



The
B.C.
ARCHER

DECEMBER 1979

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F.C.A. DIRECTOR	DAVE WEBB	1224 Grand Blvd., North Vancouver, V7L 3X4	

FELLOW ARCHERS: ...just a note to remind you of your 1980 memberships. I'm not planning on carrying anyone past the January issue so if you haven't paid your dues, don't expect an Archer. As you know, the dues rose this year to try and catch up with costs. It's still a bargain with just The B.C. Archer alone. Send all moneys directly to me please to prevent delays in receiving your magazine. The membership form is in this issue. Also, Terry Purcell has set up a very interesting Mail Match. Enter it and have some fun.

Tom Wier



JOAN WIEBE
EDITOR

JIM WIEBE
PRODUCTION
&
DISTRIBUTION



The Editor's Desk

Some rules to remember when sending in material for publication:

1. Excerpts from copyrighted publications must have the written permission of the publishers.
2. All articles must be signed, but a pen name may be used.
3. Derogatory remarks will not be printed.
4. Submissions (including signatures) to be printed without re-typing must be in black ink or carbon-ribbon only. All material should be DOUBLE-SPACED and, if possible, typed on 8 1/2 x 11" paper.
5. Notices and entry forms for tournaments should be published three months prior to your shoot.
6. Deadline for submissions is the 20th of each month (e.g. January 20th for the March issue).
7. The content re: opinion or facts of an article will not be changed, but for reasons of space or clarity, the editor may censor or omit parts of any article, when necessary.
8. Although we can take no responsibility for them, any errors in printing will be duly noted.
9. We do not object to the use of any article, but a by-line would be appreciated.
10. If you have something you wish to have printed, but do not feel you can write well enough for publication, send me the facts and information with a note saying you wish it written up for the Archer and I will do the article for you with a by-line listing you as the source.

Coming Events . . .

December	1, 2	- Harrison Open - N.R.A.C. - Harrison Hot Springs
	9	- N.R.A.C. - A.G.R. - Maple Ridge
	2	- Sasana Archers - Terrace - Indoor Tournament
January	10, 11	- Rainbow Archers - Prince Rupert - Pacific Northwest Invitational
February	15, 16, 17	- Vega Open
	24	- Nanaimo - Vancouver Island Indoor
March	1, 2	- Winnipeg - Canadian Indoor Championships
April	5, 6	- Vernon - B.C. Indoor Championships
June	1, 2	- Prince Rupert - Zone 7 Trials for B.C. Summer Games
August	14 to 17	- Kelowna - B.C. Summer Games
	20, 21	- Smithers - B.C. Outdoor Championships

* * * * *

Letters

Fred Usher, President, B.C.A.A.

On behalf of the Recreation Department and the Rainbow Archers, I wish to thank you for offering us a chance to have Mr. Don Kittaler in Prince Rupert for a clinic.

Mr. Kittaler conducted an excellent clinic for us on the weekend of 19 to 21 of October. This clinic certainly was interesting, informative, and for our younger members, very inspiring. Mr. Kittaler's enthusiasm was shared by all, as everyone expressed their desire for Don to return.

Thank you very much.

Sincerely,

Dick St. Louis
Recreation Supervisor

* * * * *

Directors Meeting

Notes from the Director's Meeting held October 27 and 28 at Dave Webb's place in North Vancouver.

It was a record long meeting at 7 1/2 hours but we did accomplish a good deal in the two days. We also had great representation from all across the province. Both zones 4 and 6 were represented. In fact, we were only missing 2 directors out of 35. We now have a new Chairman from Zone 6 in Bill Colburn of Terrace. Don Ferguson had to resign because of health reasons. Speaking of Terrace, Skeena Archers are having their annual Indoor Tournament on December 2. They have promised to advertise earlier next time. Also, in Zone 6, Prince Rupert is running their Pacific North-West Invitational in January. It's always a popular shoot for both the Juniors and the Adults.

The Gaming Events had The Vegas Open in January. It has now been confirmed to February 15, 16, 17.

The B.C. Summer Games is to be held in Kelowna this year on August 14 to 17 with three days of actual shooting. I'm to be the Tournament Director and I recommended and got the most beautiful park (City Park) in Kelowna for our field. It's right by the beach and at the best season too.

Love Mann and Don Warren conducted an Archery Seminar on Psychology in Maple Ridge. It was very successful and you should see more of them in the near future. Dave is after an improvement in the shooting calibre of B.C. Archers over the next few years and all of us are going to have to get behind him if anything is to be realized. He's done wonders in organizing the clinics and it's up to us to support him in his efforts. Dave recently had a clinic cancelled in Prince George but there seemed to be an administrative foul-up rather than due to lack of interest. Terry is going to try again to organize the clinic through his Silvertip Archers.

There was a good deal of discussion regarding the philosophy governing the Junior Program. What do you, the membership, feel we should be trying to do with our Juniors in British Columbia? Please think about it and write a letter to the Editor of our Magazine. Perhaps we can stimulate some healthy debate. Cliff Allan is trying to encourage the rest of Canada to adopt a JOP program similar to ours in B.C. The only other Junior program that can compete in size and organization is Quebec and they get about 5 times the funding that we do.

Ray Jarvis, in Officials, is keeping himself and his candidates busy. FCA recently rejected a record score shot in Ontario because it was not run by a qualified official. We now have six National (Fred Usher is also an International Judge), and five Provincial Officials in B.C. A clinic is being planned for the Lower Mainland. Zone 6 is also interested and Ray is trying out a correspondence course to get more candidates for officials throughout the province. It will start at the club level and graduate to the zone level and eventually to Provincial and National and even International Officials.

Norris Elliott was somewhat disappointed with the showing at the Maple Ridge Bowhunting Clinic and wants Banquet. We must support these programs if we expect to retain and the calibre of Norris to work for us.

James W. Smith



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of the new Alaska
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EDITORIAL NOTE ***

Don and I have decided to continue with the Archer with the help of Secretarial Help at school. We are also trying out a larger type magazine volume 41 at the end of October, we had just about 800 members starting in from last year, we will try to expand that next year's growth of 1%.

PROFESSIONAL ARCHERY SPECIALIST



Don Kitaler
(604) 278-2217

8971 Spies Road
Richmond B.C. V6Y 1W6

LEFT HANDED ARCHERS

REPAIRS ON COMPOUNDS

CANT-PINCH HAIR FACED TABS

WE SPECIALIZE IN LEVERS

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\$ 3.50 each or 2 for \$ 6.75 (plus tax)

Mail Match 1980

UNDER AND OVER SYSTEM

Hello, members, one and all!

