



WARRINGAH ARCHERS BULLETIN No.5 October 2007

www.warringaharchers.com.au

CONGRATULATIONS to the following members who placed at the State Target Championships 29/30th September at Armidale:
Gold: Jack Salmon (InterBC) & Aimee Deaves (LR)
Silver: Tom Benstead (InterBC), and
Bronze: Michael Salmon (CadetBC)

At to those who placed at the Fred Herbert Clout Shoot on 21st October, 2007:
Gold: Ian Stokes (MLM), Jack Salmon (IntBC), Scott Wandl (JunBRB)m
Silver: Tom Benstead (CadBC),
Bronze: Michael Salmon (CadBC)

Club Championships Field 7th October, 2007

BIG THANK YOU to Rin / Joshua & Ann for marking out the 12T Fita Field course it was enjoyed by everyone participating.

Longbow Divison:

Ian Stokes	MLM	71	96	167
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Recurve Division:

Aimee Deaves	LR	139	148	287
Alan Dickeson	MRM	71	150	221
Mitchell Dickeson	IntBR	52	104	156
Robert Willis	JunBR	52	103	155
Conan Omori	IntBR	45	55	100
Andre Sanossian	IntBR	31	41	72
Yoshiki	CubBR	31	15	46

Compound Division:

Jack Salmon	IntBC	150	155	305(13x)
Rin Barbieri	MC	148	157	305(7x)
Seve Jennison	MCM	154	148	302
Steve Salmon	MCM	141	119	284
Michael Salmon	CadBC	145	139	284
Tom Benstead	IntBC	133	134	267
Joshua Seymour	IntBC	129	130	258

Warringah Archers Development Program

KidBow Qualifiers:

Peter Wearne	CubBR	15m 40cm	93
Nathan Gardner	CubBR	15m 40cm	93
Nathan Gardner	CubBR	18m 80cm	174
Mathew Reid	CubBR	15m 122cm	250
Mathew Reid	CubBR	15m 80cm	197
Yoshi Imiya	CubBR	15m 60cm	150
Yoshi Imiya	CubBR	18m 122cm	243
Elliott Peek	IntBR	15m 60cm	186
Elliott Peek	IntBR	18m 122cm	222
Rowan Kooy	CadBR	18m 122cm	228

AdBow Qualifiers:

Ian Wearne	MR	15m 80cm	216
Ian Wearne	MR	15m 40cm	170
Mark Cummins	MR	25m 122cm	209
Mark Cummins	MR	25m 80cm	153
Scott Abrahams	MR	25m 60cm	112

Changes in Target Rating:

Tom West	MRM	43 to 48	15/9/07
Jack Salmon	IntBC	67 to 70	30/9/07
Tom Benstead	IntBC	76 to 77	13/10/07
Chris Buchanan	IntBR	21 to 24	13/10/07
Yoshi Imaya	CubBR	16 to 20	13/10/07
Rosie Jacobs	IntGR	26 to 27	20/10/07
James Wells	CubBC	14 to 18	21/10/07

Changes in Indoor Ratings:

Nathan Gardner	CubBR	xx to 11	15/9/07
Joshua Seymour	IntBC	50 to 52	21/10/07

Changes in Field Rating:

Ian Stokes	MLM	xx to 33	7/10/07
Jack Salmon	IntBC	62 to 64	7/10/07
Steve Salmon	MCM	55 to 62	7/10/07

Club Shoot: 14th October, 2007

Sydney: 30 arrows @ 70/60/50/40m

Scott McNeill	MC	1023 (75) 2 nd
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Sht Adelaide: 30 arrows @ 50/40/30*/20*

Paul Dilley	MCM	1137 (85) 2 nd
Ken Raye	MCM	1085 (72) 2 nd
Maria Johnston	LR	866 (43) 3 rd
Alan Dickeson	MRM	791 (36) 3 rd
Mitchell Dickeson	IntBR	784 (36) 2 nd
Robert Willis	JunBR	683 (28) 3 rd
David Onslow	MLV	618 (24) 2 nd
Conan Omori	IntBR	607 (23) 3 rd
Cain Beckett	MR	597 (22)
Barry Ward	MRBM	476 (14)

THE LITTLE BUG (Poem by Theresa Plowman)

