



WARRINGAH ARCHERS NEWSLETTER April 2020

www.warringaharchers.com.au



Across the desk of the President:

April saw many of our lives knocked around, with schools closing / members working from home, with many out of work due to business

closures, so for many a stressful period. Also due to the Government Social Distancing ruling and directives from our National Association all club activities Nationwide have been suspended. Archery Australia has also advised that if we do not comply with the latest State & Federal Government Guidelines, then it cannot guarantee clubs would be insured (*refer AA website on any future updates*). The committee met on 8th April, and have determined that future activities will be suspended until the end of May.

Membership Renewals: Members who are up for renewal in April / May & June, Archery Australia will have their membership adjusted for 3 months (*i.e. if your membership expired on 14th April, it will now require to be renewed on 14th July*). Any members whose had just renewed and/or will be renewing in July have had their membership extended for 3 months. Once Archery Operations resume, a new membership card will be issued with your updated expiry date.

Come N' Try / Beginners courses: These also have been pulled off line until the end of May.

AdBow/KidBow Program: As the club undertakes 2 seasons annually and runs about 17-18 weeks. When the club resumes activities, those registered members participating in the program will have the weeks missed added to the end of Season 1. Currently 8 weeks have been held and it was proposed to close Season 1 with our final competition on the 31st May, at this point in time, we have tentatively earmarked this program to continue until the 30th August.....BUT (*Yep you knew there might be one in there*), as we are uncertain as mentioned previously how long the government will impose Social Distancing, further delays may be held, we will, however, keep you posted.

Many of the bigger sports like Rugby League / Soccer / Cricket etc., will be really hurting especially with their grass roots income and sponsorship deals being in jeopardy, so it is very interesting times ahead. There will be light at the end of the tunnel, and Warringah Archers is committed to ensure the safety of it's members.

Active Kids Vouchers: If youth members U18 wish to apply for these they can still do so. Once received they can submit to me for claiming from the Government and then we can offset against any future programs.

I found this poem which I thought was interesting:
Some of you may need a Scottish friend to translate the poem for you

Twa months ago, we didna ken, yer name or ocht about ye. But lots of things have changed since then, I really must salute ye. Yer spreading rate is quite intense, yer feeding like a gannet. Disruption caused, is so immense, ye've shaken oor wee planet.

Corona used tae be a beer, they garnished it wae limes. But noo it's filled us awe wae fear, these days, are scary times. Nae shakin hawnds, or peckin lips, it's whit they awe advise, but scrub them weel, richt tae the tips, that's how we'll awe survive. Just stay inside the hoose, ye bide, nae sneakin oot for strolls, just check the lavvy every hoor, and stock-take your loo rolls.

Our holidays have been pit aff, noo that's the Jet2 patter, pit oan yer thermals, have a laugh, and paddle 'doon the waater'. Canary isles, no for a while, nae need for suntan cream, and awe because o this wee bug, we ken tae be..19

The boredom surely will set in, But have a read, or doodle, or plan yer menu for the month, wi 95 pot noodles. When these run oot, just look about, a change, it would be nice, we've beans and pasta by the ton, and twenty stone o rice.

So dinny think yell wipe us oot, aye true, a few have died. Bubonic, bird flu, and Tb, they came, they left, they tried. Ye might be gallus noo ma freen, as ye jump fae cup tae cup, but when we get oor vaccine Then yer number will be up.....ANON

CHANGES IN FIELD RATINGS:

Last changes were notified to members in Sept 19, and several have improved since then as per below:

Name	Old	New	Date
Brady, Emma	xx	12	Apr 2019
Brady, Emma	12	19	Oct 2019
Chambers-McLean, Jack	64	68	Mar 2020
Llana, Mariano	xx	28	Oct 2019
Llana, Massimo	27	35	Mar 2020
Murray, Cameron	31	34	Oct 2019
Murray, Cameron	34	43	Mar 2020
Smith, Gabbie	40	42	Mar 2020
Steele, Glen	xx	38	Mar 2020
Turner, Peter	xx	22	Oct 2019
Turner, Peter	22	23	Mar 2020
Ware, Ben	35	36	Mar 2020
Ware, Roland	50	51	Oct 2019
Whitfield, Peter	58	60	Mar 2020

HOW ARE YOU KEEPING UP WITH YOUR SOCIAL DISTANCING? – would love to hear your stories.

