



2016 Issue No. 09 Sep

News



State Target Championship

Date: 6/11/2016

Time: 9.30 am Shooting: 10.00 am

It is AAC's job to set up for the upcoming State Target Championship shoot. We need about 5 members to help with the setting up. Please advise Joe Vardon (mobile: 0402 402 546, email: jmvardon@bigpond.com) if you can help out on Friday, 4th November 2016 from 3pm before the shoot.

Club Rooms Lease

We have finally received the lease documents from the Adelaide City Council after waiting for many months for the document. One good result is that the lease will include insurance on the club building at a much lower rate than we were previously paying.

Another is that we can now proceed with obtaining planning approval for an extension on the back of the club rooms to accommodate additional portable butts, the four of which we have been using (two of our own, two belonging to Archery SA) have already proved their value. The extension will also allow us to incorporate a disabled access toilet, which is something we should have but have had no room for in our existing space.

Some Interesting Correspondence

A company called **Integral Accounting** is offering 10% donation from fees charged to clients mentioning AAC.

The Kyrgyzstan Association of Archery has issued an invitation to attend the 2017 Nomad World Games – who could resist this opportunity!



Adelaide Archery Club Inc.

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Editor

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HOT OFF THE PRESSES

New Magazine Reviews – Bow International:

Review of newest Bow International (Issue #110): – all shooting form articles have been reviewed and scanned for inclusion in AAC Library



A. Issue #110 (September 2016): Key Shooting Form + Equipment Articles

- Measure of Success (Part #2) – Duncan Busby
 - Important to insure your bow is properly shot-in and tuned – and you keep ‘key’ accurate bow measurements
 - String measurements: Nock point, peep height and D-loop
 - Arrow Rest measurements: Rest height and rest centre shot are key
 - ◆ Final measurements: Cams, Draw stop position, limb bolts, cable guard and string stops
 - Outstanding article – Part 1 + Part 2 – measurements to KNOW!

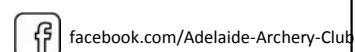


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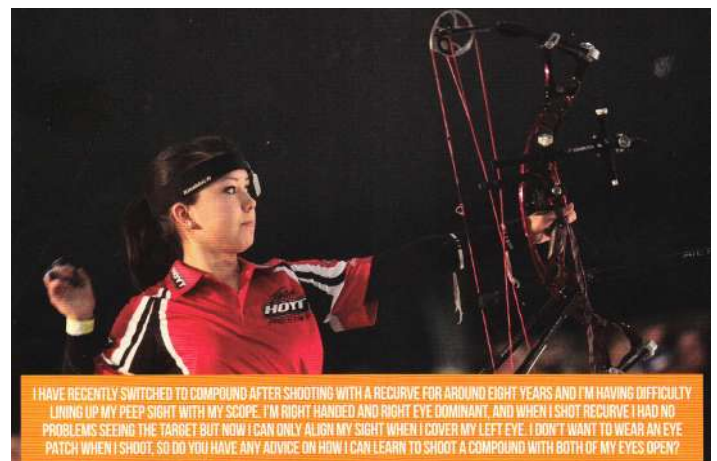
- Torque Tips – James Park
 - James’s pointers for torque-free hold and draw – how to achieve each time!
 - #1 - Using a bow hand position that minimises bow hand torque
 - #2 – Drawing without any lateral rotation during the draw
 - Correct alignment of arrow tip with stabiliser – key indicator of no torque and good centre shot setup
 - NOT a keen believer in 10% down front stabiliser attachments
 - Another outstanding article–reducing Torque is key to tight groups



