

Canadian Archery Association

Federation Canadienne Du Tir A L'Arc

OFFICIAL BULLETIN

Volume 1, No. 12

BULLETIN OFFICIEL

December, 1965

Decembre, 1965





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Season's Greetings

In my association with archers I have found them to be wonderful people, dedicated to and generous in their support of archery. To all archers across this great nation, I wish you joy, not just at Christmas time but throughout the years to come and I would invite you all to join me in wishing our many readers and friends as well as their friends and all people everywhere, Peace and Freedom. Freedom from hunger and want, freedom from war and fear and freedom to enjoy a chosen sport even as we enjoy archery. Especially

I would invoke the gods to grant all men time and space to walk the forest glade, to wonder meadow and stream, to join in fellowship and friendly rivalry on the field of tournament; to grant strength of arm to draw the bow of choice; to speed the arrow to the mark which is the aim of all; a brotherhood of all men united in peaceful progress.

Merry Christmas,
ART WILLIAMS,
President

The 1966 Canadian Championships are still 6 months away but little enough time for some people to arrange holidays, baby-sitters, trailer rentals, etc., and for your tournament committee to insure good accommodation for all those coming. The Chinook Archers of Calgary, your host club, wish to take as many visiting archers into their homes as possible. This "togetherness", we hope will make for a more economical and more enjoyable trip. We are going to charge you something though. Like most archery clubs, we are short of funds, so to help boost the sagging treasury we are asking each archer who accepts the invitation, to donate \$1.00 per day to the club. This will really help us bear the expense of this tournament and save on your budget too.

It will be impossible for our membership to accommodate all comers and it will have to be on a first come—first serve basis. So, please fill out the mimeographed sheet found at the back of the Bulletin and get it back to me now or as soon as you know for sure.

Registration fees will be:

Adults—(male or female) including Banquet,
Target, Field and Clout \$15.00

Adults—Target OR Field only, including Clout
and Banquet \$10.00

Juniors—as above—\$7.50 and 5.00

Program:

Monday, July 18th — 2:00 p.m. — Clout

Tuesday, July 19th — 9:00 a.m. — Official
Opening and FITA Round

Wednesday, July 20th — 6:00 a.m. — Flight —
9:00 a.m. Canadian Round

Thursday, July 21st — 8:00 a.m. — 56 Field

Friday, July 22nd — 9:00 a.m. — 56 Hunters

The Tournament Committee will soon be approaching all Canadian archery distributors and dealers re program advertising, so Art, Les, Tom and the rest of you, get ready.

My Christmas wish is that all of you can attend our 1966 Championships.

DON LOVO — 1st Vice-President and C.A.A.
Co-ordinator for the 1966 Championship

As the festive season draws near and we once again prepare to join hands to the age old message, "Peace on earth, good will to men", I wish to bring to you one and all, season's greetings from this division. As yet another year has almost gone, in the service of the cause of archery, I want to thank you for your help, your understanding and your grace, to succeed in the accomplishments for this bygone year of office I had the privilege of serving you. May I express hope, that we will continue working together, as with combined effort we will be able to support all archery, everywhere. Our organization will grow and prosper and with great pride we can look upon our crest as the token of being part of it. In conclusion, of this message my most sincere wishes for a very Merry Christmas and a successful 1966 goes out to you.

PETER L. HALBIG,
VP Bowhunting Division

For my New Year's message, I would like to repeat the verse from the front page of the Chinook Archer's official magazine, "The Shaft":

"Let us brace our bows and embrace good
sportsmanship.

Let us bend backwards — as our bows — to be
friendly.

Let us remember unkind words pierce deeper
than an arrow.

Let us adjust our sights so our aims are good.

Let us nock our arrows — not knock others.

Let us hold to increase our membership.

