



PUFFS OF SMOKE



ISSUE: SEPTEMBER

NEWSLETTER OF THE CEDAR RIVER BOWMEN

VOLUME: 2011

From the President:

Dear Fellow Club Members,

I hope everyone enjoyed their summer and is ready for hunting season. Once again our tournaments are over for the year. We had a decent year at our shoots, although every shoot saw rain except the Broadhead 3-D and Club Picnic weekend. The weather was great and everyone who came to the shoot and picnic had a great time. I'd like to thank everyone who helped in any manner this year at the Club, much was accomplished. I believe we have a Club that is second to none and one we all should be proud of.

To all Board members, thank you for all your efforts.

Good luck to everyone this hunting season and hopefully we'll see you soon.

Shoot Straight and I'll See You at The Range!
Jim Walker



Reminder:

Just a reminder; there is no hunting allowed on Club Property.

Interesting Bison Story

By Tony Lama

Seven members of another archery club I belong to decided to travel to the John Day Oregon area to hunt bison. This trip was planned after communication from a guide that I had previously hunted elk .

The guide explained that the ranchers were having problems with a herd of rogue bison that were causing quite a bit of property damage and

he asked for our help in thinning the herd. We caravanned to northeast Oregon from San Jose and once upon arrival and after a couple of days scouting we located the herd on a very high plateau. We stalked the heard and had them run directly to us and nearly took one of our group with them (I guess he thought that a bush and a fence would turn them).

I shot one of the larger running cows at around 25 yards with my Black Widow recurve bow using a 2020 arrow and a 125gr muzzy broad head, a smaller cow was also taken with a recurve. The cow I shot did not give up that easily, we had to track her over a mile before we came to the final confrontation.

Using a combination of compound bows, recurves, 50 caliber handgun and a black powder rifle we were able to bring down seven animals over the course of 10 days.

Tony Lama



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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CRB Board Meeting August 11, 2011

Meeting started at 6:45

12 members Present

Jim talked about CRB finances of the past and now. How we have come from barely making it to now. We still do not have the financial records from Tony.

Secretary Report: Still no secretary records.

Membership Report: 135 paid members. October meeting will be at the Black Diamond Library and meetings will continue there thru the cold part of the winter with the exception of January which will be at the Club because it is the Annual Meeting of the entire membership, not just a Board Meeting.

Rangemaster Report: Most courses are OK. 3-D target repair was discussed. Will do some repair on targets. Need to separate out 3-D targets for the Broadhead Shoot.

Tournament Chair Report: Good response from shooters at Bownanza. Comments were: Excellent Shoot, Good placement of targets, the lack of a working Carp Target was a disappointment. Talked about the possibility of using a Quad Winch on it.

Talked about whether you can use field points at the Broadhead shoot and still get a trophy. Motion to have to shoot broadheads to get trophies was passed.

Discussed Bownanza: Approximately 30 prizes were very efficiently passed out on Saturday. Spaghetti Dinner went over very good.

Talked about Saturday Steak Dinner. Number of participants was down from last year. Probably will not do Steak Dinners any more. Discussed changing to a Taco dinner or some other dinner instead of Steaks. Money dots were discussed and steak placement. Distribution of left over kids money dot money was discussed.

Talked about the finances of the last 5 or 6 Bownanzas. Talked about selling Caps.

Bowhunting Chair Report: Good Luck!

Puffs Editor: Brought up the fact that not all Bownanza workers were mentioned or shown in pictures and explained that he only had some pictures from one fellow so not all workers had their pictures taken.

Wooden Nickels: Talked about how they were working out. How they were only good for use at the kitchen or registration. How the program has some problems. Subject was tabled for future discussion.

Club Picnic: Food was discussed for both the Broadhead shoot and the Club Picnic & Shoot.

New Business: WSAA Convention; usually we send three delegates. It is the 3rd of October. They would like to have our shoot dates in early. Shoot dates were discussed.

Determined who will go to the convention.

Fund raising programs were discussed.