- Throwing Thought to the Wind– Tyler Benner
 - Focus & Concentration demands on Olympic archers + top archers
- When it’s Breezy, It Isn’t Easy - Roy Rose
 - Different tuning tips for shooting into strong wind conditions
- Arizona Archery Enterprises (AAE) – Nick Fisher
 - Family owned business selling archery gear worldwide
- How to Design a Field Course(Part #3 of 3) – Simon Allen
 - #3 article focuses on planning & building a field archery range
- Quick-Fire Q&A– Danielle Brown- BI Interview(compound archer)
 - Top UK Paralympic archer – thoughts on equipment and winning
- Traditional Troubleshooting – 3 articles by 3 different experts
 - ‘Making Longbows and Bow Strings’ – Jan Sachers
- ‘Instinctive shoot – using both eyes – Merlin Archery’s Grizzly Jim
 - ‘Best quiver for traditional archers’ – Bart Czuwara

Ask the Experts Section:

- Problems aligning peep sight with front scope (compound) – 3-4 solutions to fix the alignment problem – Duncan Busby
- Different clicker setting for different distances– - Patrick Huston



- Determining best F.O.C. for arrow accuracy - Adrian Tippins

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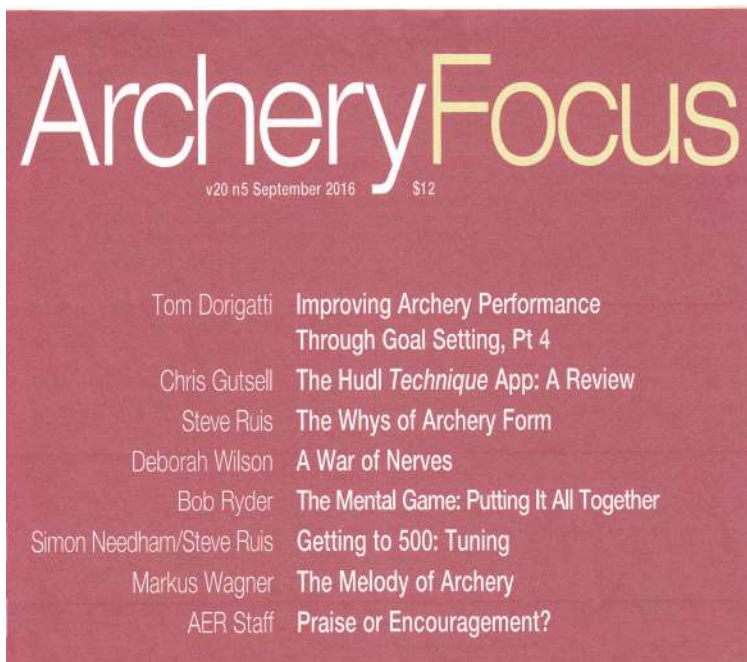
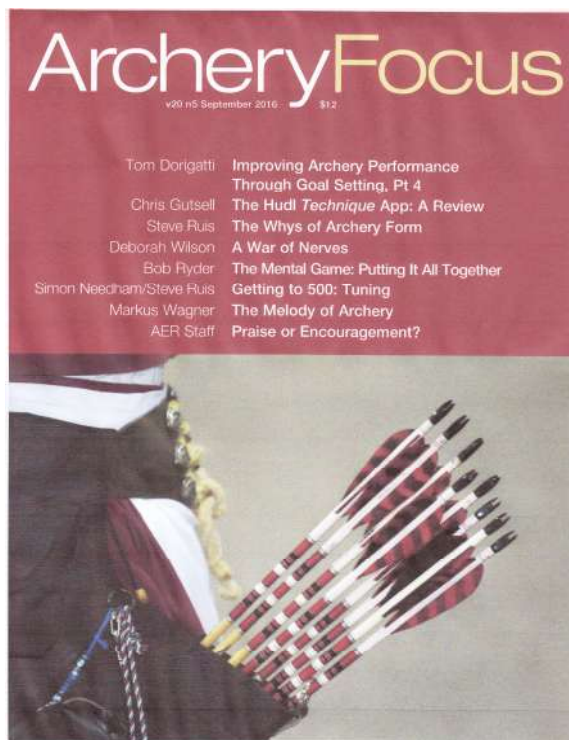


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ARCHERY FOCUS Magazine – available now Only On-Line in PDF format.....annual subscription (6 issues) is \$32/annum.