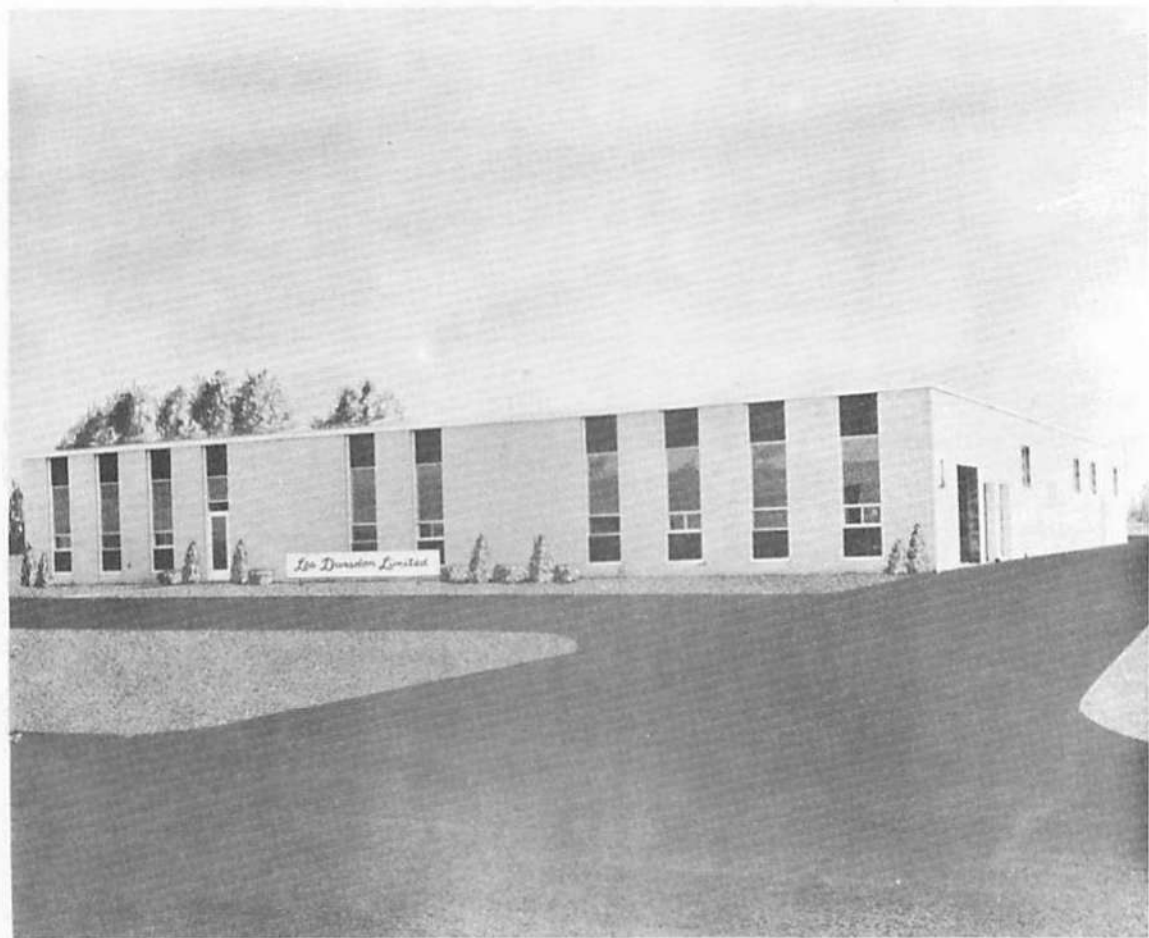
Let us release fellowship and encouragement.

Let us follow through all ideas for advancement
of archery.

Let us hit the target with promptly paid dues.

Let us be as considerate of others as we are of
our tackle."

TERRY DICKSON,
Secretary-Treasurer,
C.A.A.



NEWS RELEASE

We are pleased to announce that TILLMARK ARCHERY of Newmarket, Ont. and MR. HARRY MARKHAM have joined with us in the production of quality archery products.

Harry Markham whose experience and reputation in the archery field is incomparable, will continue to supervise the construction of his renowned Tillmark laminated bows, which have been used in the setting of almost every Canadian archery Association record. The Tillmark line will now be marketed by LES DUNSDON LIMITED and is included in our catalogue.

At the same time we are building and fully re-equipping a new plant in Brantford, Ontario, where the manufacture of both the Les Dunsdon and Tillmark lines will be done. The new plant and equipment which has been specially designed for archery manufacture, will be up to date and efficient in every respect. These extensions of our design and production facilities will mean that our customers can expect an even wider line of product, higher quality control, and speedier delivery than that which we have provided with pride in the past.

