



THE BROKEN ARROW

NEWS FOR GOLDEN HIGH COUNTRY ARCHERS

Your GHCA Board for 2011

The new Board of Directors for 2011 was elected at the Annual Members Meeting on January 29, 2011. They are...

President: Robert Tio
Vice President: David Achatz
Secretary: Steve Hendrix
Membership Director: Dawn Tio
Public Relations: Estee Aiken
Range Captain: Tipton Cook

The board looks forward to serving the club and working to make shooting at the GHCA range the best experience it can be for all our members!

From the Desk of the Secretary

By Steve Hendrix, GHCA Secretary

This is my 3rd year as club secretary and I have heard from many over these 3 years about communication concerns and I plan on trying to help solve the issues. We will be using the website and the voicemail systems for updates for work parties and other club functions. Along with these the Board is counting on the membership to bring up their ideas and concerns for the range and the club whenever they arise so that actions can be initiated as early as possible. I will try to post notices at the archery shops also to help notify those who may not get the info through other channels. We hope that this will be a fun year at the range and improving constantly.

Terry Campbell Annual Shoot for the Troops Saturday and Sunday June 18 & 19 Golden High Country Archers' Range

4471 Salvia St. Golden, CO
(Tony Grampsas Memorial Park)

**All proceeds go for amenities for our
overseas troops!**

\$25.00 Men and Women
\$15.00 Boys and Girls 13-17
Free-12 and under

Details

1. This is a 40-target tournament! Shooters will have the option of shooting both days, or shooting the course twice in one day. Registration time 9 am with "trickle" start each day.
 2. Prizes will be awarded for the combined score of both rounds on Sunday June 20th, 2011.
 3. In the event of a tie, for any placement, the tournament director will select 3 targets, for which the shooters will shoot 1 arrow at each target. The highest combined score will win, placing the other shooter in the next place down, and so on.
 4. Prizes will be awarded for 1st, 2nd, and 3rd in each division.
 5. Divisions are: Men's Bowhunter compound, men's traditional, women's Bowhunter compound and women's traditional, 13-17 youth Bowhunter compound, 13-17 youth traditional.
- Equipment rules for compound: fixed sites/pins, max length 12" for stabilizer.



Points from the President

I have been a member of GHCA for at least 7 years. I was a range officer for a couple of years. I enjoy shooting 3d and hunting. Most of my friends and I have met thru Archery activities. I enjoy the camaraderie at the club. I enjoy seeing people shooting and having fun. I can't think of a better place to do that than at GHCA.

The clubhouse should be finished soon and it looks like it is going to be pretty sweet. We have a new website that has contact information on it (www.ghcarchers.org) and a club phone # that you can use to contact board members (720-536-0840).

We are one of the biggest clubs around so as a member of GHCA we all need to police our range. If you see someone without a badge or shooting broadheads, they are stealing from you as a member because your dues pay for those targets. As a member everyone should read the bylaws, rules and policies and enforce them when on the range.

It's a great club and I think we can make it even better.

Robert Tio, GHCA President

Note from the Editor

Input is always welcomed, and we look forward to hearing about anything GHCA related, your competitive endeavors, and hunting successes.

Articles and photos may be sent to the Editor, Estee Aiken, at estwina@hotmail.com.

Report from the Range Captain

The club held a work party on March 27 run by Range Officer Rafael Mendoza. Seventeen members and Range Officers showed up to help. Ralph built a new lane on Lane 7 so we could angle the shot better so people who look for arrows behind that target don't end up behind the new shot on Lane 8. Targets were moved, a couple of lanes were cleared and old target bags in the willows were cleaned up. Thanks for all the hard work from the work party.

You may notice a bunch of dirt has been placed behind targets and the sight in range has been improved. Thanks goes to Phil Mendoza for making this happen. Our goal is to make the range safer. These large berms help greatly.

The club has just received \$10,000 in McKenzie targets. Some of these are now on the range and some will be out there in the near future. We ordered everything from alligators to antelope. Have fun shooting them. We need a nice dry place out of the sun to store these puppies. Range Officer Gilbert Espinoza will be enclosing the shed near the entrance in the next two weeks to take care of that need.

Our next work party will be on Saturday, May 21st. We will be installing excelsior bale butts behind most all of the lanes in the willows to provide an ade-

quate backstop. Range Officers Brian Gray and Jeff McDermott will be designing the butts and ordering the materials. We will also be improving the lanes with lots of crushed rock to help with the swampy conditions and make access to the targets better. The fun may extend to Sunday if necessary. Please make plans to come help out.

There may be some future Lane changes to meet NFAA safety requirements. We plan to have about 25 targets or more out on the course all year. We will have a few at all times on the sight in range. Please straighten up targets on the range after you shoot them.

