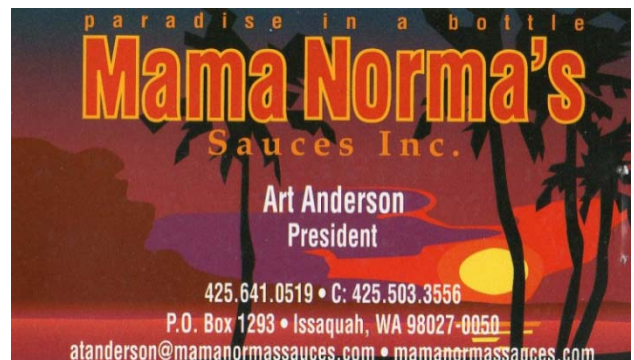
May 9th Trail Maintenance for upcoming May Stimulus 3-D Event and May 23rd Target Pasting and 3-D Animal Repair

Left Hand Compound Bow Wanted:

Contact Scott Chavis if you have one you may want to sell.

Membership Cards

Please remember to keep your membership cards with you as it will identify you as a current member in good standing with the Club. For security purposes, you may be asked by a Board member or the landlord security to show your membership card. Those people that can't show a membership card will be asked to leave the premises and/or may be escorted from the property. Members also be advised as far as guests are concerned; our bylaws state:
 Sec 9: Club Guests and Non-Members
 a. Members may bring a guest to the range a maximum of **THREE (3)** visits per calendar year.
 c. Shared memberships are not allowed. As a general guideline, a member that brings a guest more than three (3) times may be asked to justify to the Board of Directors why an additional membership fee should not be assessed against the member.




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Cedar River Bowmen presents **The May Stimulus Shoot**

Saturday May 16th & Sunday May 17th 2009

We Know it's tough out there so we STIMULATED the price for this Shoot!

- **Saturday:** Thirty 3-D targets on 3 courses. **Sunday:** Thirty 3-D targets on 3 courses. One course will be totally new and will not have been shot on Saturday.
- **Novelties:** “Pop-Up Targets” Come shoot our pop-up targets. Your first round of pop-ups shooting is **Free**. Pop-up targets will be open from 11:00 a.m. to 2:00 p.m.
- **Prizes:** Raffle and Door Prizes on Sunday. You must be present to win!
- **Rules:** One arrow per target. Must shoot both days for awards. Both days' scores count towards total score. No Broadheads, laser sights or range finders. Binoculars are OK, (8X Max). All Cedar River Bowmen rules apply.
- **Camping:** We have FREE primitive camping for RV's, Trailers and Tents. Camping is on a first come first serve basis so get there early.
- **Concessions:** Kitchen opens at 7:00 a.m. serving coffee, sodas, water and a modified breakfast and lunch.

Shoot Cost:

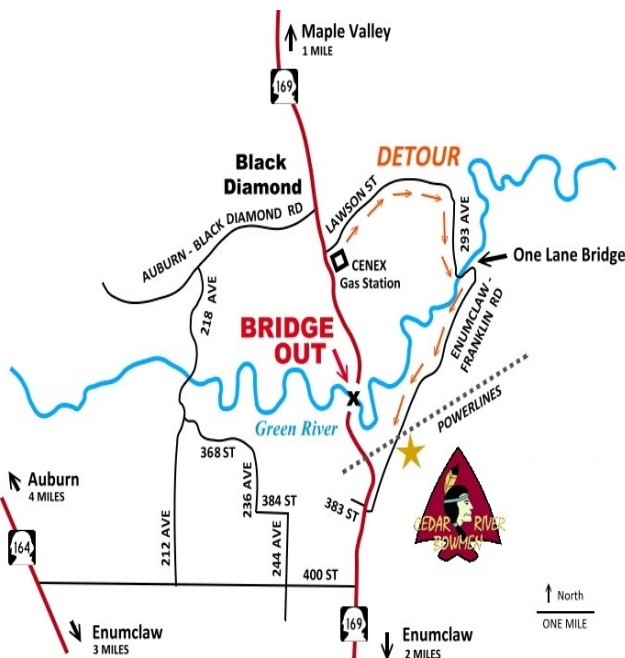
Adults:.....18 and up.....\$15.00 (2 day).....\$12.00 (1 day)
 Young Adult:....13 – 17..\$12.00 (2 day).....\$10.00 (1 day)
 Youth:.....9 – 12...\$10.00 (2 day).....\$8.00 (1 day)
 Cubs:.....6 – 8.....\$4.00 each day / FBH....FREE

Family Maximum.....\$35.00

Shoot Hours:

Saturday.....7:30 a.m. to 3:00 p.m.
 Sunday.....7:30 a.m. to 2:30 p.m.
 Awards.....3:00 p.m.

Raffle & Door Prizes Sunday.....3:30 p.m.



Directions from the North: “Attention Detour”

The bridge between Black Diamond and Enumclaw is closed for repair. Going south on SR 169 turn left on Lawson St. (see map) at the Cenex Gas Station, follow road across the Green River Gorge bridge until it turns into Enumclaw-Franklin Road. CRB will be in your left. Go through gate and follow the road to the right and up the small hill to another gate. Club is just a short distance beyond this gate.

Directions from the South: From Enumclaw go North

on SR 169 to the Enumclaw-Franklin road and turn right. Go about 1 mile to the CRB gate on right. Go through gate and follow the road up the small hill and to the right. Registration and parking is a short distance beyond the gate.

For Tournament Information call:
 Mike Garrett at 360-886-0809

www.CedarRiverBowmen.net

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
Trustees	Kent White	206-854-3324
	JJ	253-862-8972
	Mike Morrison	253-862-9674
	Mark Mackie	360-886-1556
Membership Chairman	Kris Platt	253-862-8972
"Puffs" Editor	Walt Watkins	425-222 -5611

