

FORT COURAGE BUGLE

Volume 5, Number 4

May 2012

From the editor:

Welcome to the May 2012 issue of the Branch F newsletter. I hope to publish the newsletter four times a year, probably after each of the Branch meetings in February, May, August and November. I'll do my best to come up with things each quarter, but the newsletter depends on **you**. The more you send me, the less chance of the newsletter failing again.

- Alan

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HEADLINES

Next AGM

The next Branch meeting will be the Annual General Meeting and all positions on the Branch Executive will be up for election. All current members of the Executive have decided to stand for re-elections, but other members of the Branch are welcome to nominate for any or all of the positions. A nomination form is included at the end of this newsletter.

Coaching Course

There will be a Level One coaching course held on the 5th to the 7th of October – the location will probably be either Orange or Tumut. Please note that nominations to attend the course must come from clubs and attendees must have been 18 or older, have been a member of ABA for at least two years, and hold an ABA grade. Please contact Dan Lane if you are interested in attending this course.

SHORT SHOTS

Maintaining and upgrading the entry road is a continuing issue for **Orange and District Bowhunters**.

They have consulted with adjoining land owners for assistance and have received materials, such as pipes, to repair washed out culverts. They have also made considerable improvements both inside and im-

mediately outside the clubhouse.

Bushmen's Bowmen (Parkes) have received a small donation from Northparkes Mines with which they bought three 3D targets. They now have 13 members and have had their ranges sponsored.

BRANCH CALENDAR FOR 2012

January	21&22	ABA/3D	Orange Walkabout
February	04	Branch meeting	Goulburn
	18&19	Branch IFAA Titles	Campbelltown
March	17&18	ABA/3D	Lithgow
April	06-09	National Safari	Mallee Sunset
May	05	Branch meeting (will set 2013 shoot calendar)	Goulburn
	19&20	ABA/3D	Tumut
June	08-11	National IFAA	Phoenix (Sale)
	16&17	ABA/3D	Eurobodalla
July	21&22	Branch 3D Titles	Forbes
August	04	Branch AGM	Goulburn
	18&19	State 3D Titles	Wagga Wagga
September	15&16	Branch ABA Titles	Campbelltown
	29, 30 & 01 Oct	State ABA Titles	Tumut
November	03	Branch Meeting	Goulburn
	17&18	ABA/3D	Snowy Mountains
December	01&02	Safari	Shellharbour Safari

START TIMES AND SHOOT FEES

Registration and muster times are:

Saturday	Registration and bow checks	08:00
	Muster	09:00
Sunday	Registrations and bow checks	07:30
	Muster	08:00

Note that for IFAA shoots a round must be complete in six hours or less, and that the times will be:

Saturday	Registration and bow checks	07:00
	Muster	08:00
	Start shooting	08:30
Sunday	Muster	08:30
	Start shooting	09:00

Shoot fees:

Family	2 Days	\$50.00
	1 Day	\$40.00
Single	2 Days	\$30.00
	1 Day	\$20.00

IN CONTROL

For ABA rounds it is no longer necessary to tape the risers of bows to cover marks that are part of the bow as manufactured. This also applies to Australian IFAA rounds shot in Australia. It does not, however, apply to international IFAA rounds.

It has been pointed out that the scoring method used during the 3D rounds at the National Safari was incorrect. The animal's legs are part of the scoring zone, rather than being excluded as they were at the Nationals.

As you should have noticed from the Current ABA membership forms in Archery Action, there is no longer any pro-rata membership of ABA. Your membership now last from the date you join to the anniversary of your joining, whenever that might be. Reminder letters that your membership is due are being sent.

The Certificate of Currency for ABA's insurance policy is available on the ABA web site in the Document Download area.