Competitions - Interieures - Postales - F.C.T.A. 1966

REGLEMENTATION

La rencontre de Tir Interieur, debutera la semaine du 17 janvier pour se continuer durant dix semaines, une rencontre devant entre tiree chaque semaine. Tour Archer, interesse a participer, devra communiquer avec Madame Helen Dickson qui fera parvenir les feuillets de rapports.

Les competitions devront etre sur une base individuelle, aussi bien que d'equipe. Le Secretaire du Club prenant part a la Competition Postale, devra communiquer les resultats sur les feuillets fournis par F.C.T.A., en y indiquant les scores, et en inscrivant les noms des quatre meilleurs dans l'espace prevu a cette fin. S.V.P., remplir la formule en detail; inscrire clairement le nom du Club, le nom du secretaire de las Competition, et l'adresse ainsi que la date de chaque rencontre. Il faut aussi indiquer si le participant est un homme, une femme, une fille junior ou un garcon junior. (En ce qui trait aux juniors, veuillez fournir l'age; ils seront divises en deux groupes, si le nombre est suffisant.) Se le concurrent a deja participe a cette competition, veuillez fournir la derniere classification.

Il y aura deux divisions, avec mire, et sans mire. Chaque division aura six classifications qui s'appliqueront a tous les participants.

MOYENNES des CLASSIFICATIONS

Club des 500	500 et plus
Expert "A"	450 - 499
Expert "B"	400 - 499
Bowman	350 - 399
Archer	300 - 349
Yeoman	225 - 299
Tyro	100 - 224

ATTRIBUTIONS: Les participants deja classifies par des Competitions anterieures seront enregistres dans la meme classe que leur derniere attribution. (Les detenteurs du titre Expert "A" de tournois anterieurs, participeront dans la meme classe.) Tous les nouveaux venus participeront dans une section classifiee, et recevront un Ecusson ou une Etiquette, suivant leur classe, apres que leurs six feuillets de scores auront ete complete set retournees.

Des medailles d'or, d'argent et de bronze seront decernees aux trois Archers les plus meritants pour chaque division, avec mire, et sans mire, peu importe les moyennes due debut. Des medailles de bronze seront decernees au meilleur Archer de chaque classe. Les Archers deja classifies, et se meritant une meilleure classification recevront une etiquette.

Pour les individus, le resultat final sera compile parmi les six meilleurs des dix scores soumis, la moyenne pour le Club sera etablie parmi huit scores d'equipe. Le trophée d'equipe "Edmonton Sporting Goods" sera tribue a la meilleur equipe d'un Club, et la trophée d'equipe junior sera emis a la meilleur equipe junior. Si nous ne pouvons pas localiser ces trophées, de nouveaux seront obtenus.

Les Archers devront tirer la Manch Interieure Canadienne, qui consiste en dix volces de six fleches, d'une des distances suivantes; 20 verges sur une cible de 16", ou 15 verges sur une cible de 12".

FRAIS: Chaque participant devra verser 25 cents avec chaque score soumis. Le secretaire de la Competition, de chaque Club, remettra toutes les contributions, le ou avant le 26 mars, qui marquera la fin du tournoi. Les Archers se qualifiant pour une epingle (six centres) pour la premiere fois devront en faire la demande et fair parvenir la somme de \$1.00. Des "barres" marquees "Indoors" peuvent aussi etre obtenues pour attacher a cette epingle, au prix de 75 cents.

Pour que les Bulletins puissent etre emis a temps, il est primordial que chaque secretaire nous fasse parvenir les feuilles de score chaque semaine. Les cartes de scores devront accompagner toute demande pour une epingle (six centres). Les Secretaires faisant parvenir des cheques sont pries d'y ajouter le taux d'echange. Toute correspondance devra etre adresse a Mme. Helen Dickson, Secretaire, Competition interieure, Federation Canadienne du Tir a l'Arc, 10311, 140 Rue, Edmonton, Alberta.

THE COACHES' CLINIC

By HANK WISEMAN, 1501 Waterhouse Street, Port Alberni, B.C.