Published by Claudia Stevenson & Editor Steve Ruis with a dozen archery technical contributing writers like Larry Wise, Tom Dorigatti and other top international archers. Sole purpose of Archery Focus is to concentrate on improving archer’s shooting form and scores.

Image of the new, current September 2016 Archery Focus Magazine and articles are as below:



Randy – AAC Librarian October 21st, 2016

Dates to Remember

30 Oct	SVAC Ros Johns Memorial Field Tournament Round: 24t WA Field
5 Nov	Eden Field Archers - Field - QRE/Ranking Shoot Start: 1.30 pm Shepherds Hill Recreation Park
6 Nov	ARCHERY SA State Target Championships Starts: 9:30 am
20 Nov	ARCHERY SA State Field Championships Starts: 10:00 am
27 Nov	SVAC's Longly Longbow Tournament Starts: 1:30 pm at Morphett Vale
3 Dec	Field - QRE/Ranking Shoot Starts: 1.30 pm Shepherds Hill Recreation Park
17 Dec	End of year break up shoot and awards presentation

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Social

Melbourne Cup Lunch



There will be a Melbourne Cup Lunch on Tuesday 1 November at the Lord Melbourne Hotel in Melbourne Street, North Adelaide at 12.30 for 1.00pm.

If you would like to join in the fun come along in your best/most creative hat (and that includes the blokes), buy some sweepstake tickets and cheer on your favourite nag.

Please put your name on the list that is on the board in the club rooms so we can ensure that we have a table.



Birthdays Celebrations

Special shout-out to Ciaran Carty, Barry Collins, Douglas Freer, Sally Lewis, Terry Reilly, Tracey Roughana who just celebrated their birthdays recently.

Many happy returns.



Adelaide Archery Club contact addresses

General enquiries	info@adelaidearchery.org.au	Enquiries from the public
Administration	admin@adelaidearchery.org.au	Membership etc.
President	president@adelaidearchery.org.au	Club President (copy to the Secretary)
Publicity Officer	publicity@adelaidearchery.org.au	Newsletter, Facebook page
Secretary	secretary@adelaidearchery.org.au	Most other correspondence

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Meet Josh, His bow needs an upgrade.



This is Josh, he wants to "Win Gold for Australia" having joined our Adelaide archery club about a year ago.

Little did any of us know that Josh (now 10 years old) has suffered a great deal for someone so young and since he was five years old. In constant severe pain due to a foot arteriovenous malformation (AVM) and having now had seven operations to try to save his foot from amputation, this young man and his family are always ready with a smile and full of happiness.



Since Josh's diagnosis 5 years ago, he and his family have had multiple trips to Melbourne for his operations followed by months of recuperation. During this time, his Mum Kate was diagnosed with breast cancer which meant that his Dad Mike had to give up work to care for his family. Kate and Mike also have a beautiful daughter Jenna who is younger than Josh and has grown up seeing her brother suffer. So this beautiful family has really done it tough.

Josh is in hospital again this month having the biggest operation so far. The family have been advised that the AVM has again spread and he will require more surgery if he is to keep his foot.

Archery being Josh's passion has sustained him throughout the constant trauma in his life and now his whole family is enjoying the sport with him. This comes at a big financial expense for the family though.

Josh has out-grown his bow and needs a new one so he can remain in the sport. A new bow will cost about \$950 but this will last him for a number of years and help him work towards his dream of winning gold for Australia. He is determined to do this either standing or in a wheelchair if he has to.

If you have a spare few dollars (no amount is too small), then please help this very deserving family and very passionate and strong young man. You can help Josh by going to his go-fund-me campaign page at <https://www.gofundme.com/josh-needs-a-bigger-bow-2u8m44jp>.

Thank you.

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