DRAFT BRANCH CALENDAR FOR 2013

January	26 & 27	ABA & 3D	Orange Walkabout
February	02	Branch meeting	Goulburn
	16 & 17	State IFAA Titles	Wagga Wagga
March	16 & 17	ABA & 3D	Lithgow
	29 to 01	National Safari	Alice Springs
April	—	—	No shoot in April
May	06	Branch meeting (will set 2014 shoot calendar)	Goulburn
	18 & 19	ABA & 3D	Eurobodalla
June	15 & 16	ABA & 3D	Bushmens Bowmen (Parkes)
July	20 & 21	Branch 3D Titles	Cambelltown
August	03	Branch AGM	Goulburn
	17 & 18	Branch ABA Titles	Wagga Wagga
September	21 & 22	ABA & 3D	Tumut
October	05 & 06	State ABA Titles	Branch E
	19 & 20	ABA & 3D	Forbes
November	02	Branch Meeting	Goulburn
	09 & 10	ABA & 3D	Capital Field Archers
December	07 & 08	ABA & 3D	Snowy Mountains Bowmen

BRANCH F IFAA INTERCLUB SHIELD FOR 2011

The Branch F IFAA interclub shield for 2011 was won by the Campbelltown club. Full results are:

Campbelltown – 7,278 points

Alan McVicar - 2,077

Rob Messer 1,932

Jeremy Kirk – 1,596

Wayne Williams – 706

Helen Caskey – 544

Steve Eagles – 413

Eurobodalla – 5,529 points

Tony Robben – 3,067

Jeanette Robben – 1,329

Ken Hardingham – 1,133

Wagga Wagga – 4,038 points

Bruce Ramsey – 2,129

Trevor Aldred – 1,909

Manley – 2,602 points

Paul Butschek – 2,602

Lithgow – 930 points

John Collett – 515

Rod Moad – 415

Capital Field Archers – 274 points

Alan Avent - 274

CAPITAL TRIANGULAR SHOOT BY CHARLIE AZZOPARDI

What a great day for archery. I woke up early, had a look out of the window and all I could see was fog. Once the fog lifted it was going to be a great day, and so it was.

A total of 31 shooters attended, coming from Bega, Tumut, Snowy, Tuggeranong, and Capital Field Archers. The first round was a mix of 3D and Martin colour targets to give participants an idea of what our main coarse is like.

With a short lunch break Robert McNab took willing shooters for a round of clout before starting the rabbit shoot. This was shot on the double pegged second coarse with the targets marked with head, lung and spine shots. The rabbits ranged in size from small to steroid taking critters near one metre in height. Add to that the two metre hollow log to shoot through which was enjoyed by all.

This was a long day for the travellers and the club alike but an especially rewarding one for the club.

A perpetual trophy was handed to the Bega club which is to be passed on with Bega to pick the criteria for the next shoot.

I'd like to thank all club members who helped in getting everything ready for the day from the working bees to helping on the day. A special thanks to Greg and Diane Moxon who took control of registrations then stayed to help with lunch which allowed the committee to welcome and talk to visitors.

SHORT SHOTS

Bega Valley Traditional Archers Inc. (BVTA) currently meets on the 2nd & 4th Sundays of each month on its practice range, which is located in the grounds of Bega Country Club. Attendances have been excellent, with anywhere between 15 and 35 people attending each shoot. Feedback from participants has been very pleasing, with parental feedback in particular, praising the Club in the highest terms for its professionalism, its support of younger members and its management of safety on the range.

BVTA's immediate focus will be on building or acquiring FITA style targets and butts so the Club can commence some competition on its practice range. Once again, funding this development is an issue but they hope to be able to put the money together relatively quickly using revenue obtained through a combination of range fees, equipment hire, the small profit they make through the sale of shoot lunches, and a raffle which will be drawn in July.

BVTA has held two funded events so far in 2012 – a NSW Seniors Week introduction to traditional archery, and a National Youth Week introduction to traditional archery and novelty shoot – each of which were very well attended. Again, feedback was glowing in its praise of the Club's event management and several participants have ordered bows and other equipment via the Club's Quartermaster service, suggesting that BVTA have picked up new membership as a result of hosting these annual events. Both events were funded by their respective State and National management committees, and Bega Valley Shire Council. The equipment purchased with this funding – bows, arrows, targets, a demountable shade shelter – remain the property of the BVTA and this has been of great assistance to our small Club.

