



# THE ARROW

SUFFOLK ARCHERS AND BOWHUNTERS NEWS LETTER



Volume 2 Issue 2

Editors Jill Goeckner & Josh Pierno

April 2013

## *Letter from the President*

No disrespect to you snowbirds out there that actually like the winter. Not me, I despise the winter. I can't wait for the weather to get warm, the birds to start chirping and the geese to start pooping in the field. This is the time of year when I start getting my field archery equipment into shape. Every year tromping through the water soaked field so that I can practice on the 40, 50 and 60 yard target butts. And soon it will be summer. The feeling of sweat running into your eyes and the mosquitoes buzzing in your ears when you are at full draw, what could be better? There is nothing that I love more than shooting arrows in the heat.

To all you new members, take note of the glory of nature experienced on our own property. You will feel more secure as the foliage grows in. No longer will you see how close we are to each other as we are shooting. You will see how we either have an abundance of chipmunks or very happy owls and hawks. Take note of the bat houses on the property. Bats are said to eat their own body weight in mosquitoes each night. Let's hope for a lot of bats this year. And finally, those beloved geese in the field, walking along as if they own the place. Be careful, they do know how to protect their young.

Enough of me dreaming of the archery season to come. There is work to be done. The first work day is April 7<sup>th</sup>. Let's see record numbers of people out there to help make Suffolk Archers the most beautiful club around. I know Joe Lupo has big plans. One of the improvements planned is the installation of many new fences. This is to further ensure the

safety of everyone who enters onto the property. They will all need to be painted of course in camouflage colors to blend in as best they can. Hopefully so much work will be done on the first work day that the second one on April 14<sup>th</sup> will be a breeze. I hope it will be easy because I am running that one, Joe will be out of town. So, if you are one of those people complaining that the club looks messy, join us and help clean it up. Let's get the new season of archery started on the right foot.

I look forward to seeing you all as the weather gets warm. Forget about boating and golf. Come and shoot arrows with us and enjoy the best club around.

*~ Jim*



## GET READY FOR FIELD ARCHERY 2013

Spring and Summer will soon be here and that means a new season of Field Archery at Suffolk Archers. Each year from April to August, we host from ten to twelve Field Archery tournaments on Sundays. These events provide an opportunity to truly enjoy archery and practice one's marksmanship under ideal conditions. In addition, both compound bows and traditional bows may be used on a field archery course. Suffolk Archers has a full regulation Field Archery course consisting of 28 targets set up at various distances. The distances for all targets are specifically marked. Each archer will shoot 4 arrows at a target. Thus to complete a full course, each archer will shoot a total of 112 arrows (4 X 28). The target

**REMINDER: THE NEXT GENERAL MEMBERSHIP MEETING IS ON APRIL 17th, SA LODGE 8pm**  
**WORK DAYS: APRIL 7th & 14th STARTING at 8am — NEW MEMBER BRUNCH APRIL 13th 11am**  
**3D TURKEY SHOOT & CHILI COOK OFF APRIL 21st — FIELD SHOOT SEASON STARTS APRIL 28th 8am**

distances range from 6.5 yards to 80.0 yards, with most distances being from 20 to 60 yards. Beginning archers and those who want to shoot at shorter distances can shoot from our green stakes. However, green stakes are set at unmarked distances. Archers can also compete for awards by participating in a minimum of 2 shoots plus the Championship shoot, which is our last shoot in August. Furthermore, many SA members as well as all members of the Field Committee are eager to help archers become familiar with the field archery course, learn how to score, and provide tips to improve shot accuracy. Finally, our first shoot is on April 28<sup>th</sup>. Shoots begin at around 9:00 AM; but most archers arrive early to practice. We're looking forward to seeing you on the Field course in 2013.

Shoot Straight,  
The Field Committee

## CLUB NEWS

As the Board of Directors, it is our responsibility to take all reasonable steps to ensure the health and safety of all that enter the property. These are facts that we deal with on a daily basis. We take on this responsibility willingly and with all due diligence.

As we are experiencing record numbers of members, safety is of a greater concern than ever before. Both, when we joined the club and with our annual renewals we all agree to follow the rules of the club. We agree to shoot in a safe manner, drive safely on the property and not to smoke in the lodge. Let this serve as proper notice that breaking these rules will not be tolerated. Breaking these rules will be dealt with swiftly and with severe consequences up to and including expulsion from the club with forfeiture of all earned equity in the club.

We apologize to the vast majority of members that are in good standing and follow all the rules. You should not have to read this statement. But, rest assured that we are working hard to ensure your health and safety while on club property. Please feel free to come to any Board Member with any questions or concerns.

## Spring Work Days

Spring is here and that means it is time for us to gather together and pitch in to take care of our club and property.