Meeting adjourned at 9:09

No September Board Meeting

Membership News for September 2011

By Mike Stefanick

Well, for the hunters in the group, it is down to crunch time. I hope everyone is well sighted-in and comfortable with your tuning and setup. I've got one little tweak to finish and I'll be ready. Today, Monday Aug 22 I got my blasted camper refrigerator fixed **again**, hopefully this is the final fix. Better be as we leave on Sat Aug 27th to hunt the Dworshack unit in Idaho. Our scouting trip was productive: we saw good numbers of elk and no wolves. Hopefully, the hunting will be equally productive.

We've had a few new members this month, please welcome and be helpful to: James Lemke, Ryan Pederson, Kirk Richards and Gary Whitmarsh.

Some things to think about: I'd like to expand the Youth Scout initiative for next year. I have a couple of people interested in assisting, but no leader. We ought to have a Hunter Safety course conducted at CRB as well as a Bowhunter Safety class, anyone interested in being a point person for these items? What else should we be doing? Let me know your thoughts.

CRB September Planner

NO CRB events planned for September

CRB October Planner

12 Wed CRB Board Meeting 6:30pm Black Diamond Library

CRB Board Meetings Winter Schedule

We are now on the "winter" schedule and the meetings will be at the Black Diamond library starting at 6:30pm. **As noted in the Planner above the**

October Board meeting will be on Wednesday, the 12th, not Thursday, the normal meeting day.

The November and December meetings will, hopefully, be on the 2nd Thursday. Watch announcement updates for the specifics.

The January Board and Annual Full Membership meeting will be at the Club house on the 2nd Thursday, Jan 12th. We will elect new club officers at this meeting. All members are encouraged to attend and vote. Watch for more information in future Puffs articles. After the January meeting we will return to the library for the February, March and April meetings. The "summer season" of meetings will commence with the May meeting.

Mike Stefanick
Membership Chairman

Broadhead and Club Picnic Shoots

By Mike Garrett, Tournament Chairman

Well, ladies and gentlemen we had a GREAT weekend at the club on the 20th and the 21st of August. Saturday was an opportunity for hunters to get out and tune up their broadheads, hunting, and shooting skills. Sunday was a good time for club members to get out and enjoy the facilities, meet new people and eat a fabulous potluck meal.

For the Bad to the Bone Broadhead shoot we had a total of 66 shooters (both broadhead and field tips were allowed). Last year was our best year at only 41 shooters so we really improved this year. To be eligible for trophies people had to use broadheads; we had 46 broadhead shooters (still better than all of last year). I think it may be the "hunting" format we initiated last year whereby only a flagged course directed people around the range and people had to find the animals. We had a total of 31 animals out and I had many folks report at the registration booth they had only found 26 or 27. So, the individuals setting up the course did make it just difficult enough to keep it interesting and easy enough to make it fun.

And, for all those lending a hand during setup, breakdown and during the shoots themselves; THANK YOU. Again you've proven we have many outstanding members.

Unfortunately, many would have been trophy winners left after they finished shooting and we had no set time for the trophy ceremony. The results are below:

CUB – 1st Place went to Alex Guzman and 2nd Place went to Kevin Goldbaum

FBH - 1st Place to Parker Baran and 2nd Place to Tyle Hulse

Female Release – 1st Place; Shannon Ziemer
2nd Place; Courtney Lewis

Master Senior – 1st Place; Chuck Williford

Male Fingers – 1st Place; Mike Garrett
2nd Place; Pat Moore

Male Release – 1st Place; Richard Lemon
2nd Place; James Lewis 3rd Place; Jim Burns

Male Senior Release – 1st Place; Rick Blackston
2nd Place; Tony Lewis 3rd Place; Doug Lyons

Traditional – 1st Place Tony Lama

Now for the Club Picnic and Perpetual Club Trophies Shoot I do not know how many folks showed up to shoot and how many were there just for the picnic and camaraderie. Just know this; just about ALL the potluck and Dutch oven food was consumed before all the shooters returned from the course. We left the same setup with the targets as the day before with a little change. For the Bad to the Bone shoot we scored 10 , 8 , Minus 5 , 0 (wounds hurt you know). For the club shoot the scoring changed the Minus 5 to a plus 5.

