



**May 2009**

**WELCOME NEW MEMBERS!**

San Francisco Archers would like to extend a warm welcome to the following new members: William, Zak, and Zoe Talbot, Jason Viale, James Hicks, Terry Low, and Sam Low, Nicole and Emiliano Cuadra, and Chris Fogel.

*Sun Shines Brightly and Warmly on the Coast!*

*Mammoth Returns to Pacifica – Seen in the Woods at SFA!*

*Alligators Make Rare Appearance in Coastal Range!*

*Over 100 Traditional Archers Seen In the Hills of Pacifica!*

*Best Breakfast Burritos Served Once Again!*



Yes, it was the time of year again for

the annual San Francisco Archers Traditional Archery Shoot. On Sunday, April 18, archers converged at the SFA range to shoot 42 3D animal targets situated on the white and red ranges at the Pacifica archery range. Wonderful sounds of friendly chatter, laughter, and occasional 'steel' ping sounds (quickly followed by words that cannot be repeated here) were heard through-out the day.



The weather cooperated and was in the 70s, with barely any wind. So we couldn't blame the wind for any misses, but we at least had the cooperation of the sun (it's in my eyes, I can't see the animal...). There were over 100 archers who traipsed through the woods, shooting at well-placed animals both large (mammoth, moose, buffalo), small (skunk, raccoon, pigmy goat), close and far (how far was that buffalo?!), and unusual (jackalope). And

due to the rain we have had this year, our stream was big enough to attract two wayward carp...and two hungry gators searching for them...



We had 4 novelty shots within the course this year! The running rabbits, who were 'running' a bit slower this year than last, the pop-up pig, the flying pig (hey, am I sensing a theme here?) and our new teeter – totter frogs. Thanks to Jim Robison for creating the frog shot and making sure the other ones were working well.



We also had a new novelty shot for cash; the pop and drop. This was a 2 person target; with one person shooting the balloon and the other one shooting a target while it dropped to the ground (needed to make contact between 2 lines on the bale). Not easy to do! We had about 80 people try this one and the winners were Donnie and Dimitri. And thanks once again to Jim R. for running, 'manning the booth', so to speak.

Thanks also go out to our Range Captain, Mike Lew, and all the worker bees who helped set-up and tear-down the shoot, and to Pat, Lori, and Charlene who ran registration.

And last, but certainly not least, thanks to Jeanine, Rina, and Candy for running the kitchen, for everyone who helped in the kitchen and the drink/candy booth, and to those who donated salads. I know there are many archers out there who look forward to the breakfast burritos and really appreciate the sunny disposition of the kitchen staff.



(pictures courtesy of Terry Lee – thanks! )

– *Bea Gambony, Primitive Longbow Archer*

### **OUTREACH NEEDS YOUR HELP!!!**

Calling all SFA members! We are in need of help for the Outreach program.



Volunteers are needed to help instruct adults and children of various skill levels. Our Outreach program has gained enormously in popularity, and we are experiencing an increase in the number of people who show up, but not an increase in members to help teach. With warmer weather coming and a major movie, Robin Hood, premiering, we expect even more of the public to have an interest in archery. If we do not have enough members to staff the program, we will be forced to turn away people. Please consider donating a few hours twice a month to help support this worthy and popular program. After all, quite a few members originate from an initial Outreach experience. Contact Jack Rauch at 650-355-1442 or at jncr2@aol.com for more info, or come to the next Outreach Sunday listed on the calendar page.

– SFA Board

**NOTES FROM THE RANGE CAPTAIN**

Due to scheduling conflicts, the work party for the month of May has been cancelled. Regular work parties resume in June. Thanks to all the members that show up for the work parties and pitch in. See you next month. If you haven't yet had a chance to do your required work parties, we look forward to seeing you soon.

– Mike Lew, Range Captain

**CLUB 3-D SHOOT SCORES - 03/14/10**

**Male Adult**

**BHFS**

Bill Stokes	552
Rob Hensel	548
Kevin Bohm	522

Joe Torrigino	500
Rich Fletcher	428
Phillip Daugherty	376
Randy ?	310

**Recurve**

John Talamantez	350
Dan Rebarchak	334

**TradBB**

Matt Farley	466
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**FS**

Mike Samn	534
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**Master Senior-**

**Longbow**

Jack Rauch	328
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**Senior-**

**Longbow**

Terry Lee	258
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**Recurve**

Gerry Lee	212
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**BHFS**

Jim Long	556
Mike Lew	534

**Female Adult**

**Longbow**

Andrea Monticue	310
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**Primitive**

Bea Gambony	420
Estel Pereira	256

– Pat Heimsoth, Scorekeeper



## INTERNATIONAL BOWHUNTER EDUCATION PROGRAM

There will be an International Bowhunter Education Program held at San Francisco Archers on August 6<sup>th</sup> and 8<sup>th</sup>. The class will be taught by certified instructor and SFA member, Jim Langell. This class is required for bowhunters in 16 states and many foreign countries. Please see the inserted flyer to take advantage of this opportunity to acquire this important certification. You must attend both days of class in order to receive certification.