BVTA has sent small, yet very committed contingents to two shoots so far in 2012. Our members have enjoyed attending both the Snowy Mountains Bowmen, and the Capital Archers Fun Shoots, and we have been impressed, not only by the courses, but also by the professionalism, enthusiasm and hospitality of the host clubs. BVTA looks forward to the day when it will be able to contribute to the 'fun shoot' circuit.

BVTA was privileged to be the inaugural recipient of the “Fellowship of the Bent Stick” perpetual trophy, which was presented to BVTA member Garry (Ducky) Mallard, at the Capital Field Archers Fun Shoot (April 29). At each Fun Shoot the current holder of the perpetual trophy will present it to another club participating in that day's events. The criteria by which the trophy will be awarded will be determined by the current trophy holder. For instance, BVTA was presented with the trophy for being the club that had brought the largest proportion of its membership to participate in the Capital's Fun Shoot.

BVTA would like to thank the Tri-Club Shoots' organisers for their hard work, their hospitality and for the opportunity to participate in these very enjoyable events.

KEEPING SCORE

The main part of the Score Recorder's report for this quarter was an extract of the rules for the ABA round that covers gaining and maintaining a grade. It hasn't been repeated here as the full rules are available on the ABA web site.

In May the Club Information Kit for setting up a new ABA club was sent to all club contacts. The most interesting part of this kit for existing clubs is the information on how to set up an ABA course. This is a good resource if you are setting up a new range or changing an existing one.

I'd appreciate it if people could pre-nominate for the Branch shoots. This saves me time at the shoots and helps to ensure I've got the grades and divisions correct. One thing though – please don't try to nominate on the Friday immediately before the shoot. I'll be getting ready to go, or already have gone, and so might not receive your nomination.

I can be contacted by email at branchscores@gmail.com or by telephone on (02) 6296-1768.

SHORT SHOTS

Snowy Mountains Bowmen have had trouble shooting at their range over the last few months as the rain has seemingly been constant. They assure us that all will be fine for their shoot in November.

Three members of **Snowy Mountains Bowmen** attended the triangular shoot at Capital Field Archers and found it to be an interesting and challenging course – and that's just getting to the range!

Five members of **South West Slopes Sporting Field Archers (SWSSFA)** travelled to the ACT on the 29th of April to participate in the second tri-club shoot at Capital Field Archers. CFA should be proud of themselves for all the work that they have done. All who went had a great time on the challenging course. It is great to just go out and have fun. All archers should shoot without scoring once in a while to focus on enjoyment rather than competition.

Wagga Wagga Field Archers had some good news about last year's theft when police recovered some of the stolen gear, including bows, quivers and arrows.

Wagga Wagga Field Archers currently has 94 members that attendance at club shoots has been excellent, with numbers approaching 70.

Bega Valley Traditional Archers would like to formally commend the ABA for its decision to repeal its strict adherence to the policy on laminations, sighting marks and blemishes, as evidence that the organisation is willing to listen to and act upon the concerns of its rank & file membership.

ON THE HUNT

There have been a few claims in the past quarter: three foxes, one chital deer, five fallow deer, one red deer and four goats. Seven of the claims were for first kill of species, and most were trophy class or better.

A junior bowhunter, Josh White, is doing well once again, with a record class fallow deer which measured 214 and 6/8.

The claim forms received have been mostly acceptable, but there are still a few that are showing too much blood on the animal.

All hunters should be made aware of this and should make an effort to disguise the blood.

Rob can be contacted at:

Rob Messer

8 Chaseling Place

The Oaks, NSW, 2570

02-4657-1508

Jjo62543@bigpond.com.au

SHORT SHOTS

Capital Field Archers (CFA) is growing well, with 42 members and another five ready to join. CFA's second course is now ready to use, with ten targets complete and all double pegged. CFA have recently been offered 20 butts which will allow them to complete the second course sooner than expected.

Canberra had some great weather on the 29th of April to greet shooters at the second in the series of triangular shoots, this one held by **Capital Field Archers (CFA)**. The shoot attracted 31 shooters with archers from Bega, Tumut, Snowy Mountains, Tuggeranong Archery Club and CFA. This was along day for a few, but rewarding for the club.