First of all, this is my first ATTEMPT at running a mail match so please don't let me down. It doesn't cost any more to send a letter to Prince George than it does to send it to Hope. There is a slight change in the system this year; like they say, a change is as good as a rest so don't resist change and try it my way this year. Instead of everyone paying five bucks and buying themselves a medal, I am going to charge you six bucks and make you work for your medal. There will be what I am going to call the under and over system. In each class, I have established a score and those who shoot the highest average over that score will receive medals - Gold, Silver, Bronze. For those who shoot the highest average under that score will also receive medals - Gold, Silver, Bronze. For those who don't receive medals, thank you very much for supporting your archery association. I am looking for a very large list of entries to this mail match so I am also asking for pre-registration by December 31, 1979. I will send to each entry, a complete list of scores at the end of January and also at the end of February. This will also let you know how well you are going to have to shoot in Vernon at the Indoor.

You will be required to submit 3 scores in January and also 3 scores in February. This is the minimum if you wish to submit more, please feel free. The deadline for me to receive the scores will be February 10 and March 10. The round to be shot will be 30 arrows at 18 meters at a 40 m. line for a total of 300. So, let's have a good turn out for this mail match and tie archery a little bit closer together in our association.

With everyone wanting to enter, please send your entry to me!



Terry Purcell - 3723 Brentwood Court, Prince George, B.C., V2K 3C1

The class breakdown is as follows:

Adults:	Male / Female / Barebow	-	Under 191 Over
	Male / Female / Freestyle	-	Under 247 Over
	Male / Female / Unlimited	-	Under 274 Over
	Male / Female / Professional	-	Under 281 Over
Juniors:	Male / Female / Barebow	-	Under 145 Over
	Male / Female / Freestyle	-	Under 192 Over
	Male / Female / Unlimited	-	Under 247 Over

WOW A 300

ANDY
TOO

Things to remember about this Mail Match:

1. You must belong to the B.C.A.A. If, perchance you don't, send your membership along with the entry fee and I will forward to the membership secretary.
2. You must pre-register by December 31, 1978.
3. You must submit your scores by deadline, February 10 & March 10, 1980.
4. You must submit a minimum of 8 scores each month.
5. You are not buying your medal this year; you have to shoot for it so lets all get the bow tuned up and get at it.

If there is enough money in the account at the end of all this, I will purchase a plaque to honor the club that totals up with the most points at the end of the mail match. Also, I will try and have something for those entries that finish, Thanking the B.C.A.A. very much. Maybe start a thank you very much club that could continue in years to come.....

ENTRY FORM	
NAME	PHONE
ADDRESS	
.....	
CLASS : JR. () ADULT () PRO () BB () FB () UNL ()	
CLUB YOU SHOOT WITH	
WHERE DO YOU HOPE TO PLACE: GOLD under () over ()	
SILVER () ()	
BRONZE () ()	
THANK YOU VERY MUCH CLUB () ()	

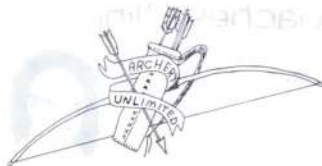
Goches Clinic - cont. from pg. 10

agraph, quote, "---you don't have to exceed 10 miles a week to get all the aerobic points you need -- if your only goal is to practice preventative medicine." Unquots. Of course you will need to do exercises directly specific to archery; but you would need those even if you ran 20 miles per day. I think 2, 5 or 10 miles per day is just another athletic achievement in itself. In that, I am not interested. So is Dr. Dannister of 4 minute

mile pace. I see he has decided to do a lean strenuous form of exercise.

Another point is the weather and the exigencies of life (age, sickness, life-style, business) will eventually put a stop to your running. In any case, if you do take up running, don't forget to warm up before each session.

cont. on pg. 10



Morris Elliott
24733 Hainor Ave.
Maple Ridge, B.C.
V2M 4A1
Ph 463-6018

BOWHUNTING SUPPLIES

HUNTING AND FIELD ARROWS

- #1 Port Oxford Cedar Shafts 17/32" dia.
- Spine matched to within 5 #c.
- Clear Lacquer dipped.
- Myro Speed Nocks
- 5" top grade Tom Turkey feathers \$20.95/doz.

LONGBOW ARROWS

- As above but with full height uncut 5" feathers.
- Use full size for grouse or small game.
- Trim with scissors to get the best flight with broadheads.
- \$22.95/doz.

FLU FLU RIBB ARROWS

- Same #1 shafts with Myro Nocks.
- 5 1/2" full height 4" feathers
- All v-nose with 175 grain steel field or blunt points.
- Cut to length Port Oxford Cedar, the number one arrow material. Matched in Spine and Physical weight.
- Quieter landing the bow, no matter what kind of bow.
- The least expensive arrow shaft, allowing you more shots per dollar.
- Never put yourself into the position where you have to worry about an arrow.

Dealer inquiries are welcome. Write for a price list.

BACK QUIVERS

- Hand laced heavy top
- Urain leather. Large size
- Holds 24 arrows.
- Easy to draw from
- Specify right or left hand
- \$55.00

DACRON BFO BOWSTAINERS

- All sizes and types of bows
- Monocentre serving.
- State type, length, weight of bow.
- \$3.25

Arrow Weight	Arrow Length	Spine	Point	Feather	Price
12	28	1	175	4"	\$12.95
12	28	1	175	5"	\$12.95
12	28	1	175	6"	\$12.95
12	28	1	175	7"	\$12.95
12	28	1	175	8"	\$12.95
12	28	1	175	9"	\$12.95
12	28	1	175	10"	\$12.95
12	28	1	175	11"	\$12.95
12	28	1	175	12"	\$12.95
12	28	1	175	13"	\$12.95
12	28	1	175	14"	\$12.95
12	28	1	175	15"	\$12.95
12	28	1	175	16"	\$12.95
12	28	1	175	17"	\$12.95
12	28	1	175	18"	\$12.95
12	28	1	175	19"	\$12.95
12	28	1	175	20"	\$12.95
12	28	1	175	21"	\$12.95
12	28	1	175	22"	\$12.95
12	28	1	175	23"	\$12.95
12	28	1	175	24"	\$12.95
12	28	1	175	25"	\$12.95
12	28	1	175	26"	\$12.95
12	28	1	175	27"	\$12.95
12	28	1	175	28"	\$12.95
12	28	1	175	29"	\$12.95
12	28	1	175	30"	\$12.95
12	28	1	175	31"	\$12.95
12	28	1	175	32"	\$12.95
12	28	1	175	33"	\$12.95
12	28	1	175	34"	\$12.95
12	28	1	175	35"	\$12.95
12	28	1	175	36"	\$12.95
12	28	1	175	37"	\$12.95
12	28	1	175	38"	\$12.95
12	28	1	175	39"	\$12.95
12	28	1	175	40"	\$12.95
12	28	1	175	41"	\$12.95
12	28	1	175	42"	\$12.95
12	28	1	175	43"	\$12.95
12	28	1	175	44"	\$12.95
12	28	1	175	45"	\$12.95
12	28	1	175	46"	\$12.95
12	28	1	175	47"	\$12.95
12	28	1	175	48"	\$12.95
12	28	1	175	49"	\$12.95
12	28	1	175	50"	\$12.95

FIELD & HUNTING ARROWS

FIELD & HUNTING ARROWS

the Coaches Clinic

QUESTION: For some years as a bowhunter, I have always shot bare bow. Now I have put on a sight for more accuracy. Beyond 25 yards, my shooting has improved wonderfully. At less than that distance I do worse than I did bare-bow. This must be another paradox of archery. Can you explain it, and what do I do to improve?