Since writing the first article for this column, Terry Dickson has pointed out we need more instructors of basic shooting rather than coaches who know the more obscure points of training. I will therefore drop my original plans for now and try to offer a few suggestions to the "C" class coach. I obviously cannot give a complete course in teaching in this column, so I will review the instructions in our C.A.A. handbook, which contains good instructions for the beginner, but little of instruction for coaches. I shall just add suggestions which I have found to be useful.

The first point is, a coach should always look like a coach. Clean shirt properly buttoned, pressed pants, shined shoes, etc. The idea is to let the pupil know you are someone important.

Then give all instructions precisely and clearly. It is not fair to make anyone, and especially someone you want in your club, work at being polite while continually asking, "What did you say?". So if you ordinarily say, "Tulalaboinalefand," when you mean "Hold the bow in the left hand," then trying to do a bit better.

Let us consider Chapter 2 — Selection of Equipment. Fig. 10 shows a way to measure approximate arrow length. I recall a boy of eleven years, I measured fifteen years ago. He could touch his shoulders together in front so his length checked at 30 inches. He could draw 23 inches. Today he is a giant who can draw 31 inches. Measuring by fig. 10 method, his bulging chest and muscular shoulders prevent him reaching more than 29 inches. The fig. 11 method, in my own case, gives an error of 3 inches. There is a better method.

Have the pupil extend both arms wide as in fig. 11. Turn his head toward his bow hand. Measure from his anchor point to the second knuckle on his second finger. This allows a little for safety and expansion of his chest as he progresses. The reason for extending both arms is to prevent a hunched shoulder giving a false measurement.

When an average modern bow, suitable in length to the archer, is full drawn, the string forms an

angle over the arrow nock of about 125 or 130 degrees. If the bow is shorter, then the angle is less and the string has a tendency to pinch the top finger. Either a longer bow is desirable or in the case of a hunting bow, the archer can grin and bear it.

If the bow is too long, the string angle is greater and the string, stretching from anchor point to lower bow tip, may interfere with the archer's chest. A shorter bow may be advisable.

Whether to use a glove or tab is a matter of preference. Those who suffer from a pinched finger often turn to the glove. This is noticeable in those who have short or heavy bows. The tab is preferred for its cleaner release. I use a tab of my own design which I think has the advantages of both. It has a glove type stall on the pointer finger; but is flat for the other two. Do you want the pattern?

And now to teaching. I always suspect the shooting style of a champion. He may be able to use it only because he is physically adapted to it. Or he may use it to correct a fault in himself, which no one else has. So, I recommend only commonly used styles of shooting be taught to beginners.

First give some instructions on safety rules and etiquette on the shooting line. A good little book on this subject for beginners is "How to Improve Your Archery" 50 cents post paid from The Athletic Merchandise Mart., Room 805, Chicago 54, Illinois.

Now turn to Chapter 1, page 1, of the Handbook. There is only one point I will add here. Show the pupil how to check his fistmele by comparing some point of the arrow cresting against a point where it crosses the bow.

The regular stance we all know. It may be best for your pupil.

The oblique stance is one way to compensate for a problem of some expert archers. I will say more about this in a later article. For the time being I suggest it be avoided.

One of the tenets of professional archers is that no pupil of a professional should ever suffer from string slap. To this end they use the "open" stance. It works very well. I will assume you are right handed. Stand in the regular stance at the shooting line. Move the right foot forward about half the length of your shoe. Adjust your feet comfortably and stand erect. Your hips and shoulders will now be slightly turned toward the target. When aiming, the bow is held a little forward of its regular position, and the path of the string will clear the shoulder by three or more inches.

Which stance to use depends on the physical shape of the individual. Have him stand in the regular stance with drawn bow but no arrow. Stand between him and the target; sight over his arrow shelf to his drawn string. If the string path clears his shoulder and most of his arm by two or three inches, try the regular stance. If it clears by less, then use the open stance. Note that the amount of "open" can be adjusted to suit the individual by moving the feet a bit.

The C.A.A. handbook describes one of the commonest ways to nock an arrow. I suggest we all adopt this way when teaching beginners. They can learn other ways later when other circumstances make it necessary.