Forbes Lachlan River Archers (FLRA) has been going through interesting times, with flooding washing away their ranges – five targets are still underwater. The canteen has been cleaned up and the shower block is next on the agenda. FLRA is developing a new 3D range due to the floods.

Due to the flooding **Forbes Lachlan River Archers (FLRA)** had to abandon their range for two months and they moved to an old quarry that was the old Pistol Club range. FLRA would like to thank the Forbes Shire Council and the Forbes RSL Pistol Club who helped them out with the temporary range. They were able to shoot a double-pegged range that included some very challenging shots. There were lots of rocks but it was a good experience in that it taught them to shoot straight – there was no room for error!

COACH'S CORNER

The Level One Coaching Course held at Tumut from the 24th to the 26th of February. Went well and Robert (Joe) Haley of Snowy Mountains Bowmen is now a Level One coach. Ken Hardingham of Eurobodalla will also be a Level One coach when his paperwork has been signed off.

There was a good response to the Branch's display at the Illawarra Camping and Caravan Show on the 9th, 10th and 11th of March in spite of the weather. The rain meant that the display had to be moved indoors and so no archery demonstrations

could be done. The ABA members at the show ran out of club pamphlets and so had to resort to writing names and phone numbers on any scrap of paper that came to hand.

All coaches should note that coaching reports need to be submitted to the Branch Coach four times a year for forwarding to the National Director of Coaching. The reports can be email to Dan (s.nsw.coach@gmail.com) and are required even if there's nothing to report.

GAME COUNCIL

The regulations under which the Game Council operates are undergoing a review. They are currently out for public comment and anyone who has an interest in hunting in NSW should download the regulation review statement and comment on it before the due date.

The proposed Regulation and Regulatory Impact Statement will be available for public comment from Friday, 4th May 2012 until Friday, 8 June 2012. The more positive comments that are received the better the chances some of the changes like introducing bowfishing for carp will be adopted.

Daryl will be putting in a submission on behalf of ABA Inc but one from the branch, clubs or members would also be strengthen the case.

The Game Council has been working on developing an Introduction to Bowhunting booklet that will be available through sports store, gun shops, etc. ABA was the major sponsor of the booklet. The booklet is available to clubs to distribute to members or through local shops.

Contact the Game Council for more details 02 6360 5111 or info@gamecouncil.nsw.gov.au

The Game Council is sponsoring a bowhunting workshop at Boolaroo bowmen on the 10th, 11th and 12th of August. See the Game Council web site for more details.

MIND POWER

BY

GEOFF HENRY

If you are to be a winner you must have the ability to focus your mind. You must focus on the situation at hand. You must assess the situation, draw on your strengths and most of all stay tuned to your immediate goal.

You must control the controllables and forget the rest. Your physical fitness, skill and ability with the bow and arrow are nothing if your mental preparation is lacking in the will to win department. You the shooter must balance your ability and attitude, as ability can only take you so far.

When you step up to the shooting peg and nock an arrow, shooting that arrow is all that is important. You can shoot seven days a week in training, but if your mind is not focused on that shot then you have already lost.

Like fitness, having a positive mind requires continual work. Your mind needs regular maintenance and development. There are only a few basics involved in this process, which if you follow, will ensure that you remain in control of the biggest controllable factor you have: your mind.

Goal setting

If you don't have goals in your training you will lack direction and waste valuable time and energy. Goals can be short, medium or long term. Achievers usually have a plan which incorporates all three goal levels. Goal setting means that training involves less trial and error and is an effective learning tool. You must challenge yourself, but all goal levels must be realistic.

Create inner confidence

Don't waste time on worrying. Take a deep breath and replace any negative thoughts with positive ones. Negative thoughts cloud your mind. If you have them at the shooting peg then you are wasting your time and energy, always think positive. Don't be afraid of failure: use it as a learning tool. Building confidence leads to success. You can create a confident mind if you try. Set confident positive goals and plan for any unexpected obstacles. Use your inner strengths and you can make it happen.