Hank Wiseman
5961 Wood Ave.
Fort Albert
VOY 787



to your heavy bow.

ANSWER: This is a fairly common experience. Bare-bow hunters usually do not shoot at the longer distances, consequently they do not do much practice beyond 30 yards. When they do shoot at the longer range they simply do not do well. If you are average, then with little practice and no sight you would not do well at the longer distances. Now you have a sight and any shooting is better than you did before.

At the shorter distances I suspect you were content with groups of possibly 4" or even 6" or 8" diameter. Now, with a sight you can see how your aim wobbles about. You strive for perfection of aim before releasing. It takes much longer than you used to take to aim so your arm gets tired and shakey, builds up over-tension and when you do release, the tensions jerk the bow out of line and the arrow goes accordingly.

Try aiming quickly as you used to do, not worrying about dead accuracy. I think your groups will tighten up. That will show you what can be done. But it is not the best. If possible, try a bow 10 or 15 pounds lighter than your present bow for a while to get the feel of shooting with a sight and then return

Another possibility is that you used to aim along your arrow without a proper anchor. A good anchor is essential for accuracy with the use of a sight. Make sure that your anchor is well established and used for every arrow. Then release only when the sight is "on" and not when it is just near.

QUESTION: I am 57 years old, have been in archery for a year, and I think it is about time I did some regular exercise. I would appreciate your personal opinion of the relative merits of running (jogging) as compared with an exercise bike.

ANSWER: I think the question should have been sent to Marg Chatland; but since you asked my personal opinion, I will answer it.

I remember an old proverb, "Honesty is the best policy if not carried too far." I think jogging can be put in the same category. In fact, I have repeatedly said, "If you can run a mile without physical (heart or breathing) distress, you are in good physical health. Now I have corroboration of my opinion.

In "The Aerobic Way", a Bantam Book by K.H. Cooper, MD. M.D. on page 71, second par-

I would like to thank the archers who showed up at the Amateur Tournament Shoots, and I would also like to thank the club secretaries for being prompt in sending me the results. Lets hope that next year, we can have the Amateur Tournament Program again, and have more archers participating, especially our archer friends in zone 6.

Yours sincerely,
Norma Kienas

LADIES	PTS	MEN	PTS
Roaslin Burgess	23:1	Andy Woo	38 1
Peggy Hicks	22	Phil Talbot	25
Kearen James	21:00	John Tinker	23
Wanda Allan	20	Arnie Hicks	21
Cathy Glennie	20	Steve Walters	21
Mary Wills	16	Dave Ball	20
Sharon Styán	13	John Johnson	18
Gale Cho	12	Dave Mann	18
Vi Muir	11	Vilho Myllyneimi	17
Fay Johnson	11	Ken Styán	15
Marg Saunders	11	Ray Drope	14
Helena Myllyniemi	8	John Vredick	12
Faith Anne Lee	7	Mike Darrell	12
Gerry Cosgrove	7	Klaus Schultz	12
Norma Kienas	7	Fred Usher	10
Lois Bremert	7	Doug Lowe	9
Thanna Buckner	5	Al Jones	9
Sandy Webb	4	Ren Mayouski	9
Patty Miller	4	Ivan Buchanan	8
Michele Soper	4	John Plank	7
Brenda Boyd	4	John Brooks	7

Randy Mayouski	6	Doug Bainbridge	4
Roy Lowther	6	Dave Streeter	4
Don Buckner	6	George Oike	4
Don Warren	6	Carl Ulrickson	4
Phys Kent	6	Bob Collins	4
Harvey Godfrey	5	Dave Wattling	4
Bob Steel	5	Tom Parker	4
Dick Mak	4	Tim Watkins	4
Dave Webb	4	Arnie Sevigny	4
Jim Harper	4	Tom Muroo <i>not a BCBA Member</i>	4
Larry Lee	4	Neil Cosgrove	4
Pete Colyn	4	Don Bazett	4
Roy Jarvis	4	Dave Rimillard	4
John Soper	4	Tom Kennedy	4
Doug Cooper	4	Colin Berkbeck	4
		Ole Heggon	4
		Kevin Tedge	4

As first place winners - Rosalyn Burgess and Andy Woo each win a one year's membership to The B.C. Archery Association.

* * * * *

Coaches Clinic - cont. from pg. 8

The exercise bike will give you all the aerobic exercise you need. It is independent of the weather and old age. It is obvious how it exercises the legs. It can be used for the arms too. Sit on the floor behind the machine. Grasp the pedals with the hands and wind some more. That will exercise the arms, the shoulders and most of your back. If you flex your wrists as you crank, even the wrists and hands get exercise. If you are rather tall,

you can stand behind the machine, with legs wide apart, lean over the saddle and crank. A little of the latter is enough as it compresses the chest area on the heart and lungs.

I may say I have always found a bicycle saddle very uncomfortable or even painful. I removed the saddle and replaced it with a straight across padded wooden seat, much more comfortable for sitting on or for when I lean over it to hand crank. I find I can easily do as much distance with my hands as I can do with my legs.

Coaching News

Recently, I spent an interesting weekend attending a seminar in which the new Level I and II Theory Courses were presented and reviewed. The older version Level I Theory Course, while very informative, had many problems relating to content, organization and presentation. The rewritten version looks much better in that it is better organized and extremely easy and entertaining to read (lots of cartoons, practical situations, etc.). Furthermore, the seminar brought together those in the province who are qualified to teach the Theory Courses (over 70). This insured the continuity of the instruction.

Therefore, I strongly urge all those interested in coaching to attend a Level I Theory Course when it is offered in your area. The course can tie together a lot of "loose ends" and clear up many points of a theoretical nature related to coaching. To wet your appetites, the course covers: role of the coach,



Dave Munn
6537 Larch St.
Vancouver
V6M 4E9

psychology, how the body works, skill analysis, sport safety, teaching skills, and practice planning. And all for a lousy \$10. (Note: no exams!)

Courses are organized in sets of a third of a year. In other words, a set of courses are planned throughout the province for the first third (4 months) of the year. These schedules are sent to me and I publish them in the Archer.