I suspect I have written nearly all the words the editor will accept, so I will just fill our with a couple of tips.

To get the pupil's elbow and arm out of the way of the string, have him hold his bow and extend his arm toward the target as though to shoot. Let him bend his arm and touch his chest with his bow; and then straighten the arm again. Unless he deliberately twists his elbow when he straightens it, the elbow will be where it belongs.

If that fails have him extend his arm holding the bow horizontally, arrow plate upward. Then he simply twists his wrists until bow is vertical.

HANK WISEMAN

CLUB NEWS

Belleville, Ontario: John Widdicks, newly elected president of the Belleville Archery Club reports that the club has an indoor range and will be competing in the C.A.A. Indoor Mail Matches. The new slate of officers for the club is as follows: John Widdicks, president; John Smith, secretary; Geoff Clavert, vice-president; Sandra Donaldson, treasurer.

Shilo, Manitoba: The Merry Men of Sprucewood Foreste is a new club recently organized at Camp Shilo and boasts an outdoor and indoor range. Several of the members were successful during the deer season this year. The Club has applied for and received C.A.A. Charter No. 59.

Camp Petawawa, Ontario: Camp Petawawa has been known across Canada in military circles as having many types of sports clubs and now boasts an archery club known as the "Camp Petawawa Archery Club". The membership to date is 18 and usually a new face appears at every practice so prospects are very good. A shortage of equipment is our biggest problem but this should be rectified in the very near future as we have had good response from local merchants and Les Dunsdon Ltd. Two members, Don and Marge Russell, who have not drawn a bow in four years have shot some real fine ends. Myself (Mike Green) and wife, Elaine,

have turned out to be the only free style archers in the club. However, a great deal of interest has been shown in the sights so a few converts may be expected.

Officers are: president, Mike Green; vice-president, Don Russell; secretary, Elaine Green; treasurer, Mike Stevens. The club has applied for and has received C.A.A. Charter No. 60.

Calgary, Alberta: The Chinook Archers of Calgary had their official opening of their indoor range at the Crescent Bowling Alley on November 15th. Visitors and beginners are made welcome at the Chinook range and expert instruction is available at no charge. There is also equipment available for beginners. Anyone wishing to learn how the Chinook Archers manage their indoor range should contact Don Lovo.

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THE C. C. A. PAGE

CANADIAN ARCHERY ASSOCIATION EXECUTIVE

President: Arthur Williams, Box 879, Ladysmith, B.C.

V/P i/c Target: Don Lovo, 2307 Sovereign Crescent, Calgary, Alberta.

V/P i/c Field: J. Paul Laviolette, 178 Central Drive, Ancaster, Ontario.

V/P i/c Bowhunting: Peter Halbig, Box 737, Ocean Falls, B.C.

Secretary-Treasurer: Terry R. Dickson, 10311 - 140 Street, Edmonton, Alberta.

APPOINTMENTS

Mail Match Secretary: Helen Dickson, 10311 - 140 Street, Edmonton, Alberta.

Bowhunting Awards: Peter Halbig, Box 737, Ocean Falls, B.C.

Publicity Chairman: Dick Hesson, 8244 - 4A Street, Calgary, Alberta.

Editor: Terry R. Dickson, 10311 - 140 Street, Edmonton, Alberta.

PROVINCIAL REPRESENTATIVES

British Columbia

Maurice Tanchak, 365 Seaforth Crescent, New Westminster.

Vern Craig, 1062 Canyon Road, North Vancouver.
Bob Blades, 1160 May Street, Victoria.

Alberta

Don Hatton, 920 - 17th St. N.E., Calgary.
Paul Kindiak, Material Testing Lab., 10214 - 112 Street, Edmonton.

Michael Popson, 292 - 2nd Ave. S., Lethbridge.

Saskatchewan

Brock Boucher, 872 - 16th St. W., Prince Albert.
Doug Herriot, 2338 McDonald Ave., Prince Albert.
Atley Lovelace, Pilot Butte.

Manitoba

Ray Crawford, 16 Bernier Bay, St. Boniface.
Andre Roziere, 125 Handyside Ave., Winnipeg 8.