– *Donnie Connell, VP-Hunting*

## COOKING CORNER

There have been quite a few requests for recipes for some of the delicious food that presents itself at the Club during the shoots and Sunday night potlucks. In response, the Arrow will publish a recipe each month for a different dish. If you would like to request or share a recipe, please send it to the editor at [editor@sfarchers.com](mailto:editor@sfarchers.com) and we will try to include it. This month's recipe is for my Asian Coleslaw salad that appears at most of our shoot salad bars.

### Asian Coleslaw Salad

1 pkg. Oriental flavor ramen noodles, flavor packet reserved  
½ cup slivered almonds  
¼ cup sesame seeds  
1 Tbl. vegetable oil  
1 pkg. pre-shredded tri-color cabbage, 1 lb.  
2 large carrots, grated or shredded

### Dressing:

The flavor packet from the noodles  
¼ cup vegetable oil  
2 Tbl. rice vinegar  
1 Tbl. sugar  
2 tsp. sesame oil

Preheat oven to 300 degrees.

**For the salad:** Break up the noodles into small pieces and put them into an 8-inch square pan with the almonds, sesame seeds, and oil. Stir a couple times and bake for 10 mins., or until browned. Toss together cabbage and carrots in a large salad bowl.

**For the dressing:** Whisk together all ingredients in a small bowl.

**To assemble:** Toss together the vegetables, noodle mixture, and dressing. Serve immediately.

– *Candice Lew, Editor*

## PUBLICATIONS NOTICE

If you have any articles or calendar events that you would like to see published in the club newsletter, please try to submit them to [editor@sfarchers.com](mailto:editor@sfarchers.com) by the 10<sup>th</sup>!

– *Candice Lew, Editor*



**BOARD CONTACT INFORMATION**

<i>Office</i>	<i>Name</i>	<i>Telephone</i>	<i>E-Mail</i>
President	Matt Farley	650-355-4004	cowgirlsurf@sbcglobal.net
Vice President	Jim Padilla	650-892-1419	Bulletsmlw@aol.com
Vice President of Hunting	Donnie Connell	650-875-3880	kellyconnell5@comcast.net
Secretary	Jack Rauch	650-355-1442	jncr2@aol.com
Treasurer	Cathy Robison	650-515-9945	mrmoetv@aol.com
Scorekeeper	Pat Heimsoth	650-355-8549 (H) 650-922-1592 (M)	
Range Captain	Mike Lew	650-359-5520 (H) 415-577-4351 (M)	pookars2@sbcglobal.net
Editor	Candice Lew	650-359-5520 (H) 415-577- 4354 (M)	pookars@sbcglobal.net
Past President	Jim Robison	650-922-2681	mrmoetv@aol.com
Board Member	Beatrice Gambony	650-593-3214	beagambony@hotmail.com
Board Member	Harri Jalovaara	415-385-7288	hkjalovaara@yahoo.com
Board Member	Terence Lee	415-661-7338 (H) 415-717-5408 (M)	Terrybear46@comcast.net
Board Member	Jim Long	650-888-0172	JimBow1135@yahoo.com
Board Member	Shawn Rayl	650-583-6109	crayl@pacbell.net
Board Member	April Schneider	650-355-4004	cowgirlsurf@sbcglobal.net
The Club House		650-355-9947	

**CALENDAR**

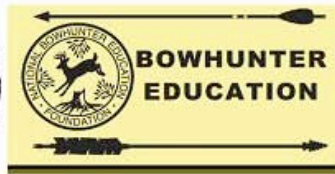
***May***

- Sunday 5/2**            **SFA Outreach Program, 9:00 AM-Noon**  
**Sonoma County Bowmen - Ultimate Bowhunt**
- Monday 5/3**            **Board Meeting, 7:00 PM**
- Saturday 5/8**            **Club 3-D Combo Shoot – No Work Party This Month**
- Sunday 5/16**            **SFA Outreach Program, 9:00 AM-Noon**  
**Diablo Bowmen – Red Devil Cartoon Shoot**