The 2011 Club Shoot results are as follows. Each winner's name will be placed on the club's associated perpetual trophy and left in the club house – WE COULD USE A TROPHY CASE (hint, hint) in the club house. Unlike the past few years (over nine at least) we have finally located our Cub/Youth perpetual trophies. They're in need of some repair so Galen Mauden has taken them to work his magic. These will now be added to the list of club perpetual trophies.

Male Compound – Mark Puzon

Male Traditional – Ron Belala

Female Compound – Cindy Duncan

Female Traditional – No Participant

Cub Traditional – Noah Hall

Cub Champion – Noah Hall

Youth Tradition – No Participant

Youth Champion – Kylee Veenker

Don't learn from your mistakes!

By Pat Moore

I know, I know that sounds ridiculous, but that is exactly what you need to do. Archery is a game of repetition. You are most successful when you are able to repeat the same thing over and over. Focusing on doing it the same way every time will help you achieve that ability to do the same thing every time. So when you step up to the line, focus your thoughts on the inside out X you shot and all the other positive good shots you've made. Those thoughts will make you much more prone to doing it again.

Ok let me see if I can illustrate this point more clearly. If I tell you **don't** think about a cold winter day where your hands were cold and your nose was running. What pops into your head? Now let's try this. If I said think about how you feel on a warm spring day with the smell of freshness in the air and the warm sun on your face, which command were you better able to execute not thinking about something unpleasant or thinking about something pleasant? I'm sure when I told you not to think about the winter day, a cold winter day instantly popped into your thoughts. Now let me ask you this, which one made you feel better? The warm spring day right? So if it's easier to think about something positive and harder to ignore that which we want to avoid why do we constantly say learn from your mistakes? Thinking about positive wonderful things improves our demeanor and promotes positive results.

Part of what makes us human is the ability to learn and most of what we have learned is through trial and error. This works well when trying to develop a huge variety of skill sets and general knowledge. However, it sucks as a technique to use to master a single repetitive task. This is what makes **not learning from your mistakes** such a difficult idea to accept, it's counter intuitive to our basic learning structure. None the less we need to shed that basic paradigm in order to maximize our ability to achieve perfection in repeatability. If you are concentrating on doing a task right you are far more likely to succeed then if you are trying to avoid doing it wrong.

A prime example of promoting repeatability is written instructions. Think about written driving instructions. They tell you what to do and seldom tell you what not to do. I expect instructions to get from Seattle to Bellevue would be something like take I90 east exit onto 405 north go 2 exits. Can you imagine driving instructions written in the negative? OK to get to Bellevue don't take I5 north or south. Avoid downtown. Don't drive too fast. Once you find I90 don't go west. Don't exit at either of the Mercer Island exits. Don't get confused about the HOV lanes, if you see a boat on the water ignore that... I think you are getting the picture they are very difficult instructions to follow certainly not very affective or efficient.

Well if we're not learning from our mistakes how do we learn to shoot a bull's eye and become better? This is exactly the point, if you hit the bulls eye more than 50 percent of the time **YOU ALREADY KNOW HOW TO DO IT!** The hard part is doing it again and again and again. You learn how to do that by concentrating on what you did before, so you can do it again. Follow the instructions from the previous successful shot. Now if you don't hit the bull's eye 60 or 70 percent of the time get a coach or a friend to help you by showing you and explaining to you what to do. If your coach tells you what you are doing wrong either retrain your coach or get a new one.

Shoot straight and enjoy! Shoot straight and enjoy! Shoot straight and enjoy! Shoot straight and enjoy!

NEWS RELEASE Washington Fish and Wildlife Commission, 600 Capitol Way North, Olympia, WA 98501-1091 <http://wdfw.wa.gov/commission/>

August 22, 2011, Contact: Susan Galloway, 360-902-2267 Rocky Beach, (360) 902-2510

Commission to discuss wolf plan Aug. 29 in Ellensburg

OLYMPIA - The Washington Fish and Wildlife Commission will discuss the Wolf Conservation and Management Plan recommended by state wildlife managers at a special meeting in Ellensburg on Monday, Aug. 29.