Ontario

Mrs. Rita Kinsella, Box 93, Belmont.
Ken Brown, 21 Niantic Crescent, Don Mills.
R. J. Mitchele, 18 Montgomery Road, Toronto.
(Rep. C.N.E.)

Quebec

M. l'abbe Laurent-Paul B'anchet, 135, 80 eme, rue Ouest, Charlesbourg, Quebec 7.
Gaston Champoux, 653 De Lanaudiere, Joliette.

Nova Scotia

Joe LeBlanc, 196 Avenue, Box 279, Fairview, Halifax Co.
Neil Waddington, 3347 Prescott Street, Halifax.

C.A.A. CRESTS

The C.A.A. Secretary has a good supply of the new Swiss embroidery C.A.A. crests which he is anxious to sell to clubs and individuals. The crests sell for \$2.00 each.

CANADIAN-U.S. TEAM COMPETITION

Arrangements are being studied regarding a proposed annual competition on a team basis between Canada and the U.S.A. The idea as originally proposed, would be a tourney on a modest scale within a limited distance from our common border to minimize transportation costs. The tourney could be hosted by Canada and U.S.A. on alternate years in different areas. It is felt that this type of competition would be beneficial to archery in both countries and with the advent of archery on the Olympic program such a tourney would be a developing ground for our teams. This matter is now before the C.A.A. directors.

ADVERTISING

Advertising rates for space in The Bulletin are as follows:

1" x 3" Block	\$ 4.00 per issue
¼ Page	8.00 " "
½ Page	15.00 " "
Full Page	25.00 " "

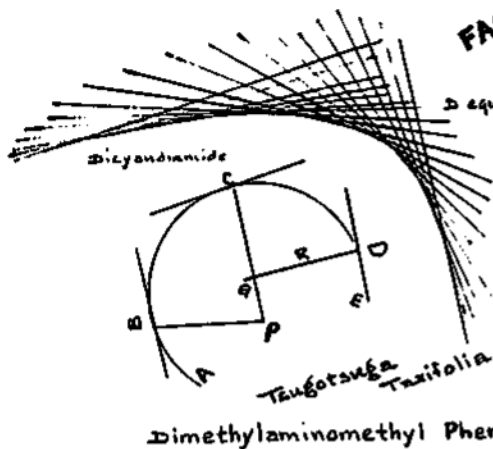
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GOBBLEDEGOOK ...

FACT OF FICTION

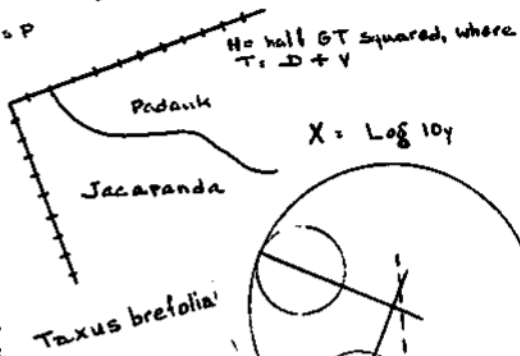
SCIENCE or just plain

RUBBISH.....



D equals H plus P

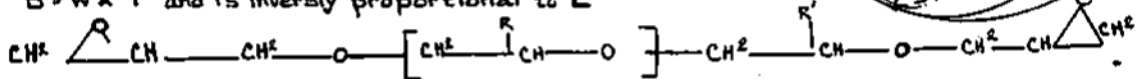
bisphenol-A-epichlorohydrin



No half GT squared, where T = D + V

X = Log 10y

$B = W \times T^2$ and is inversely proportional to L



In last month's article we said we would examine many forms of bow plastics. In order to commence an examination of modern laminated bows and the construction of same, this is the logical place to start.

First let us understand that laminated bows are today, practically without exception, constructed with a reinforced plastic back and face; the reinforcement, glass fibers; the plastic matrix, thermosetting resin (matrix is defined as the material which holds the fiberglass in place). Thermosetting means that upon heat being applied the resin sets to a solid.