There is a Little Bug around us,
It's bite is large and deep
There is no cure, so do not fuss
Behind your back he'll creep
It happens to the modest man
A Child, a girl, a wife
It picks its victims, there's no ban
Upon it's lengthy life
You only have a few weeks' grace
Then it's fangs it deeply sinks
To friends and neighbours state your case
Before your life it drinks

No lazy Sundays in a chair
 Your pals won't find you home
 All jobs undone, the Bug won't care
 No-one to answer the phone
 So if you see a Little Bug
 Think long and hard and clear
 Before you let it bite and tug
 'Cause it will cost you dear !
 This "Little Bug" is Archery
 It's "bite" the Rounds you do
 It's "Life" is all the friends you see
 "Bitten" by the Bug, like you !

BITS & BOBS

Please join me in making our new members feel welcome: Ian Wearne (MR), Mathew Reid (CubBR) & Ollie Brennan (CubBR), and the return of some previous members - Lynda & Liam Bonney, Michael Larven & Brett Guthrie.

FAREWELL: It is with sadness that one of our members passed away in March of a long standing respiratory disease, David Quick. His sister passed on David's archery equipment, and gave many thanks for the time members gave him, always enjoying his Sundays with us, relaying the stories/activities to family and friends. David was quite a character, and we hope he is finally at peace.

It is also with sadness that we advise a previous member Cora Arnold passed away after a long battle with illness on 16th October. Cora still holds many of our Club Lady Compound records, and will be remembered by many for her enjoyment of archery especially Clout. Cora spent the latter part of her archery career as a member of Ku-Ring-Gai Bowmen at Lindfield.

WANTED: If all perpetual trophies held by Club Members could be returned to the club room by Sunday 4th November, it would be greatly appreciated.

ACCESS NOS: Just a friendly reminder to put your access number on all score cards. Some members are putting their ArcheryNSW registration number on the score card instead. If in doubt refer to notice board held down the club.

SCORING: Remember when scoring a miss on the Target to insert an 'M' or your score sheet. A 'X' or a '0' or a 'dash' is not acceptable. Of course this doesn't happen very often to members at the club!!! Always remember to also add up as you go along....it saves time at the end of the shoot. Needless to say when you have finished score, make sure your score card is placed in the recorders box and not left lying down the club. It is important that ratings are adjusted weekly.

Did you realise that the word LISTEN contains the same letters as the word SILENT?

A few of our members can get a bit noisy on the shooting line. It is always best to remember that others may be taking their archery a bit more seriously, therefore be conscious of other fellow archers, by all means chat, but do it walking to & from the target and not while others are shooting.



BIRTHDAYS

November 2007

Jim Barber (9th) & Ian Harper (15th),

Ian's Joke Corner:

What do retired people do all day?
 Working people frequently ask retired people what they do to make their days interesting. Well for example, the other day I went into town and went into a shop. I was only in there for about 5 minutes, when I came out there was a cop writing out a parking ticket. I went up to him and said, "Come on man, how about giving a senior citizen a break?" He ignored me and continued writing the ticket.

I called him a few chosen names. He glared at me and started writing another ticket for having worn tires. So I called him a few more names... He finished the second ticket and put it on the windshield with the first. Then he started writing a third ticket. This went on for about 20 minutes. The more I abused him, the more tickets he wrote. Personally, I didn't care. I came into town by bus. I try to have a little fun each day now that I'm retired. It's important at my age.....Billy Connolly.

Last year I replaced all the windows in my house with those expensive double pane energy efficient kind. Then, this week I got a call from the contractor who installed them. He was complaining that the work had been completed a whole year ago and I still hadn't paid for them. Now just because I'm blonde doesn't mean that I'm automatically stupid. So, I told him just what his fast talking sales guy had told me last year.... Namely, that in ONE YEAR these windows would pay for themselves! Heloooooo? It's been a year! There was only silence at the other end of the line, so I finally just hung up. He didn't call back?