Staying focused

Once you have managed to focus your mind, keep it that way. Experience, feel and concentrate on the "now," not on any peripheral thing. Focus on that shot and keep your mind clear of all other thoughts. If you are concentrating then your mind will not be susceptible to any distractions going on around you. Aim for complete focus of your mind.

Mental imagery

If you have a goal to reach for, then you are half way there. Mental imagery is familiar to us all. It is a technique we all use to create a positive shot or round, in our minds. Studies have been done in the past into the effectiveness of the use of mental Imagery. Psychologists agree that there are several reasons why people who use mental imagery are so successful, in their sport.

First - The mental practice on how you expect to perform reinforces your confidence before the shoot.

MIND POWER

BY

GEOFF HENRY

Second - When you practice, your brain sends messages to the muscles in your body that you would use for shooting. This tunes them in and helps make your shot more automatic.

Find a quiet pace away from distractions to prepare for your imagery session. Sit or lie down then take some deep breaths and as you breathe out let your stress and tension escape your body. Do this till you are completely relaxed.

Start by imagining comfortable rounds then build up to more challenging ones.

Gradually introduce variable situations. For example, wind, rain, blown string etc. Learn to deal with them in your mind, then, if they happen for real, you can deal with them.

Finally natural ability is one thing, but mental ability is a skill acquired over time. It's a skill worth developing and it costs nothing but your time. A powerful mind developed to its full potential is the greatest tool a sportsman can have. So good luck, good shooting, and good thinking.

SHORT SHOTS

Campbelltown District Field Archers now has a new coach, Kees Van Vrumingen. This gives them three coaches, one Field Archers Instructors and one Coaches Assistant, with one other club member to take the next coaching course. The coaching over the year has been busy and successful, not only with new people, but also other club members looking to improve their shooting.

Campbelltown District Field Archers club members have had some hunting success so this year with Josh White taking a fallow deer which was his first kill of species, Dave White a red deer (first kill of species), Alan Madden a goat, Leanne Williams four goats (one of which was first kill of species), Peter Bozic a goat (first kill of species), Aleksa Bozic a goat (first kill of species), Tim Messer five goats, one pig

and one fox, Rob Messer one fallow deer and one goat, Neville Aston-Hay one chital deer (first kill of species), three fallow deer and four foxes.

Alan Madden is now the **Campbelltown District Field Archers** club measurer. Alan will also be taking over as Game Recorder for the club to help Rob Messer with his workload.

FORT COURAGE BUGLE

The newsletter of the Southern
New South Wales and ACT Branch
of the Australian Bowhunters'
Association.

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COMING EVENTS

May	19 & 20	ABA & 3D	Tumut
June	08-11	National IFAA	Sale
	16& 17	ABA & 3D	Eurobodalla
July	21 & 22	Branch 3D	Forbes
August	04	Branch AGM	Goulburn
	18 & 19	State 3D	Wagga Wagga
September	15 & 16	Branch ABA	Campbelltown
	29 & 30	State ABA	Tumut
November	03	Branch meeting	Goulburn
	17 & 18	ABA & 3D	Snowy
December	01 & 02	Safari	Shellharbour

BRANCH EXECUTIVE

Branch Controller	Rod Moad	02-6332-5778
Field Representative	Rob Messer	02-4657-1508
Branch Secretary	Carolyn Cornell	02-6852-1847
Branch Treasurer	Dan Lane	02-4261-4495 0434-067-236
Bowhunting Instructor	Andrew Rimmer	0408-022-047
Measurer	Rob Messer	02-4657-1508
Score Recorder	Alan Avent	02-6296-1768
Coach	Dan Lane	02-4261-4495 0434-067-236



Australian Bowhunters Association Inc.
Southern New South Wales & ACT Branch



We hereby nominate
for the position of

Signed 1) ABA No.....
2) ABA No.....

being financial members of the Australian Bowhunters Association Inc

I accept the above nomination

Signed

ABA no

Date

Note that nominees must have been financial members of the Australian Bowhunters Association for two years prior to nomination.