To most people reinforced fiberglass conjures up a picture of fiberglass boats, solid fiberglass bows, glass finishing rods, etc., and it is easy to imagine that this is the same general material used in laminated bows. That there is a similarity is true. For instance, the material of reinforcement, glass filament, is to all intents and purposes the same. However, here the similarity ends. In most of the foregoing products the matrix is polyester resin. In laminated bow plastic it is the matrix that makes the big differences and without exception glass bow backings and facing are today epoxy plastics. Epoxy resins based on the reaction of

bisphenol-A and epichlorohydrin were first synthesized in the late 1930's but went into general commercial production in 1947. These early resins consisted of a few basic liquid and solid types with a fairly broad spread of molecular weights. Their toughness, excellent adhesion chemical inertness and low shrinkage soon established them as a major raw material. Today there are simply hundreds of these resins with a broad range of properties. Let us look at some of these.

Thermoset — the conversion of a liquid resin to a thermoset solid is a phenomenon not restricted to epoxy resins. Other resins such as polyesters, phenolics and melamines have this characteristic. Liquid epoxy resins however, because of their structure and the method of their cure, are far superior to these other resins in the following properties:

1. There is no volatile loss during cure.
2. Good dimensional stability during cure, having little shrinkage makes for accurate reproduction.
3. Chemical and solvent resistance.
4. Chemical inertness, they accept a wide range of fillers and pigments.
5. Hardness. They have toughness and shock resistance.

Gobbledegook (Cont'd.)

6. Adhesion—for laminated bows a most important matter. The tenacity of epoxy adhesion to almost any substrate or surface is without equal among organic chemicals.

Added to this, epoxy resins incorporate many of the properties found in other resins as well. The properties of the finished product can be varied by the use of different reactive diluents, modifiers and the great number of different cross linking agents which may be used for curing.

However, before we go all out for epoxy systems, there is one thing to bear in mind in the form of a caution. Many of the resin modifiers, as well as many of the hardening agents, are skin irritants and should be handled with care. This applies to practically all primary aliphatic amines, anhydrides and catalytic or tertiary amines. To overcome this problem at William's we move 7,500 cubic feet

of warm air a minute through the laminating room. However this need not deter you from experimenting in the basement. Relatively harmless and for the home craftsman, convenient to use, is a hardener known in the trade as Polyamide. This material does several jobs. It not only cures the resin but it acts as a resin modifier and induces flexibility so that it is possible to get a relatively stiff and hard laminate by using a small amount or a laminate of some flexibility by adding more of it.

We will return to this material next issue when we show you how to make up a bow plastic in your basement workshop. Now bear this in mind, you won't be able to produce the finest plastic available by this means, but you will be able to produce a material comparable to plastic that is used by many bow makers, some of whom make all sorts of outlandish claims for this material.

(continued Jan., 1966)

B.C. ARCHERS MAKE FURTHER DONATIONS TO F.I.T.A. TEAM

During the past month the British Columbia Archers, who have already donated more than any other province towards the cost of the Canadian Team to Sweden, have forwarded \$170.00 collected through fund raising efforts.

On November 30th the Nanaimo Archers (a division of the Nanaimo Fish & Game Club) staged a benefit shoot which netted a profit of \$41.00. At this benefit shoot the trophy winners were Men's F.S. Bill Carnes, Victoria; Ladies' F.S., Lil Jones, Victoria; Men's Inst. Bill Howe, Victoria; Ladies' Inst. Patty McMillan, Duncan.

On December 3rd Betty Thain, secretary of the B.C. Archery Association, forwarded to the C.A.A. treasurer, a cheque for \$129.55 made up as follows: \$123.55 from the B.C. Archery Association and \$6.00 from the Cowichan Bowmen. Betty says "This concludes our efforts for this year towards our F.I.T.A. funds. However, I know that some of the Island Clubs are still endeavouring to raise additional funds." The Canadian Archers should take their hats off to the B.C. Archers for the very energetic manner in which they staged their fund raising shoots.

C.A.A. RECORDS BROUGHT UP-TO-DATE

Kay Bourns of the Brockton Bowmen has done an excellent job of researching Canadian records, going back to 1948. The Bulletin hopes to be able to publish an up-to-date list of records in the January issue.