Because of mailing and publication delays, you may wish to write: Bill McAllister, Coaching Cert. Co-ord., 546 Yates St., Victoria, V8W 1K8, for a more current list of courses in your area.

OFFICIATING

OFFICIALS CHAIRMAN'S REPORT - October 27, 1979

I have certified the following people as judges as they have served their candidacy and have proven themselves capable of controlling a tournament.

Neil Cosgrova	National
Dave Ball	National (target only)
Vi Muir	National (target only)
Cliff Allan	National (target only)
Helena Myllyniemi	Provincial
Rose Allan	Provincial
Stan Teitge	Provincial
Jim Wiebe	Provincial
Ray Hovell	Provincial

Working in conjunction with Dave Mann, our Clinics Co-ordinator, I will set up a correspondence course clinic to qualify people as club and zone level officials.

Roy W. Jarvis
B. C. Officials Chairman

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BUSINESS CARD	per month	\$ 4.00
	per year	25.00
1/4 PAGE	per month	5.00
	per year	40.00
1/2 PAGE	per month	8.50
	per year	60.00
FULL PAGE	per month	17.00
	per year	120.00

Finally, I am qualified to teach the course myself. Therefore, if a group of archers (at least 14) wished a 'private' course, I would be pleased to oblige. Unfortunately, I must restrict this offer to the lowermainland and the island for travel and expense reasons. However, there are many excellent instructors throughout the province, who could easily set up a similar arrangement.

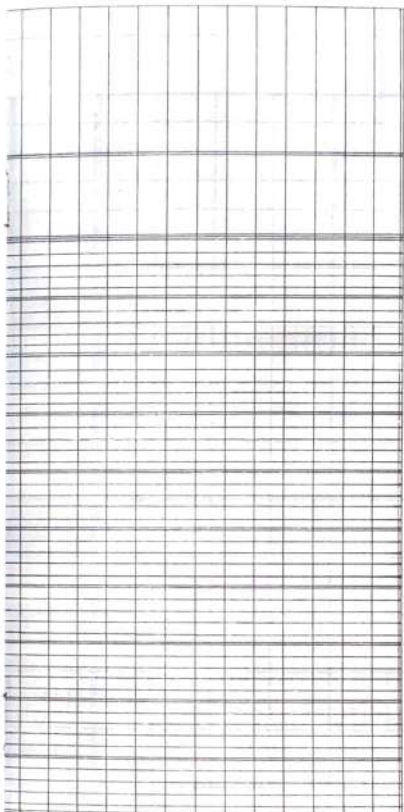
PLOT YOUR SCORES

TAKE OUT THE MIDDLE PAGES AND KEEP TO GRAPH YOUR FITA SCORES ON.

YOU CAN SEE HOW MUCH YOU IMPROVE OVER A SEASON OR IF YOU KEEP THIS FORM AND DUPLICATE IT, YOU CAN USE IT OVER THE YEARS TO GRAPH YOUR PROGRESS AND COMPARE IT TO PAST SEASONS. THIS SIDE IS FOR FITA I (30 arrows at 18 meters) AND THE OTHER SIDE IS FOR THE OUTDOOR FITA ROUND (144 arrows for a total score of 1440)

YEAR _____ ARCHER _____ FITA I

EVENT DATE 200 210 220 230 240 250 260 270 280 290 300



YEAR _____

ARCHER _____

FITA SCORES

EVENT

DATE

90
7070
60

50

30

TOTAL

1000

1050

1100

1150

1200

1250

1300

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25



A Canadian F.I.T.A.

Mens'-Sept. 22	90m	70m	50m	30m	Total
Jim McMurchie U.S.A.	307	326	317	352	1302
Dave Mann	239	280	299	342	1160
John Brooks	259	269	294	310	1132
John Tinker	255	259	261	317	1092
Phil Talbot	228	253	270	329	1080
Colin Birkbeck	219	254	254	297	1024
Dave Ball	207	225	267	317	1016
Arnie Hicks	219	235	241	306	1001

Ladies-Sept. 22	70m	60m	50m	30m	Total
Marg Saunders	258	307	266	327	1158
Gayle Cho	253	271	266	315	1105
Gerro Cosgrove	244	287	256	310	1097
Wanda Allan	228	287	264	312	1091
Roberta Barker (Cadet)	231	262	267	308	1068
Peggy Hicks	222	267	253	302	1044

Mens'-Sept. 23	90m	70m	50m	30m	Total
Jim McMurchie U.S.A.	305	325	320	352	1302
Chris Smith	273	315	297	333	1218
Dave Mann	270	293	291	335	1189
John Tinker	248	293	274	304	1119
Phil Talbot	225	283	257	312	1077
Arnie Hicks	221	286	243	281	1031
Colin Birkbeck	216	247	233	318	1014
Vilho Myllyniemi	184	254	241	302	981
Ian Hicks (Junior)	175	187	201	274	837

Ladies-Sept. 23	70m	60m	50m	30m	Total
Marg Saunders	295	287	275	324	1181
Wanda Allan	273	284	286	324	1167
Peggy Hicks	255	268	269	316	1108
Gayle Cho	236	283	252	311	1082
Roberta Barker (Cadet)	220	277	238	306	1041

Weather - Sept. 22 Cool in the a.m. and steadily warming up all day. Calm and sunny the entire day. Approx. 11 to 18° C.
Sept. 23 Slightly colder in the a.m. and warming up during the day to approx. 22° by mid afternoon. Calm and sunny the entire day.

2nd. ANNUAL - SPRUCE CAPITAL - 300
PRINCE GEORGE

RESULTS FROM SPRUCE CAPITAL 300



Ladies BB

Yvonne Rothenberger	243	221	189	193	846	1
Sue Purcell	236	200	210	176	822	2
Iris Brade	208	180	154	194	736	3

Ladies FS

Teko Phillips	245	229	236	240	950	1
Dianne Niemi	227	226	215	221	889	2
Carol Snowden	207	201	188	194	790	3
Jan Dockray	204	189	183	165	741	
Debbie Adrian	205	175	166	167	713	

Juniors

Pat St. Louis	245	219	222	232	918	1
Alvin Kienlein	211	217	223	224	875	2
Michael Rothwell	170	153	194	157	674	3

Men BB

Dennis Turnquist	202	232	244	252	930	1
John Thurston	244	217	217	234	912	2
Walter Rothenberger	211	205	208	188	812	3
Greg Beyer	207	199	228	168	802	
Glen Valentine	197	196	198	162	753	
Dick St. Louis	195	158	174	192	719	
Fred Lasser	183	179	164	129	655	

Men FS

Steve Dubas	253	259	248	259	1019	1
Ken Adrian	236	259	254	238	1007	2
Barry Elsom	217	213	211	195	836	3
Bob Monk	187	159	225	186	757	

Pro

Cec Meehan	292	291	295	288	1166	1
Ron Boorman	286	287	288	295	1154	2
Don Rittaler	283	283	287	277	1130	3

UNL Ladies

Hilary Hay	256	266	279	270		
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Hi Joan and the Membership

Well, we made it through our second annual Spruce Capital 300 in Prince George; and I must say with great success. Everyone, as far as I know, enjoyed themselves; and if they didn't, I am sorry to hear about it.