For each story received during the month of April & May names will be put into a draw for a special prize



Jock & Celeste have been keeping up with Sunday archery sessions, albeit via computer games! With Celeste booking into a holiday Archery Camp to be held in their rumpus room!

Advertisement

ARCHERADE IS HERE!

This is the long-overdue refreshing drink that's guaranteed to hit the 'X' thirst spot every time!

Archers are well aware of the importance of maintaining a liquid intake during shooting. But no longer do you need to tolerate those sticky soft drinks or generic 'power' sports concoctions.

ARCHERADE has arrived!

This drink has been formulated to directly address the unique muscle needs of archers. And how does it do this?

Thanks to gigantic leaps in genetic engineering and DNA research, two chemical elements that solely influence arm muscle performance have been identified and isolated. The two chemicals –

Forarmatite and Armigidon, have been successfully synthesised and are the key to the success of the ARCHERADE formulation.

This drink is both refreshing and safe – one sip and you'll never return to the other hum-drum varieties!

We've also recognised archers' needs and designed a bottle that

is both unique and comfortable. As an added bonus if you return the bottle label, we'll send you a free finger sling. Ideal for preventing the bottle slipping through the fingers of archers on the move!

Write for details of your nearest stockist to:

Far-Fledged Enterprises

(The Archery Innovators)

P.O. Box B84689C

Stimarts NSW



BIRTHDAYS MAY

Elizabeth Renelt (10th), Christopher Faustmann (12th), Dylan Hillier (14th), Wayne Moore (15th), Michelle Catto – SWEET 16 (25th),



CHANGES IN INDOOR RATINGS:

Last changes were notified to members in Sept 19, and several have improved since then as per below. Recorder finally came of his 'L' and now moved onto his red 'P':

Name	Old	New	Date
Aslanidis, Carmelo	75	77	Mar 2020
Brady, Emma	26	27	Oct 2019
Catto, Andrew	68	73	Mar 2020
Chambers-McLean, Jack	80	81	Oct 2019
Fathers, Stuart	56	57	Oct 2019
Kecskes, Maja	36	37	Oct 2019
Kecskes, Maja	37	40	Mar 2020
Lee, Keisha	xx	25	Oct 2019
Lee, Keisha	25	28	Mar 2020
Lee, Mark	xx	29	Oct 2019
Lee, Mark	29	42	Mar 2020
Llana, Massimo	40	44	Mar 2020
Lovell, Craig	xx	19	Mar 2020
Moran, Piers	xx	7	Oct 2019
Nolan, Alan	52	53	Mar 2020
Oh, John	xx	39	Mar 2020
Souchard, Ben	29	38	Mar 2020
Spencer, Leanne	72	75	Mar 2020
Thomas, Kevin	46	48	Oct 2019
Thomas, Kevin	xx	53	Mar 2020
Van Der Watt, Anton	76	83	Mar 2020
Van Der Watt, Paul	11	19	Mar 2020
Van Emmerik, Justin	xx	48	Mar 2020
Ware, Alex	46	47	Mar 2020

THE ARCHER

It was a sunny Saturday afternoon; much like any other experienced during Spring, Summer and Autumn. So long as the temperature and wind is not excessive, archers favour this weather and appear in droves to practise their sport.

The clubrooms were open and a huddle of people gathered around the notice board. On the range itself, groups of shooters were standing and practising at different ranges. The colourful target butts, with their reds, blues and golds, contrasted pleasantly with the new mown lawn. The targets offered up their eyes for the arrows to seek, penetrate and quiver in. The whoosh, thud, of arrows could be heard at frequent but random intervals.

The average archer's equipment would include, beside bow, quiver and arrows, some protective apparel and a few oddments for the adjustment and maintenance of their equipment. These would all be kept in a bag or carry case of modest proportions.

At precisely a quarter past one, a regular enough so that you could tell the time by it, a figure would appear from the direction of the car park, staggering under the weight of a case of giant proportions. Forced by his burden to proceed in short zigzag progressions, he finally reached a pre-determined destination and, by the look of the crushed and dying grass over which he placed his load, a well-frequented spot.

He sets off again for the car park and free of his load looks like an astronaut on a moonwalk, you know one step takes you thirty feet. He reappears with another case, as bulky as the first, and requiring just as much effort. He sights this one in on the first with geometric accuracy and narrowly avoids a hernia as it requires to be shifted a few degrees to bring it into line.