The spring work days will be held on Sundays, April 7<sup>th</sup> and 14<sup>th</sup>. As usual, coffee and bagels will be served at 8:00 AM and the fun starts promptly at 9:00. Wear your work pants and bring a pair of work gloves. We will be installing new protective backstops at most of the targets on the course. Those of you that have post hole diggers please bring them along. Of course, lunch will be served .



## Tackle Tips

The most important component in archery that both traditional and compound bows share is

the string. Even though most of today's strings are made with high tech synthetic materials such as Dyneema®, Vectran, Gore-Tex® or Kevlar® which is used in bulletproof vests, your bowstring is the most vulnerable part of your bow. With that said, a few simple tips will ensure you get the most life and performance from your bowstring.

→ Heat is the biggest enemy of bowstrings. Do not put your hunting bow away in the attic after hunting season, and avoid leaving your bow in the car during the summer.

→ Keep your string clean. Dirt, grit and sand can cause premature wear to the strands. Avoid resting your bow in a way that puts the bottom cam in contact with the ground.

→ Inspect the cam groove (sheave) for nicks, dents or sharp edges that could cut the serving.

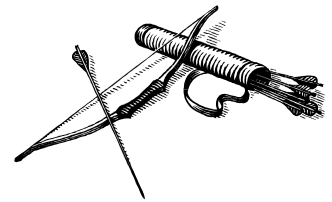
→ Inspect the servings and reserve as needed; some minor serving separation is inherent to some cam designs.

Another way to extend the life of your bowstring is to wax your string on a regular basis, use a wax that is specifically designed for bowstrings such as BCY ML-6 or a complete synthetic cleaning and lubricant system such as Scorpion Venom's™ 3 Star String Maintenance Kit. Waxing your string will:

→ Lubricate the fibers and prevent fiber to fiber abrasion

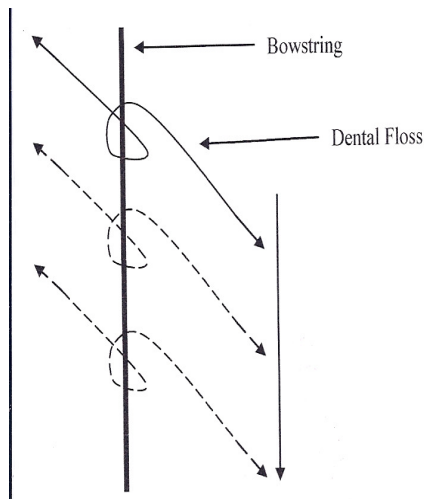
→ Help keep the bundle of strands together

→ Help prevent water absorption



Wax the string by rubbing the wax in with your thumb and index finger, do this until the friction heats up and softens the wax, work the wax into the string strands, do this for the entire string and/or cable. I have heard people using a piece of leather to work the wax in, but I would recommend using extreme care, as this can easily generate too much heat and damage the string. It is not necessary to wax the servings, unless they are subject to excessive wear. After the string is thoroughly waxed, I like to clean off any excess wax by using a piece of dental floss or serving thread. To do this, make a single loop around the string bundle and pull each end of the floss away from each other and down to scrape off the excess wax (*see diagram*). How often you should wax your string depends on how often you shoot and the environment you shoot in. You should wax your string and cable when you notice it starts to "fuzz",

every couple of hundred shots or right after you have had your bow out in the rain or snow. Despite diligent maintenance and care, there will come a time when the string and cable will need to be replaced. Most bow manufacturers recommend



replacing the string and cables every one or two years or 2500 shots. Excessive peep rotation, a significant increase in draw length or a broken strand are indications that the string should be replaced. Replacing a string and cable is not a difficult job, but you will most likely need a bow press. Keep in mind, after changing the string and cable the bow should be tuned in order to get the best performance. If you are not comfortable with making these adjustments yourself, you should have a competent shop do the work. Choosing a replacement string could be as simple as using a factory replacement string, a mass produced aftermarket string or having a custom string made with your choice of colors and materials. There are many "recipes" for string and cable combinations such as material of the string, strand count, serving material and serving size, each one with its own pros and cons. If you decide to use aftermarket or custom strings and

cables, it is a good idea to check with your bow manufacturer to make sure the bow was designed for the string material you plan on using. Your bowstring and cable set has a huge effect of the tuning and shoot ability of your bow. Caring for your bowstring should be one of many steps in order to achieve reliable and consistent results. More information can be found at: BCY Fibers - [www.bcyfibers.com](http://www.bcyfibers.com), Brownell - [www.brownellarchery.com](http://www.brownellarchery.com) Scorpion Venom [www.scorpionvenomarchery.com](http://www.scorpionvenomarchery.com) — **FLETCH**

**3D** The 3D course is continuing to improve after the rough weather we have experienced and SFL shoot. Most of the 3D animals have been replaced, and others have had their shot out inserts repaired. Many of the animals have also migrated to new and challenging spots on the course. The animals will continue to be replaced and moved around the course through out the year to keep things fun and challenging. We have acquired some new animals, some of which have been introduced to the course during the SFL, and we will also be obtaining more inserts so we can keep our course up to your expectations.