Our list of donations was excellent, with almost all the work in that area done by a non-member of our club, Elsie Siemans. Without the archers, of course, it would have been a flop.

I would like to thank everyone for making the trek to Prince George; especially the out-of-province girls, Hilary from Alberta, and Dianne and Teko from Seattle. We can now call our 300 an International shoot.

Many thanks to the pros for their performances off and on the shooting line. Our club will be talking about them for some time. Also, I must thank all the target captains and the people that helped in the capacity of making the shoot work.

I am going to leave this story at this point as Jim Wiebe has a few comments to add, and thanks, Jim, for taking the weep sheet to be published with this.

Thanks again,

Terry Purcell
Tournament Chairman

UNL Men

Andy Woo	294	290	292	275	1151	1
Walter Brix	279	287	285	287	1138	2
Harold Brade	279	282	280	281	1122	3
Stan Cotterill	272	284	274	287	1117	
Jim Wiebe	275	274	265	268	1082	
Fred Rempe	265	275	269	275	1084	
Mike Farrell	270	257	274	265	1066	
Bill Berki	252	233	243	263	991	
John Vredik	268	270	274	278	1090	
Rick Dirby	261	241	247	244	993	
Cliff Doiron	264	244	258	259	1075	
George Russell	239	232	223	239	933	
Walter Schlueter	264	274	245	274	1057	

CLUB HINTS

Archery Games for Motivation and Skill Development

By Dawn M. Wilson, University of Southwestern Louisiana

Reprinted from: Journal of Physical Education and Recreation

After a student has learned the proper technique of bow shooting, then the fun games can be taught. Such games should be supplemental to an archery unit and not the unit itself. They make excellent rainy day or end of the unit activities. As with all games or activities, they can be modified according to the ages and abilities of the individuals in the class.

It is important when developing games for a class that the following items be considered:

Is the facility where the game is to be played large and safe enough?

Is the backdrop strong enough to stop arrows so that they will not damage anything?

Is the equipment/student ratio

such that students will not be standing around with nothing to do?

How many activity stations can be set up safely?

Do the students know and respect the safety rules involved in preparing to shoot and shooting?

Will the rules of the game challenge all in class or must they be modified?

Are enough materials accessible for score cards, game boards, etc.? How can the skills practiced in the game be applied to archery tournament rules, practices, or regulations?

It is important in archery to maintain a high level of discipline within the class. The teacher assumes the duties of the Lady Paramount or Field Captain as in tournament situations. The instructor gives the orders to commence or halt shooting. Students should know the basic commands - address the target, nock, take aim, draw, release (fire), retrieve, and never skip one when preparing to shoot. Archery as a sport

or as a "game" can be extremely dangerous when not handled seriously. The students must concentrate on every aspect or fundamental or each command in order to be accurate with the shots fired. To aid the student in concentration, noise should be held to a bare minimum. Students on the line of fire should begin shooting all together on the command from the teacher and all should stop shooting when given the command to halt. If a class is treated as a unit, safety problems are almost nonexistent.

The backdrop for the archery range can be a problem for teachers if archery mats or nets are not available for use; however, other things can be constructed rather inexpensively to stop the arrows. Bales of hay with cardboard pieces attached will stop arrows. Try filling cardboard boxes with stacks of newspapers. Another idea might be to collect large cardboard boxes such as the ones in which washing machines and dryers are packed. Cut them into large pieces and attach them one on top of the other. Usually four or five thicknesses will stop arrows. Coat hangers cut in four to six inch pieces

serve as excellent stobs for attaching targets or game cards to the mat or even cardboard to bales. Curve one end of the stob to make a sort of handle. This will also keep students from sticking themselves.

Limitless numbers of games can and should be created for archery. Only three will be introduced here. It is quite possible that these ideas are familiar to the reader. Perhaps the game was played a little differently. Once again it should be stressed that games were made to be modified. It is hoped that these activities can contribute to a more successful and enjoyable unit in archery.

Archery Pinball

Age-All

Number of students per activity station-3 or 4

Number of arrows per student needed-6

Game Card-Standard size poster paper with similar figures and the point values shown below. The brighter the colours the more inviting the game.

Scoring-The line of fire distance from the game card depends on the skill level of the student. Each student will shoot his/her game of six

arrows before the next student begins. Arrows should be retrieved and the score tallied for each student after the end of six arrows. The purpose of the game is to accumulate as many points in one game as possible. Points are accumulated by arrows hitting the figures on the game card. Red stars are bonus stars and score 100 points and the archer gets an extra shot even if he/she hits the bonus on the sixth arrow.

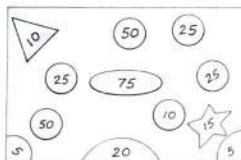
An arrow must be more than half its thickness in the figure to get the points. If an arrow breaks the color on any black star on any spot, the game is over even if the student still has arrows left to shoot. Any number of games can be played. An arrow rebounding off the target face scores 0. Arrows passing all the way through the target are reshot.

The primary purpose of developing games for archery is twofold. Archery tends to be tedious for teachers and boring for the students if all a unit consists of is shooting at the same old target day after day from different distances. The games described here provide an interesting

and refreshing change. While playing the games, students are practicing good technique fundamentals and practicing for accuracy while having fun. Indirectly the teacher is still accomplishing the main objectives of teaching the skill of archery.

Perhaps these games will help to make archery units a bit more fun for the teacher and students and at the same time motivate the teacher to create original games based on students' needs, capabilities, and interests.

A sample game for Pin Ball



Archery Pinball			
	Mark	Lucy	Joey
Game 1	45	30	25
Game 2	230	75	210
Game 3	50	0	15
Game 4	90	10	25
Total	415	115	325

Bowhunting up North



John Francis
266 Irwin Street
Prince George
V2H 2K9

Hi Fellow Bowhunters

Well hunting season is nearing the mid way point and I hope a lot of you bowhunters are bagging big game. All I've managed so far is four grouse and a bunch of rabbits. Actually I've been spending more time fishing then hunting. We made out OK fishing rainbow trout this year, but the big fish up here is the lake char. Not all lakes up here have char in them as char do best in very deep lakes. In summer the char are down deep in the colder water, but in the fall when the surface water cools the char rise back up and spawn. So I'm still hoping to bag a couple of lunker char.