Range Rules Everyone Needs to Follow:

1. Wear your badge. Those who don't will be shot, quartered and eaten on site! Just kidding. We really won't eat you.
2. Sign in Guests. We have a lot of money in targets and our insurance requires you do that. The replacement mid section for an elk is \$310. Having your guest pay \$10 is cheap fun.
3. Don't do anything stupid on the range that will get someone hurt or could get someone hurt. A zero tolerance policy is applied for putting someone in danger.
4. If you go behind a target

berm or butt to find lost arrows, make sure you lean or place your bow directly in front of the target so others know you are back there. With the large dirt berms, it's hard for others to see people wandering behind the berms or butts. Take the target down while your back there if you are alone or have someone in your party stand in front of the target to warn other archers. Also, don't shoot a target if you see someone behind a target where they are not supposed to be. This is all covered in the Range Rules which can be found on the website. Please read them.

2011 Range Officers:

- Rich Lucangioli
- Fred Seyfried
- Phil Mendoza
- Raphael Mendoza
- Rich Tafoya
- Judy Parker
- Brian Gray
- Jeff McDermott
- Gilbert Espinoza

Have fun and be safe.

Tipton Cook

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Crafting Arrows 101

By David Achatz, Vice President

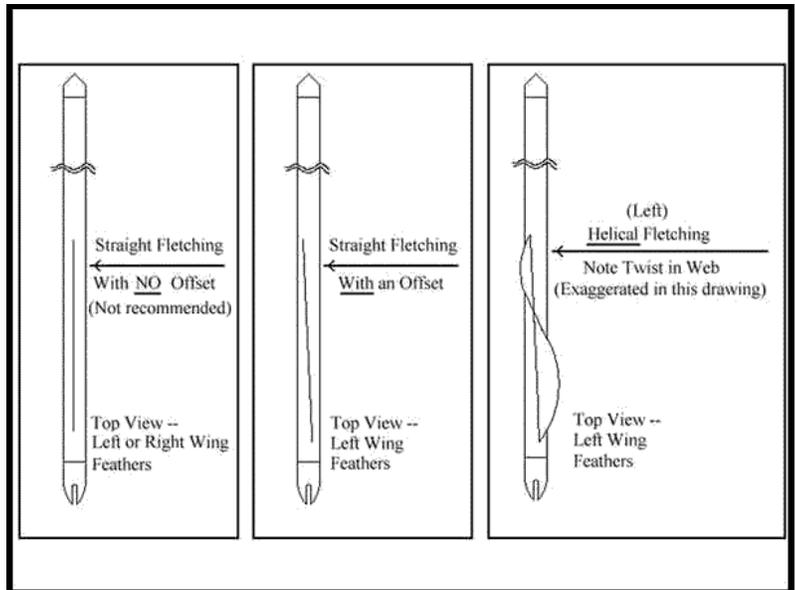
Hopefully this will be the first in a series of articles on the ABC's of fletching and building arrows.

For many new and some seasoned archers there is often a great deal of confusion about what type fletching is right for them. For the majority of archers it makes absolutely no difference if they use either a Right Wing(RW) or Left Wing(LW) configuration for their vanes or feathers. The only time it generally comes into play is if you are shooting a longbow or selfbow where the arrow rest is made up by the index finger of the bow hand and the arrow is shot in contact with the bow hand. Then it may be desirable to

use a LW configuration for a right handed shooter and vice versa for a left handed shooter to avoid having the feather contacting your finger and burning it as it is called, not a pleasant feeling for sure.

When buying a fletching jig you have 2 options, Helical and Straight fletch, a quick look at the picture provided will help you understand what I'm talking about here. Then the choices in jigs are further broken down into a choice of Right Helical or Left helical.

When using plastic vanes, they are universal in nature and can be used in any jig. When buying feathers, they come in choices of RW or LW and actually come off either the right or left wing of the bird. They have a slightly different curve and it does matter which one you buy. As stated before it generally doesn't matter if you use LW or RW in your fletching, but it only takes a quick trip to the local archery shop to see that there is a larger selection of LW feathers available for purchase than RW. So if your planning on fletching with feathers, it may be advisable to purchase a LW fletching jig.



Membership Director's Update

Greeting GHCA Members!

The club's renewal forms will be mailed out in April for this next fiscal year. Please check them over for any needed changes or additions, sign the membership application and waiver form, then mail them back with the appropriate dues asap. This is how you will be able to receive your new ID cards for when the gate combination changes on May 1st. To date, we are at 411 members!

We had a lot of fun along with the work at several work parties this past season, and hope to do some more fun stuff again this year. Shoot straight and have fun!

Dawn Golden-Tio
GHCA Membership Director



Lots of progress has been made on the Club House thanks to volunteers at work parties! Make sure to check out all the work that has been done the next time you are at the range!