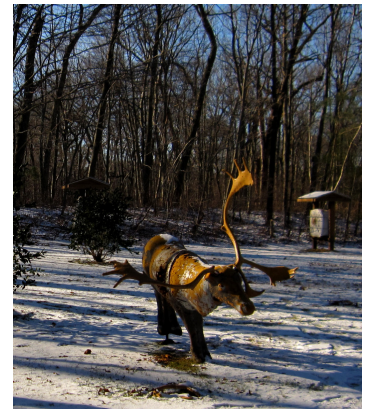


Photo by Stephanie Tracy

I would like to ask our members that if you are shooting the course and pull arrows out of the targets if they lean forward or back afterwards please try to straighten them up so the next member shooting them has the same opportunity as you to shoot a straight clean target. Just a reminder to all the chairman of the shoots that involve the 3D animals, there are new bins in the 3D trailer that were built as well as shelves to better organize things. Please either return to the shed the 3D animals you use and replace them in the neat order you found them. Also any animals you lay down on the course to prepare for your shoot should be stood back up in the spot you found them. Thank you and come on out and shoot the new targets and 3D course.

-Paul

# Hunter's Pot

Courtesy of Mike Anderson

The second week of Snow Flake League we dinned on a delicious chicken dish. Mike was kind enough to share his recipe so we can all enjoy it at home.



## Garlic Chicken & Sun Dried Tomatoes

Prep Time: 5 minutes    Cook Time: 15 minutes  
Total Time: 20 minutes    Yield: 4 Servings

### Ingredients:

- 2 - 2 1/2 lbs boneless, skinless chicken breasts
- 4 cloves garlic
- 1/4 cup fresh basil
- 4 Tbsp virgin olive oil
- 1/2 cup sun dried tomatoes in oil
- Adobo spice when frying the meat to taste

To help the chicken cook faster, and evenly, slice breasts to approximately 1/3 to 1/2-inch thick. Set aside.

### Preparation:

Chop basil leaves and set aside.

Peel and slice the garlic. Pour the olive oil into a large frying pan and heat on medium. When hot, add garlic to pan and sauté, stirring often. Add the tomatoes and continue to sauté for 2-3 minutes. Remove tomatoes and garlic from pan, leaving the oil.

Raise heat on pan to medium high. Sauté chicken breasts in same oil, until they are cooked on both sides. Add a few more tablespoons olive oil if necessary.

Return the garlic and tomatoes to pan to warm. Mix in the chopped basil and cook for 1 minute. Serve immediately with fried potatoes or rustic bread.

~Enjoy

Chili Cook  
Off



Round  
Two

Suffolk Archers second Chili cook off is on! It will be held on April 21st along side the Turkey Shoot. Want to enter your chili? Contact Stan at stanleylutz@yahoo.com for more details or to enter the contest.



# Snow Flake League 2013

The 2013 Snow Flake League (SFL) is now behind us and what a fun season it was! We had fantastic turnout with attendance between 45 and 85 club members each week. We were able to enjoy all but 2 shoots this year due to weather and the BBQ was fantastic once again. I would like to take a moment to recognize the dedicated Suffolk Archers members that made 2013 SFL a reality. Josh Pierno for sitting here each week handing out and receiving the cards and all the organizing and score keeping he did. Without his organization and very helpful and useful information and suggestions the SFL would never have been as great as it was. Marge Marrota and Maureen Thiele for your tasty breakfasts and desserts. But I can't stop there, our guest chefs really made coming in from the cold a treat. Thank you Jeff Milano for the pulled pork, John Ramage for the venison pizzaiola and soup, Mike Anderson for the lemon chicken and sausage and peppers, Karen Kucherich & Sal Greco for thier chili served at the final BBQ, Nick Menrath for his thoughtfulness of volunteering, and Rob Wiest for his venison soup and mashed potatoes. And course this brings me to the BIG BBQ the last week, outdoing himself once again was Mike Anderson. He had the smokers and BBQs up and running super early to serve up some delicious brisket, pulled pork & BBQ chicken. Not to mention the tasty sides he also prepared for the feast. Also a big thank you to my weekly helpers, you were all a huge help. Last but not least I would like to say thank you to all the club members and the board members for believing and helping me through my first and hopefully many SFL shoots. You all made chairing this event a pleasure.