He totters around in circles for a bit to loosen his knotted muscles before flinging back the lid of the first case, with a flourish, to expose to the sunlight and any envious spectator who may just happen to be in the vicinity, his beloved bow. With well rehearsed movements he selects the pieces which must be fitted together and, adopting an exaggerated technique, much like an army drill officer demonstrating the assembly of a piece of ordnance, installed one bit on another until it began to take on recognisable form. Every component gleamed and twinkled, evidence of extreme care in storage, preparation and use. And then, from drawers and compartments concealed cunningly in the case and opened by expert fingers, appeared a host of aids, all of the most expensive and complicated design. These he screwed, clipped or otherwise suspended in prearranged sequence to the bow. Sights, stabilisers and clickers contributed to the final assembly in ways only enthusiasts steeped in the lore and arcane knowledge of archery, could possibly disseminate.

He stood up to survey his work and seeing that it was good, he executed a stylish draw, like a fencer delivering the coup de grace, to test the action. Extracting yet another article from the hidden recesses of the case, he performed a bending trick upon it, revealing it to be a folding stand upon which the bow could be supported when not in use. Upon this stand where he places the bow so that he can now turn his attention to the cumbersome accessories still to be attached to his person. Arm guard, chest guard, finger tab, quiver, arrows and hat were each placed on the appropriate limb with practiced ritual.

Finished at last, he gazes with fixed intensity at the crowd of onlookers clustered around him, awed at the complexity of his preparations. He is contemptuous of their envy.

Raising the bow from its stand he places his feet and draws an arrow from the quiver and places it on the nock. Settling into the classic stance, he draws and aims.

The old hands know that the fun is about to begin. All action ceases as each person surreptitiously takes a position in order to witness what is to follow.

Seconds drift past, the tension becomes unbearable. Everyone is standing on tiptoe, leaning forward, willing him to shoot, the suspense is agonising.

A deep silence settles over the range, broken only by the noise of a cricket. The archer, totally unaware of that around him, clicks his tongue and lets down. He chides himself for having forgotten to set the range on his sight. The combined expulsion of held breaths creates a breeze, which sweeps across the field, finally dissipating in a swirl of leaves with an audible sigh.

He adjusts the sight by twirling a knurled nob on the intricately calibrated mechanism, making numerous references to a printed card, attached to the sight for just such a purpose. Satisfied, he raises the bow again and aims just as before. The seconds seem like minutes, the minutes seem like hours, but the patient are rewarded by the twang of the string as the loosed arrow flies toward the target, only to bury itself with a loud thwack into the wooden frame surrounding the target.

In a fever of anxiety The Archer flings open the second case, until now the contents of which have been concealed from us. Housed all in separate compartments, shelves and drawers are tools too numerous to mention individually. Screwdrivers, hammers, pliers, spanners, wrenches and an array of nameless devices whose purpose could only be guessed at, larked in every corner, nook and cranny.

From a positive infestation of screwdrivers, all arranged according to their length and gauge, he selects one and by careful increments, adjusts the clicker. He performs this task like an expert safe cracker listening for the fall of tumblers in a particularly difficult lock picking operation. Apparently satisfied, he returns the screwdriver to its home and prepares for another shot.

The result this time is not significantly better than the first. The arrow hitting wood, this time on the opposite side of the target. Vexation was in evidence, the expression playing upon his features. Fixedly he regarded the point where the arrow should have been until enlightenment lifted the cloud from his brow. He dove into his tool case and rummaging around produced an instrument, the specifications for which could only have been drawn up by a madman suffering from hallucinations. With this, he made mysterious passes about the stabiliser connections.

In the moment he placed his third arrow on the nock, apprehension seized him. Exposure to the atmosphere had begun to tarnish the sheen he had so laboriously applied earlier in the day. He sought a cloth with which we could rub away the offending stains, not noticeable to normal humans but to him, with his trained eye, a blot not to be reckoned with, should it be discovered.

The next arrow missed the target altogether and lodged deep into the protective dirt mound sited behind the butts. He smote his brow in exasperation. Determined on better results for the next shot he began to dismantle the entire bow in an effort to discover, if he could, the reasons for the malfunction. With painstaking exactness he rebuilds the entire assembly, holding various pieces up to the sunlight (which by the way is now rapidly falling in the west) the better to examine them for defects. With the skill of a master, handling one tool after another, the bow takes shape again with, hopefully, no trace of the gremlins.