Club Shoot 21st October, 2007

Australian Indoor II (30 arrows @ 25m 60cm face) & Australian Indoor I (30 arrows @ 18m 40cm face)

Jim Barber	MCM	282	268	550
Michael Larven	MR	275	268	543
Rin Barbieri	MC	274	261	535
Paul Dilley	MCM	263	269	532

Ken Raye	MCM	261	268	529
Scott McNeill	MC	253	238	491
Joshua Seymour	IntBC	235	227	462
Maria Johnston	LR	166	192	358
Robert Willis	JunBR	178	154	332
Conan Omori	IntBR	159	157	316
Alan Dickeson	MRM	172	142	314
Mitchell Dickeson	IntBR	169	140	309
David Onslow	MLV	134	135	269
Morgan Montgomery	IntBR	131	134	265
Barry Ward	MRBM	124	135	259

Club Championships Clout was held in conjunction with Fred Herbet Clout 21st October, 2007, placings are as follows:

Gold:	Jack Salmon	Scored 584
Silver:	Tom Benstead	Scored 543
Bronze:	Michael Salmon	Scored 510

TRAVEL SKILLS Some things to consider

1. Jet-lag. One of the inevitable consequences of traveling long distances on an aircraft is jet-lag. People who do not take precautions to reduce the effects of jet-lag can sometimes take up to a week to recover from a 12 hour trip. They feel tired, heavy, sometimes sick and disoriented.

Smart athletes reduce the effect of jet lag by:

- ⇒ Avoiding caffeine intake 24 hours prior to departure. That includes coffee, tea, chocolate and soft drinks.
 - ⇒ Eating only regular meals. The airlines will try and please you by feeding you up. They want you to fly with them again. Accept the meals from the hostess, but be selective in what you eat (you can leave food on your plate). There is certainly no need to eat cheese, chocolate or the desserts. Some athletes take nuts and dried fruits to nibble.
 - ⇒ Salt, caffeine and alcohol are out during the flight. Drink decaffeinated beverages such as orange juice and mineral water.
 - ⇒ Stretch the legs and get the blood flowing by stretching on the plane and during stopovers.
2. Team luggage. Responsibility towards team equipment. Don't expect the manager/coach to do everything for you. While some players are waiting for luggage on the conveyor belt, others should corner the trolley market.
 3. Be prepared to 'hurry-up wait' routine at airports. Know when it is worth rushing to wait in queues, and when it's better to take your time.
 4. Effects of boredom. Tendency to overeat or spend long, tiring hours walking around shopping centres, etc.,
 5. Preparation for relative inactivity during air travel.

6. Control of excitement. Keeping things in proportion, especially if it's your first time overseas.
7. Accelerated or accumulated fatigue. Touring athletes often talk of the fatigue creeping up on them. Make good use of 'semi sleep' and 'dozing'.
8. Use of 'walkman/ipod'. Useful for listening to familiar music and/or relaxation type tapes.
9. Travel foods. When on tour it is very easy to fall into the habit of eating junk food and chocolate because it is convenient.
10. Sightseeing excesses. Be selective and use sparingly.
11. Distraction activities and hobbies. You should be honest and say you know nothing about the facts, if that is the case.

Social activities.

Use social activities as a chance to relax and meet people but keep in mind that you are overseas to do a job. Do not let social activities diminish your ability to do your job.

Club Handicap – 28th October, 2008

Launceston was shot 36 arrows @ 50m/30m(80cm face)*

Jack Salmon	IntBC	70	131	607=738
Steve Jennison	MCM	89	62	646=708
Michael Salmon	CadBC	64	161	546=707
Paul Dilley	MC	82	83	618=701
Steve Salmon	MCM	78	97	603=700
Aimee Deaves	LR	85	74	592=666
Alan Dickeson	MRM	52	238	384=622
David Onslow	MLV	32	301	309=610
Mitchell Dickeson	IntBR	41	324	273=597
Conan Omori	IntBR	48	228	328=556
Robert Willis	JunBR	47	275	233=518
Tom Peek	MRV	33	292	154=446
Brett Guthrie	MLM	0	0	134=134

Club Presentation Night/XMAS Party:

Saturday Night 24th November @ Pittwater RSL. Invitations were sent out under separate cover. Currently we have 44 members purchased tickets, if you wish to purchase tickets can you see Elizabeth within next couple of weeks, or drop us an email to register you intent to attend. You can pay on the night. It would be great to see as many of our member winners as possible attend.

KidBow Tournament: Saturday 17th

November. All junior members of Warringah are encouraged to compete, entry form on notice board. Jot down your name a.s.a.p.