On a special note, I would like to extend a big thank you for attending our club and it was my pleasure to host a week of the SFL for the Northport VA Medical Center veterans. Lead by their director Patrick Campbell as well as Mike Armstrong, Stan Lutz and Don Pecora as there guides for the day it was a success and a lot of fun. I truly hope to make this an annual event.

Here is the list of shooters that placed in their respective divisions. In order to place a shooter must have submitted at least 3 scores by the end of week 6. If a shooter submitted more than 3 scores we only averaged the top 3. Congratulations to ALL!!!! Great shooting!!! The SFL was such a great time and experience this year. I am already looking forward to next year. So please come out and join us for some more winter fun with new and exciting and more challenging targets to come!!

Paul Hatch  
SFL Chairman

**NOTICE TO MEMBERS:**

This space is always available for FREE to those members who wish to swap, trade, or sell their archery equipment and/or provide notice of upcoming hunts. However, Suffolk Archers does not specifically endorse the products or hunting opportunities listed here.



**Knock—A—Block Committee**

We are looking forward to a great Knock-A-Block tournament on July 14th. We are currently looking for several members who are willing to set the course before the event and to help tally the scores during the event. If you are

willing to help please contact Wayne Sprague at cardone15@aol.com. Not only will you help put on a great event for your club but you will earn some of your work hours too!



Crestwood Country Day School in Melville is seeking an archery instructor for it's 2013 Summer program. The position requires teaching archery skills to elementary

schools aged kids Monday—Friday 8:30 to 4:15. Session runs June 27th to August 22nd. Applicant must be at least 21 years of age. If interested in an interview or to get additional information contact Mark Hemmerdinger at 631-692-6361 ext. 225



**FOR SALE**

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One year old only shot 14 times.  
Extra bolts included.  
\$300.00 Andy 631-521-1471

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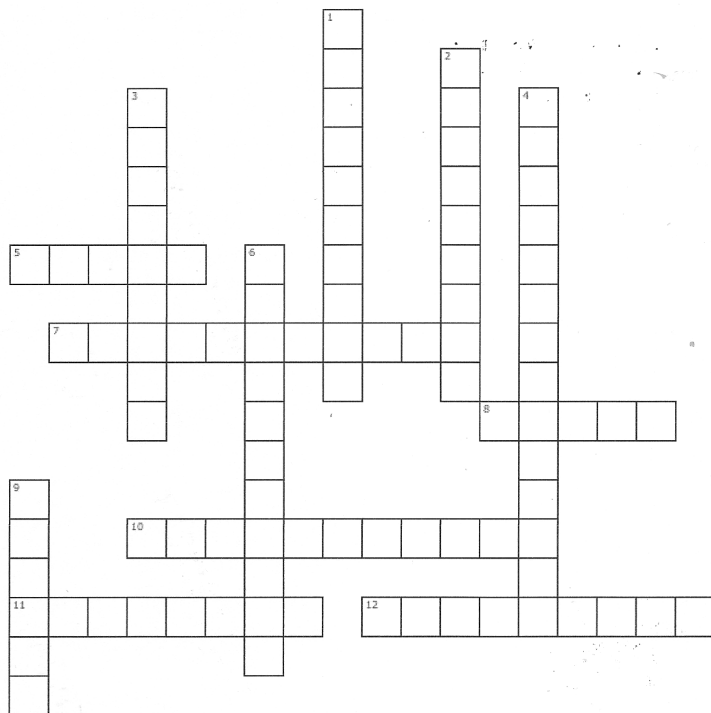
The Spring Youth League will be starting April 19th at 7pm. It runs every Friday for 9 weeks, and is limited in size so please sign up asap! The league is geared towards all level of young archers. The cost is only \$99 and if you don't have equipment we will even provide it for you! Awards and a pizza party will close out the final night.

We are hosting a Bowhunter Safety Class on Saturday, April 13th from 9-5pm. It is a one day class and you must pre-register in person. Spots are limited Smith Point Archery offers a wide variety of Leagues and Group Classes to help get new shooters into the sport. We also host Kids Parties. Let us help get your friends into archery!

Jared M. Schneider  
Smith Point Sports

215 East Main St., Patchogue, NY 11772

1-631-289-3399, [www.smithpointarchery.com](http://www.smithpointarchery.com)



**ACROSS**

- 5. arrow stiffness
- 7. favorite tournament among traditional archers
- 8. where we all want to hit
- 10. one who enjoys archery
- 11. position before arrow is release
- 12. what an archer looks through

**DOWN**

- 1. ATA
- 2. name of 3D League
- 3. arrow inside an arrow
- 4. best group of archers around
- 6. stick and string
- 9. short range arrow

**The Arrow**

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Don't miss our next  
**GENERAL**  
**MEMBERSHIP MEETING**  
SUFFOLK ARCHERS LODGE  
APRIL 17 2013