The special meeting, which includes time for public comment on the plan, is scheduled from 9 a.m. to 4 p.m. at the Quality Inn and Conference Center, 1700 Canyon Road, Ellensburg.

An agenda for the meeting is available at <http://wdfw.wa.gov/commission/meetings.html>.

Two other special meetings on the recommended wolf plan are scheduled Oct. 6 and Nov. 3 in Olympia, a day prior to previously scheduled commission meetings.

The commission, a citizens' board appointed by the Governor to set Washington Department of Fish and Wildlife (WDFW) policy, heard an initial presentation of the department's recommended wolf plan at a meeting Aug. 4 in Olympia.

WDFW has been working to develop the plan since 2007, when a 17-member citizen advisory group was formed to work with department staff. It has since been the subject public scoping and comment periods, invited and blind scientific peer review and more than a dozen meetings across the state.

The recommended plan is the preferred alternative recommended in the Final Environmental Impact Statement issued in July on wolf-management options under the State Environmental Policy Act (SEPA).

Recovery objectives included in the plan are designed to eventually remove wolves from current state endangered species protective status. The plan also includes management strategies to address conflicts with involving livestock, elk and deer.

The Commission is scheduled to take action on the wolf plan at its Dec. 2-3 meeting in Olympia.

For more information on the wolf plan, see http://wdfw.wa.gov/conservation/gray_wolf.

Don Larsen, WDFW, 509-323-2967 Chris Bieker, USDA-FSA, 509-323-3014

Washington secures nearly \$1 million more under Farm Bill for hunting, fishing access

OLYMPIA - More private landowners in eastern Washington will have an incentive to open their lands to fishing and hunting, thanks to a new federal grant of nearly \$1 million to the Washington Department of Fish and Wildlife (WDFW). The new grant, authorized by the federal Farm Bill, is the second awarded to WDFW in as many years by the U.S. Department of Agriculture. Last year, WDFW received \$1.5 million to increase recreational access to private lands around the state.

"Hunters and fishers consistently rank access to the land and water as one of their top concerns," said Nate Pamplin, assistant director of the WDFW wildlife program. "This new funding will bolster current state efforts to expand recreational opportunities in our state for years to come."

Don Larsen, WDFW private lands coordinator, said the new \$993,231 grant will be used in three ways:

- Provide incentives to private landowners to allow hunting on forested properties in Kittitas, Klickitat, Pend Oreille, Spokane, Stevens and Yakima counties.
- Work with landowners in Columbia, Garfield, Lincoln, Walla Walla and Whitman counties to improve habitat enrolled in both the federal Conservation Reserve Program (CRP) and WDFW access programs.
- Initiate a "Feel Free to Fish" program in southeast Washington, paying private landowners for shoreline access to river fisheries.

Washington was one of 11 states to receive grant funding in this second year of the Farm Bill's Voluntary Public Access (VPA) and Habitat Incentive Program (HIP), administered by the U.S. Department of Agriculture (USDA).

"This federal and state partnership with private landowners creates recreational opportunities for the public that might not exist otherwise," said Judy Olson, state executive director for the USDA's Farm Service Agency (FSA), which administers the federal grants. "This access program is one of the ways the Farm Bill benefits more than just farmers."

Through July 21, the USDA is accepting public comments on its finding that WDFW's plan for using the \$1.5 million awarded last year would not have a significant effect on the environment. The federal findings, consistent with the National Environmental Policy Act, are posted on the Internet at <http://bit.ly/mpufNQ>, along with information on submitting public comments.

"We look forward to working cooperatively with private landowners to expand fishing, hunting and wildlife-viewing opportunities on private lands," Pamplin said. "Once we get final approval from USDA, we plan to sign up as many suitable properties as possible in time for the fall hunting season."

Walter Watkins
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These are the officers and board members for the year 2011

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Asst. Animal Side	Edo Gebenini	206-459-5609
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