Homemade Protein Bars: Easy to Make, Easy to Take

Recommended by David Achatz

Very Cherry Bars (use as a template for almost any combination)

1/4 cup chopped dates (roughly chopped whole dates, not pre-chopped) 1/4 cup dried cherries or dried cranberries 1/3 cup whole pecans, almonds or walnuts 1/8 teaspoon cinnamon

Set out two pieces of plastic wrap for shaping and wrapping the bars. Do this first; you'll have sticky fingers when you need it.

Place the dates and cherries in a food processor. Pulse until processed to a paste (photo 1). Transfer paste to a medium bowl (don't clean processor).

Add the nuts to the processor and pulse until finely chopped (photo 2). Add the nuts, along with the cinnamon, to the bowl with the fruit paste (photo 3). Use your fingers to knead the nuts into the paste (just keep squishing, it's fun; brings back memories of play-dough; see photo 4). Divide mixture in half. Place each half on each of one of the sheets of plastic wrap. Wrap the plastic around each bar and start squishing into a bar shape form, 3 and 1/2 inches long, 1 inch wide and 3/4-inch thick; press against countertop to flatten bottom side, flattening top side and ends with flat of hand (photo 5) Tightly wrap the plastic around each bar and store in the refrigerator. Makes 2 bars.

A Few Ideas for Variations:

Apricot-Almond: Use 6 tablespoons coarsely chopped dried apricots and 2 tablespoons date (to measure 1/2 cup total); use almonds for the nuts.

Tropical: Use tropical fruit bits (these come pre-packaged at the supermarket); use raw cashews for the nuts. Add 1/8 teaspoon ground ginger, 1/2 teaspoon finely grated lime zest, and 1 teaspoon fresh lime juice to the mix.

PB & J (cheap and delicious!): Use 1/4 cup dried cherries or cranberries and 1/4 cup raisins or dates; use raw or roasted peanuts (lightly salted or unsalted) for the nuts.

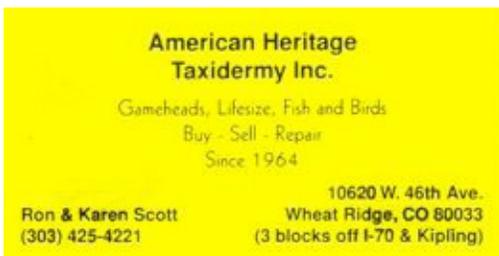
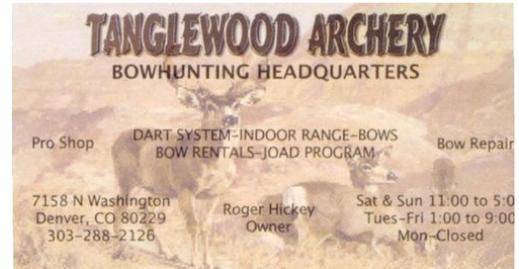
Blueberry Bliss: Use 1/4 cup dried blueberries and 1/4 cup dates; use almonds for the nuts. Add 1/2 teaspoon finely grated lemon zest, and a drop of almond extract to the mix.

Cashew Cookie Dough: Reverse the proportions of fruit to nuts--Use 1/3 cup dates for the fruit and 1/2 cup raw cashews for the nuts.

Chocolate Chip Cookie Dough: Same as cashew cookie dough, but add 1/2 teaspoon vanilla extract, pinch of cinnamon and 1/2 ounce very finely chopped semisweet or bittersweet chocolate to the mix.

Pistachio Heaven: Same as cashew cookie dough, but use raw pistachios and add a tiny drop of almond extract.

Peanut Butter Cookie Dough: Same as cashew cookie dough but use raw or roasted (lightly salted) peanuts for the nuts



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GOLDEN HIGH COUNTRY ARCHERS

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GHCA Calendar

May 18th

Open Board Meeting

All members welcome!

Meeting will be held at 6:00 in the Club House at the Range.

May 21 & Possibly May 22nd

Backstop Installation &

Lane Improvement Work Party

RSVP to Tipton if you plan to help at katentipton@yahoo.com

Rocky Mountain Specialty Shoot

for traditional shooters is beginning in May! For more information, contact Tom Clum @ 1-877-843-5559

June 18th & 19th

Shoot for the Troops

GHCA's Range @ 9am

Shoot one or both days!

August 20th

Membership Appreciation Day

4:00 @ GHCA's Range

The Board of the GHCA wants to thank the members with a picnic and fun shoot. All members are welcome!

Please RSVP to estwina@hotmail.com by August 13th.

RANGE OFFICERS NEEDED!

If you would be willing to be a range officer or for more details, contact Tipton Cook at tipton.cook@fmglobal.com

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