Ready at last, he nocks the fifth arrow. Absolutely confidence now, he takes aim. The crowd of watchers are now drifting off in the fading light, impressed by his performance, but losing interest now as the chill evening robs them of comfort. The Archer made a magnificent spectacle, his silhouette framed by the golden glowing sunset, pose, a masterpiece of the classic stance.

The arrow flies right over the target and disappears somewhere out of sight well down range, probably never to be seen of or heard of again. Disappointed by this effort he considers his next step. He wears a cogitative mask while his computer like brain weighs all the alternatives. He snaps his fingers, much like you would after having been told the answer to a difficult question that you did know but couldn't think of. Suddenly you know the world was going to be all right. He would make another adjustment. And there was always tomorrow.

If he did alright then perhaps he might shift back to ten metres !

CHANGES IN TARGET RATINGS:

Last changes were notified to members in Sept 19, and several have improved since then as per below. Recorder moved from his red 'P' onto his Green 'P's – well done

Name	Old	New	Date
Agus, Declan	2	11	Mar 2020
Agus, Kirrily	xx	5	Mar 2020
Brady, Emma	27	38	Mar 2020
Catto, Andrew	71	72	Oct 2019
Catto, Michelle	13	23	Oct 2019
Catto, Michelle	23	32	Mar 2020
Chambers-McLean, Jack	80	82	Mar 2020
Chambers-McLean, Kristian	33	37	Mar 2020
Cook, Henry	xx	5	Mar 2020
Dalton, Thomas	40	43	Mar 2020
Deakin, Oliver	50	53	Oct 2019
DeLuca, Gemma	31	33	Mar 2020
Farrugia, Geoff	42	47	Mar 2020
Freeman, Thomas	xx	5	Mar 2020
Gilchrist, Celeste	4	6	Oct 2019
Gilchrist, Celeste	6	17	Mar 2020
Gilchrist, Jock	xx	39	Mar 2020
Hillier, Dylan	50	51	Oct 2019
Kecskes, Maja	49	51	Mar 2020
Lee, Keisha	7	14	Oct 2019
Lee, Keisha	14	30	Mar 2020
Lee, Mark	xx	27	Oct 2019
Lee, Mark	27	43	Mar 2020
Lovell, Craig	10	19	Oct 2019
Moran, Arwen	5	6	Oct 2019
Moran, Arwen	6	12	Mar 2020
Moran, Piers	9	10	Oct 2019
Morrison, Glen	xx	36	Mar 2020
Morrison, Kirstie	xx	39	Mar 2020
Murray, Cameron	47	49	Oct 2019
Murray, Cameron	49	57	Mar 2020
Oh, John	35	36	Oct 2019
Oh, John	36	43	Mar 2020
Renelt, Elizabeth	35	36	Oct 2019

Schwarz, Jasper	47	49	Mar 2020
Shephard, Pilard	xx	1	Mar 2020
Smith, Gabbie	50	59	Mar 2020
Tangsurakit, Sydney	xx	12	Oct 2019
Tangsurakit, Sydney	12	21	Mar 2020
Thomas, Kevin	42	47	Oct 2019
Thomas, Kevin	xx	60	Mar 2020
Turner, Peter	39	41	Mar 2020
Van Der Watt, Anton	73	90	Mar 2020
Van Der Watt, Paul	13	26	Oct 2019
Van Der Watt, Paul	26	38	Mar 2020
Van Emmerik, Justin	xx	55	Mar 2020
Ware, Alex	49	52	Oct 2019
Ware, Alex	52	55	Mar 2020
Weber, Evandro	xx	22	Oct 2019
Winfry, Mitchell	31	35	Mar 2020

KEEPING FIT – attached to this newsletters is a paper on Cardio Training for you to consider, as it is important to maintain some sort of physical activity even if it is in the home or in your garden, and as promised in last newsletter, while I was cutting the grass, I decided to put in a few moves! No laughing!



Now work it GIRL, work it, work it, stretch those arms (by this time I'm thinking – wish I lived in a uni?) only kidding!



Don't forget those knees up, and make sure you do both of them? Hubby sitting down having a laugh at my expense. Last one wonder how far I can



stretch before the mower moves (love these electric

mowers, so each to cut grass with). OK now I've done my work out for this week and the way the weather is going will more than likely be needing done again! Time for some cheese & bikkies, and a nice glass of wine!

WHAT ARE YOU GOING TO KEEP FIT!