Now back to bowhunting. There's probably no subject I write more about then the "bowhunting only area." Well I'm going to have another go at it because the Fish & Wildlife have still not really responded to the benefit of method hunting as a valuable conservation tool. We must give credit where credit is due and thank the

F&W for granting pre and post seasons for bows as well as paying heed to the idea of method hunting areas. Bowen Island is bow only and the importance of Bowen Island is that it has proved that bow only does lead to increased bag limits, increased length of seasons, and increased allowable hunter numbers, and still hunting is done within the principles of conservation. It means the hunter increases hunting value in every way and no overkill on the game.

The F&W has gone along with bowhunting but they are remiss in using the bow in the most effective way. They have given the bowhunter added benefits, that is true, but they have not set aside bow only areas as examples of how bow only areas do work to the benefit of wildlife as well. The true value of bowhunting can only be exploited with the "bow only area",

and the whole idea seems to have stopped with Bowen Island.

In region 7 up here we now have an established "special weapons area." It is structured as a post season open to black powder, crossbows, and bows. Also during the regular season the area is also open to conventional hunting with rifles. So once again added benefit to the method hunter but once again the true value of method hunting is missed as the area is hard hunted during the regular season. And there is no chance of increased hunter benefits with longer seasons ect. as the high powered rifle will prevent that happening. That area will see continual cut back in seasons ect. the same as all other areas in B. C..

There is another very different aspect about this "special weapons area" and that is that it includes black powder, crossbows, and bows. As stated previous it has been proven results but it has not yet been proven that cross bow and black powder will produce the same positive results.

Crossbows are simple and easy to

learn how to shoot. In a matter of minutes you can learn to handle and shoot a cross bow providing you can handle and shoot a rifle. Yet the fast learning process does nothing to teach you about how an arrow kills, what it's short comings are. Sure you can hit something with the cross-bow bolt but the hunter will mess up because he doesn't understand what an arrow can't and can do. Another problem with the cross bow is that it's silent. So with the combination of pit lamps and those looking for a crash course in arrow hunting the crossbow is'n't very appealing in a method hunting area. Yet aside from the undesirables the cross bow attracts the weapon itself in it's own area probably would lead to added benefit to hunter and game. I believe the crossbow would prove out positive because it is still an arrow.

I have shot black powder rifles and hope to own one some day. The people this weapon attracts are by and large model hunters. Black powder people really get into the whole idea even to the duds they wear. They are proud of their weapons and I believe black powder people would be fine

people to share a method area with. But I do not believe that black powder will work out in a positive way to increase hunter and wildlife benefit. The reason I believe black powder won't work is that the weapon loses nothing to say a 30-30 up to about 150 metres. Black powder rifles are extremely accurate and other then their being a single shot they will take as much game per hunter hour as high powered rifles. I believe this to be so because black powder people practice a lot and know exactly what they and their weapon can do.

So before there is a trend to lumping crossbows, bows, and black

powder, it should first be proven that crossbows and black powder work to benefit the same as the bow. I believe the F&M is interested in the idea of method hunting areas but lets first access the results of all three individually before bringing them together. If any one of the three methods take too much game then all three will be condemned if all three are together. To do it right, set up at least one individual area for all methods to access the result. There is some real benefit with method hunting areas for all concerned but lets go at it one step at a time.



It is time to start planning again for the B.C. Summer Games to be held in Kelowna in 1980. The dates are August 14 for travel and Opening Ceremonies, and August 15, 16, and 17 for shooting. The Zone make-up will be the same. The chairmen have already been established and are now working on your behalf to organize their respective Zone playoffs.

DID YOU KNOW? All over England there are many place names ending with "field". In nearly every case it means there was once an archery practice field at that place.



Bowhunting

Morris Elliott
24735 Halmor Ave.
Maple Ridge, B.C.
V2X 4A1



The preceding article was taken from the Professional Bowhunters' Society, P.B.S. News, Volume 3, No 2, 2nd quarter. I don't think that it is necessary for me to make any comment on it. If you cannot figure it out for yourself, then I feel sorry for the future of bowhunting in B.C.

#

Some bowhunting tips that you may not have heard about:

In field dressing a deer, probably the most difficult task is cutting the pelvic bone... with the deer on its back, when you get to the pelvic bone, cut the meat to the bone from the pelvic to the anus. Then stand on each of the deer's hind legs at the elbow joint and grasp the tail. Pull upwards until the bone snaps.

Also, I found another use for Vaseline::: It is the best substance that I have ever found for waterproofing leather boots. You should always have a jar of it in your pack for other uses anyway, chapped lips, sunburn, etc. When hunting from a treestand in an area where there is more than one good trail, hang a white ribbon on the other trails a short distance from where you have your stand. Do this a few days before you will be using your stand and you will find that all the deer will be using the trail without the ribbons. This, of course, should be putting them on the trail in front of your stand.

A tragic thing happened in Alaska during the winter of 1973-74. No, the great snowfall that winter did not cause mass starvation among moose and caribou populations; massive land withdrawals did not occur; the enforcement agencies did not curtail or cancel bowhunting seasons.

What did happen was that the Alaskan Bowhunters Association dwindled, from a roaring fire with over 200 members, to a mere spark held in trust by 3 to 5 members until the spring of 1979.

In those tragic years, the D-2 land withdrawals, the loss of all bowhunting seasons in the state, and more importantly, the absence of a cohesive force (bowhunters banded together) to fight the anti-hunting movement came to pass.

Let me tell it to you plain and simple:

"Ask an Alaskan what happens to your hunting if you, as an individual, don't support your state bowhunting association and fail to seek national recognition through the P.B.S. coalition. YOU LOSE.

Support your statewide association, P.B.S., and other state associations in states in which you hunt or may wish to hunt in the future. Do it now, right now..."

At the Director's Meeting on July 28, 1979, the motion was made and passed that the B.C.A.A. Awards crests should be sold at a cost of \$2.50 each. These are the crests for the individual species: (deer, bear, etc.) The Master Bowhunter Awards would still be presented free. These crests cost the B.C.A.A. between \$2.00 and \$2.15 each. If you feel that it is not right for you to be charged

for them, an award is something that you get for an accomplishment, then write to me and I will take your letters to the next Directors' Meeting for discussion.

Otherwise, you must enclose \$2.50 with your award application if you wish to receive the crest.

For Better Bowhunting
Morris Elliott

.. .. .

ARCHERY FROM THE PAST



These pictures show the contrasting styles of dress and equipment of Early England. Above shows King Henry the Eighth at the Field of the Cloth of Gold competing with his longbow. Above right shows a much earlier archer with his longbow and archery uniform. Right shows an early armoured knight string his longbow.



Why Rules?