***June***

- Sunday 6/6**            **SFA Outreach Program, 9:00 AM-Noon**
- Monday 6/7**            **Board Meeting, 7:00 PM**
- Saturday 6/12**            **Work Party 9:00 AM-Noon**
- Sunday 6/20**            **SFA Outreach Program, 9:00 AM-Noon**  
**Briones Archers – Bear Creek Open**





## International BowHunter

### Education Program

COURSE now scheduled at  
**San Francisco Archers**

**Located at the SFA clubhouse on**

**FRIDAY – August 6<sup>th</sup>                      7 PM – 10 PM**  
**SUNDAY – August 8<sup>th</sup>                      8 AM – 4 PM**

**Certified Instructor: Jim Langell**



The ultimate goal of the IBEP is to provide bowhunters, both experienced and new, with the basic fundamentals of good, safe bowhunting while maintaining the highest ethical standards in the sport. The immediate objective is to instill in all bowhunters a responsible attitude and to adopt and follow acceptable behavior towards people, wildlife and the environment in which they hunt.

- **Be a CERTIFIED Bowhunter.** This class is currently required to bowhunt in 16 states and many foreign countries and the number is growing.
- Learn bowhunter responsibilities & proper bowhunting equipment.
- SAFETY & current Game laws
- Wildlife Conservation
- Sources of equipment & Shooting instructions
- Survival & First Aide
- Bowhunting Practice, Techniques & Methods
- Scouting for game
- Harvesting game & anatomy
- Animal recovery & proper care of meat
- Proper tree stand placement
- Certified by the State of California Fish and Game Department
- Must attend both days to obtain certification

*Promoting responsible Bowhunting through education ~ [www.nbef.org](http://www.nbef.org)*

**REGISTRATION Required by July 25<sup>th</sup>**

\$20.00 fee due @ the beginning of class on Friday

**REGISTER** by phone at **650-392-5128** (*leave a message*)

Please provide: **Name, Contact Number and/or Email**



# S.F. ARCHERS 1 MILLION B.C.

# JULY 31 & Aug. 1, 2010

**AWARDS FOR ALL CLASSES**

**Raffle**

**Breakfast and Lunch served both days**

**63 Dinosaur 3D Targets**  
**42 Targets Saturday—shoot until 2:00 Sunday**  
**Shoot ONE or TWO Days!**

**SHOOT AND COMPETE on Saturday AND Sunday**  
 (1-day participants only shoot for fun — NOT eligible for awards)

**OPEN TO SFA MEMBERS**  
 Vendors Welcome  
 Limited Dry Camping

**Pre-Registration Form — By Mail Only**

(Fill out completely and send with payment. **Must be postmarked by July 20, 2010**)

**TRADITIONAL ARCHERS: Remember to indicate long or short stakes**

Last Name, First Name	MALE	Female	Master Sr. 65+	Senior 55-64	Adult 18+	YA 15 to 17	Youth 12-14	Cub to 11	A	B	C	PRO or GUEST	FS	FSL	BB	BH	BHFS	BHFSL	RECURVE	LONG BOW	SELF BOW	

**FEES - DAY OF SHOOT**

<b>TWO DAYS:</b>	Single	\$40
	Couple	\$60
	Family	\$75
	15 & under	\$15
<b>SATURDAY ONLY (42 targets)</b>	Adult	\$30
	Couple	\$45
	15 & under	\$10
<b>SUNDAY ONLY (shoot until 2pm)</b>	Adult	\$20
	15 & under	\$10

**MARKED YARDAGE**  
 2 ARROWS  
 11-10-8 scoring

**NFAA EQUIPMENT RULES APPLY**

**2 MULLIGANS**  
 MAXIMUM

Scorecards must be turned in by 2:00 pm on Sunday

**TRADITIONAL ARCHERS**  
 Longbow and Self bow class must shoot wood arrows.  
 Choose to shoot from the traditional (shorter) or compound (longer) stakes—Awards given for both.  
 Indicate your choice on pre-registration form by using an "L" or "S" when

**QUESTIONS??**  
 Email: [editor@sfarchers.com](mailto:editor@sfarchers.com)  
 Visit: [www.sfarchers.com](http://www.sfarchers.com)  
 Call: 650-922-2681

**REGISTRATION**  
**SATURDAY:**  
 Registration begins 6:00.  
 Shoot starts 9:00.  
**SUNDAY:**  
 Registration begins 7:00

Make check payable to **SF Archers** and mail form with payment to:  
**P.O. BOX 1274**  
**PACIFICA, CA 94044**

Contact Phone: ( )      Contact email:      15 Under \$10

(Circle one)      Family \$70      Couple \$55      Single \$35

*Prices shown include \$5.00 pre-registration discount.*