C.A.A. FILM

The C.A.A. executive wishes to apologise to the many clubs and individuals who have written in requesting the use of the film which was made at the World Archery Championships in Sweden. It is regrettable that the arrangements which the C.A.A. has been endeavouring to make for the reproduction of an additional copy has been so long in materializing. It is hoped that the delay will be overcome in the near future.

GAME AWARDS

Peter Hilbig, Game Award chairman, reports that the following hunting awards have been presented to Canadian archers recently:
Big Game Award (Deer) — B. Batstone, Ontario;
D. Herriot, Saskatchewan.
Small Game Awards (P.S.) — P. Halbig, B.C.,
Second Silver Arrow.

INDOOR MATCHES, 1966

Rules for the 1966 Indoor Mail matches were published in the November issue of The Bulletin. The same rules are found on page 4 of this issue, in French, for our French speaking members.

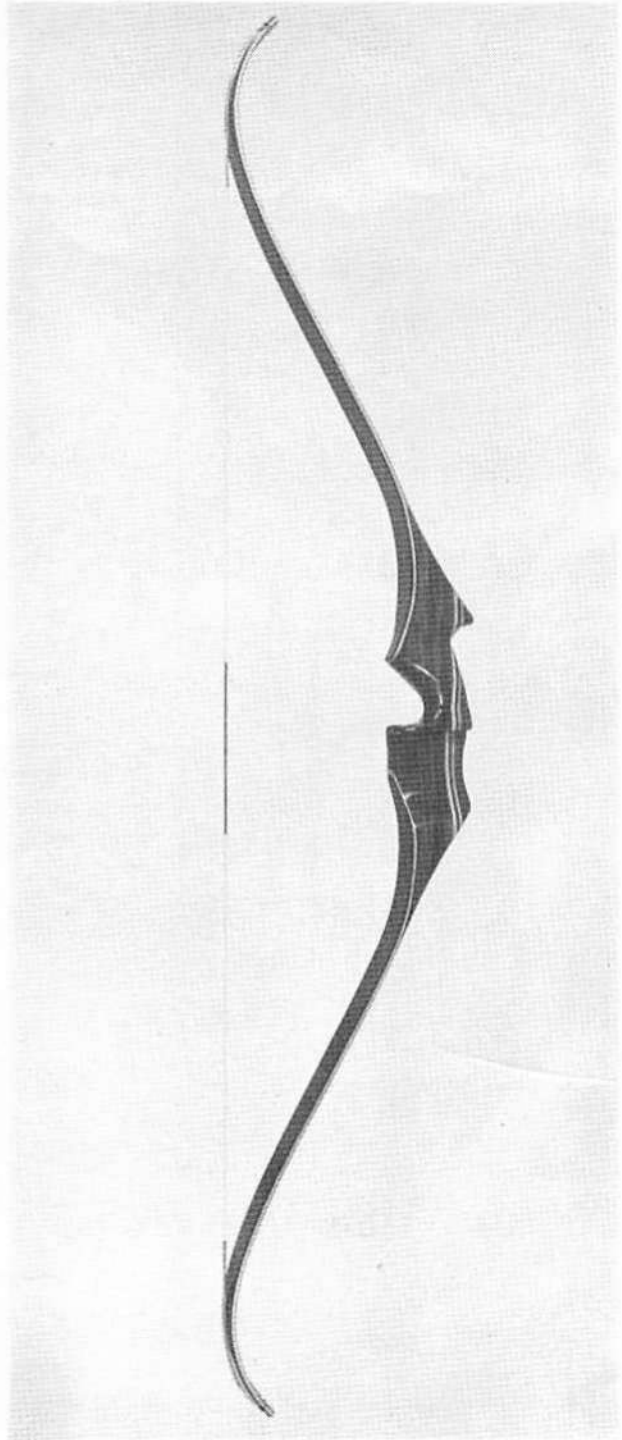
Please note that only clubs who are unable to obtain 20 yards are allowed to compete at the 15 yard range on the 12 inch target face. Clubs who have 20 yard ranges must shoot the full range. So far no evidence has indicated that a higher average can be obtained at the shorter range, but the wear and tear on arrows, faces and butts is much greater.

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AND A
HAPPY NEW YEAR



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Editor: TERRY R. DICKSON

10311-140 Street, Edmonton, Alberta

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