Taken from The Canadian Archer

by Don Love

RR #9, Box 5, Site 8
Calgary, Alberta
T2N 5G5

NOTICE TO CANADIAN INTERNATIONAL, NATIONAL AND PROVINCIAL JUDGES:

Each year, all Provincial Officials Chairmen are contacted requesting that my office be advised of all Provincial and National Judges wishing to officiate at The Canadian Championships (Indoor and Outdoor), and any major Trials that are coming up in the near future. This year we have the Pan Am Trials in Borden, Ontario, as well as the Pan Am Games in San Juan, and the All American Field Championships coming up October 12-13 in Mexico.

For the benefit of the qualified National Provincial Officials, all appointments are made with the advice and recommendation of your Provincial Officials Chairman. It is not possible for this office to maintain a constant contact with each of the Canadian Officials and the National office must rely very heavily on input from each of the Provincial Chairmen. On every Technical Commission we try to maintain an even balance between qualified proven National Officials and Provincial and National Candidate Judges.

It is very difficult to arrive at a happy medium and keep everybody happy. If, in an effort to achieve the highest level of

judging at our National Championships, we use primarily nationally proven Judges, we are criticized for not giving the new upcoming Judges an opportunity to work at National level and, conversely, if we try to use as many as possible of the new Judges in a training capacity, we are severely criticized by the archers on the line for putting untrained, unproven Judges on the line who make mistakes. This is also a justified criticism. But, believe me, trying to interpret the rules and the possibility of making a wrong interpretation or mistake is not peculiar only to new Judges. All of us who don't regularly walk on water are capable of making mistakes.

HOW TO BECOME A PROVINCIAL, NATIONAL OR INTERNATIONAL JUDGE

Several times a year we run National Judge Training Seminars. These are generally sponsored and supported by the Provinces and organized by your Provincial Officials Chairman. All people wishing to take this course, I am sure, can be accommodated. To my knowledge, we have never had to limit registration. Those passing the complete 2-day course with an 85% mark or better will, with the recommendation of their Provincial Chairman, be given a National Candidate Judge Certificate. Official National Judge status will be given after they have served at a required number of FITA tournaments. Those receiving

a pass mark but below 85% will be given Provincial Judge status and the control of these people falls strictly under your Provincial Association guidelines. However, wherever possible, we attempt to use them at nationally organized tournaments in a training capacity to give them additional experience.

INTERNATIONAL JUDGES

International Judges qualification is administered solely by FITA but application for International Judge consideration

can NOT be made directly to FITA. It must be processed through each National Association on recommendation from their National Judge co-ordinator. Unfortunately, because the International Judge Committee only meets every two years at FITA Congress, this often is a very slow and drawn out process. Many of our National Judges have waited five or six years from the time they originally applied until International Judge status is finally reached. Hopefully, the new Executive of FITA can reduce this long wait.



B.C. Archery Association



MEMBERSHIP APPLICATION

NAME _____ M _____ F _____ AGE IF JUNIOR _____

ADDRESS _____ CITY _____

PROVINCE OR STATE _____ POSTAL CODE _____

PHONE _____ CLUB _____

ADULT DUES	\$15.00	All membership include The B.C. Archer
HUSBAND & WIFE	\$20.00	Cloth B.C.A.A. Crests \$ 3.50
EACH ADDITIONAL CHILD	\$ 7.00	B.C.A.A. Decals \$.75
JUNIOR OLYMPIC MEMBERSHIP	\$ 5.00	J.C.O.F. Crests (cloth) \$ 5.00
JUNIOR MEMBERSHIP (under 18)	\$ 5.00	J.C.O.F. Pins \$ 3.00
B.C. PROFESSIONAL MEMBERSHIP	\$15.00	Bowmounting Crests (for animals) \$ 2.50
SUBSCRIPTION ONLY (to B.C. ARCHER)	\$ 5.00	

Send application to - Memberships -
James Wiebe, 1905-37th Ave., Vernon, V1T 2W9

You must be a member of The B.C.A.A. to participate in The B.C. Indoor and B.C. Outdoor Championships, The B.C.A.A. Mail Matches, and B.C. Trials for teams as well as The B.C. Summer Games.



B.C. Archery Association



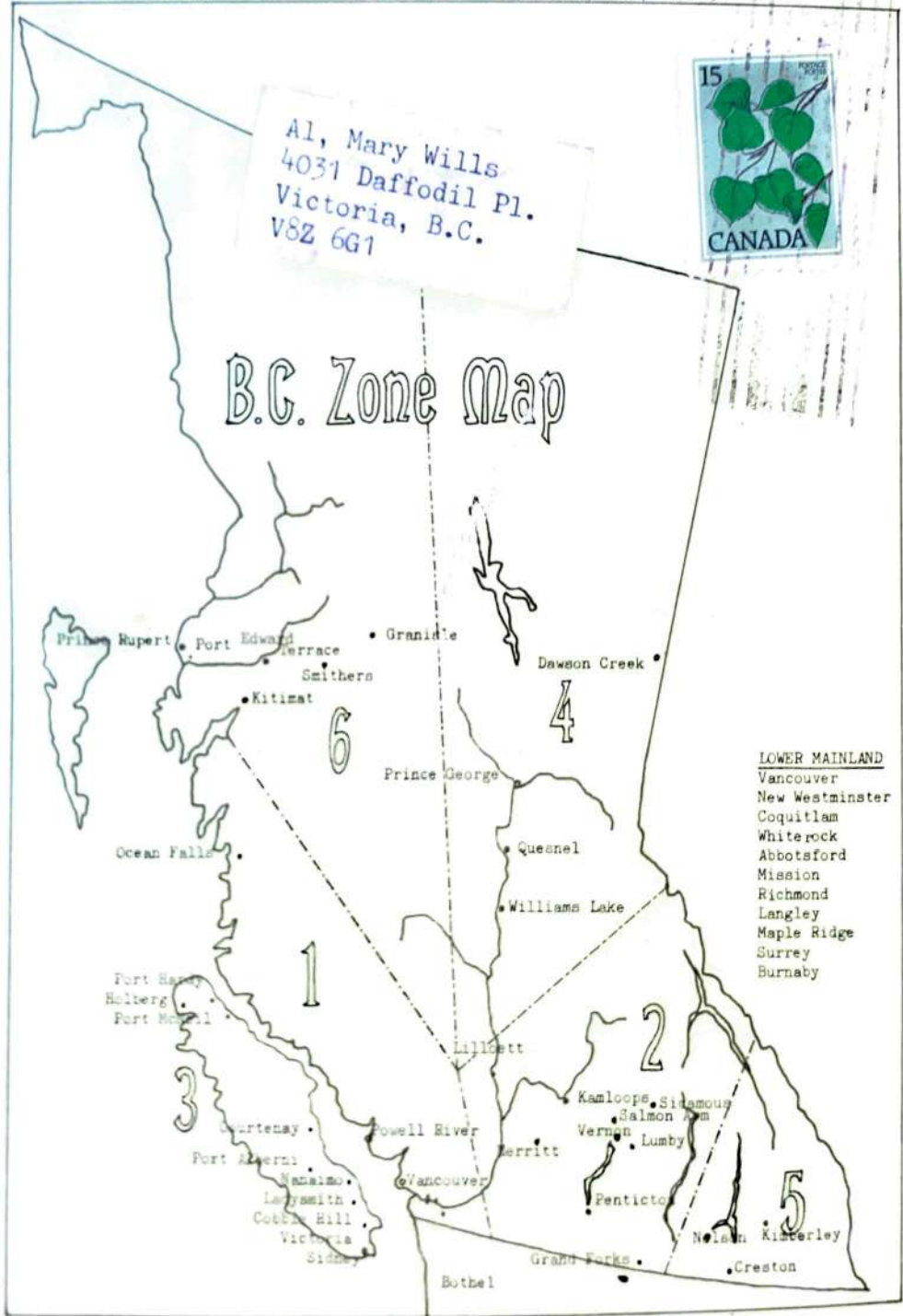
CLUB DIRECTORY

Alberni Bowmen	H. Wiseman	3961 Wood Ave.	Port Alberni	V9Y 7S7
Babine Bowmen	B. Morris	Box 10	Granisle	VOJ 1W0
B.C. Para Association	T. Parker	6526 Patterson Ave.	Burnaby	V5H 2N3
Buckley Valley Bowmen	L. Lee	Box 2863	Smithers	VOJ 2N0
Capilano Rod and Gun	D. Webb	1224 Grand Blvd.	N. Vancouver	V7L 3X4
CFB Comox Archery Club	D. Rodgers	Box 2074 CFB Comox	Lazo	VOR 2K0
Cobble Hill Junior Archers	K. Kienas	Evergreen Pl.Tr. Pk.	Duncan	V9L 1W9
Cowichan Bowmen	A. Hays	RR #1, Inlet Drive	Mill Bay	VOR 2P0
Cariboo Archers	T. MacKenzie	1609 Juniper Street	Williams Lake	V2G 3C2
Coyote Archers	J. Palmer	Box 814	Dawson Creek	V1G 4H8
Creston Valley Archers	L. Littlejohn	Box 98	Erickson	VOB 1K0
Eagle Valley Archers	M. Conn	RR #1 Green Road	Sicamous	VOE 2V0
Fire Mountain Archers	A. Kennedy	57 Plover St.	Kitimat	V8C 1M1
Hastings Community Centre		3096 E Hastings	Vancouver	V5K 2A3
Hillside Boys & Girls Club	D. Mak	11339-84th Ave.	Delta	V4C 4E4
Kamloops Archers	C. Welch	1185 Chateau St.	Kamloops	V2B 5R3
Kerrydale Bowmen	E. McGregor	2064 W 47th Avenue	Vancouver	V6M 2M4
Langley Rod & Gun	E. Oswald	3854-208th Street	Langley	V3A 4X7
Lilloett Archers	M. Mayede	Box 675	Lilloett	VOK 1V0
Lower Mainland Archery Assn.	P. Talbot	1923-7th Avenue	New Westminster	V3M 2L4
Marpole	C. Birkbeck	4385-57th Street	Delta	V4K 3C8
Maple Ridge Archery Club	G. Oike	Box 262	Maple Ridge	
Mission Archers	B. Lehmann	Silverdale Rd. RR #2	Mission	V2V 4H9
Mnt. Waddington Ind. Arch.Club	L. Ralston	CFS Holberg	Holberg	VON 1Z0
Nanaimo Archers	B. Chipperfield	716 Nicol Street	Nanaimo	V9R 4V1
Nelson Archers	R. Levitt	516 Cottonwood	Nelson	V1L 3V6
Nkwala Bowmen	P. Thauberger	18-98 Okanagan Ave. E	Penticton	V2A 3L5
North Delta Archery Club	D. Cooper	#301-530-9th St.	New Westminster	V3M 3W5
Northland Bowhunters	L. McKay	#16 Sintich Tr. Crt.	Prince George	V2N 2J3
North Island Archers	L. Smith	Box 93	Port McNeil	VON 2R0
Peninsula Archers	K. Waters	10290 Godfrey	Sidney	V8L 2L1
Pent. H.S. Archery Club	D. Soar	2620 McKenzie	Penticton	V2A 6H7
Pro-Am Archers	R. Boorman	#39-8th Street	New Westminster	V3M 3N7
Rainbow Archers	R. Walker	PO Box 100	Prince Rupert	
Richmond Rod & Gun Archers	D. Rittaler	8971 Spires Road	Richmond	V6Y 1W6
Quesnel Archers	D. Karey	1930 Marble Street	Quesnel	V2J 4M4
Quick Draw Archers	K. Jones	#20 Shannon Tr. Crt.	Kimberley	V1A 2R8
Salmon Arm Archers	E. Jensen	RR #4	Salmon Arm	VOE 2T0
Sapperton Archers	D. Grant	7640 Cumberland	Burnaby	V3N 3X8
Seaview Archers	W. Allan	6557 Brownlee	Victoria	V8Z 5Y6
Semiahmoo	R. Sanderson	Elks Hall	Whiterock	V4A 3M9
Serpent Archers	D. Derroche	209-9th Avenue	New Westminster	V3L 2A2
Silvertip Archers	T. Purcell	3722 Brentwood	Prince George	V2K 3C1
Skeena Archers	E. Morris	Box 906	Terrace	V8G 4R2
Sooke Archers	A. Jones	Box 252	Sooke	VOS 1N0
Unlimited Archers	R. Burgess	#226-6555 Telford	Burnaby	V5H 2Z1
Vernon Archers	J. Ryan	3101-37th Avenue	Vernon	V1T 2Y3
Vernon Junior Toxophilites	J. Wiebe	1905-37th Avenue	Vernon	V1T 2W9
Victoria Bowmen	Walter Thompson	705-105 Gorge Rd. E.	Victoria	V9A 6Z3
Victoria Fish & Game	N. Kienas	Box 93	Victoria	
Westwind Bowmen	J. Homans	Box 1505 (Alberta)	Pincher Creek	TOK 1W0
Windermere Valley Archers	L. Clark	Box 943	Invermere	VOA 1K0

Al, Mary Wills
4031 Daffodil Pl.
Victoria, B.C.
V8Z 6G1



B.C. Zone Map



- LOWER MAINLAND
- Vancouver
 - New Westminster
 - Coquitlam
 - White Rock
 - Abbotsford
 - Mission
 - Richmond
 - Langley
 - Maple Ridge
 - Surrey
 - Burnaby