

# THE CANADIAN ARCHER

OFFICIAL PUBLICATION OF THE FEDERATION OF CANADIAN ARCHERS, INC.

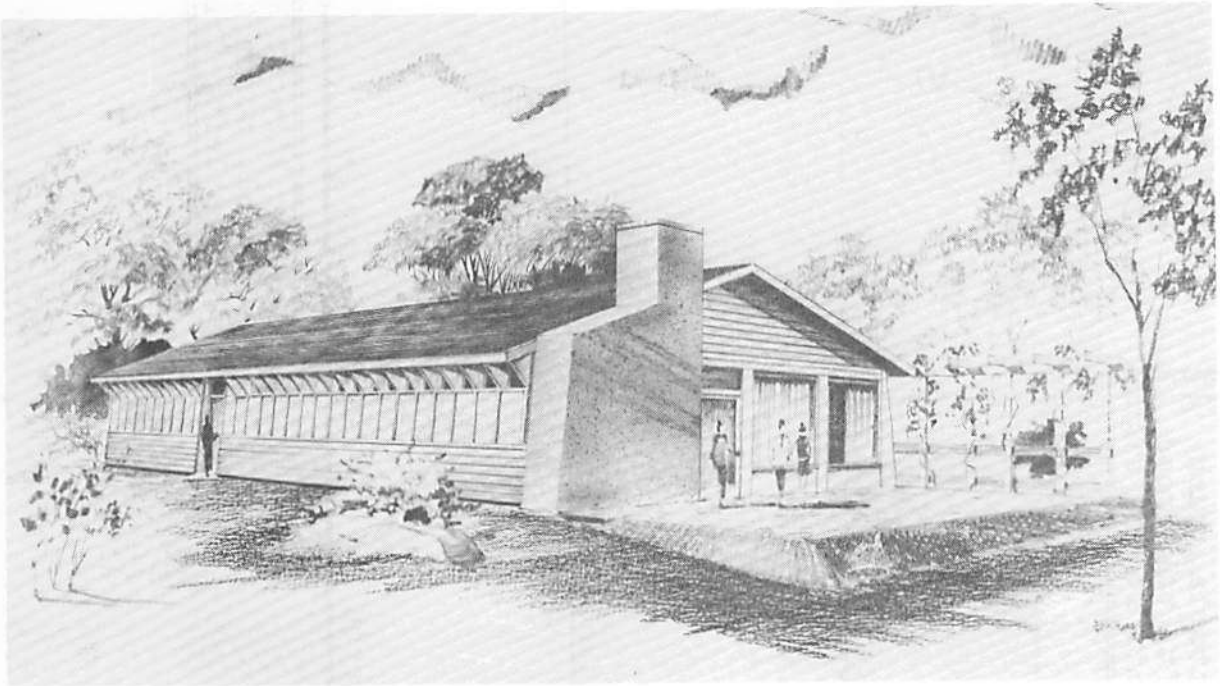


March - April 1975

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# THE ARCHERS OF CALEDON



## SIGHT OF THE 38TH ANNUAL CANADIAN ARCHERY CHAMPIONSHIPS

We, the Archers of Caledon Inc. cordially invite all archers to compete in the 38th Annual Canadian Archery Championships to be held at our club's location in Ontario's beautiful Caledon Hills.

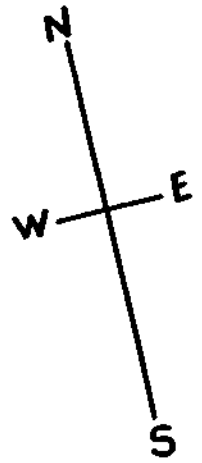
The members have worked hard to provide excellent shooting facilities in honour of this national competition.

We would like to take this opportunity to mention that the Archers of Caledon Inc. purchased 33 acres of land in 1966 for the sole purpose of creating the finest archery facilities in Ontario. Having now recently reached our objective, we would like you to come and enjoy what we have strived to produce.

Erin Belfountain

The  
● Archers  
: of  
: Caledon

approx. 12 mi.  
up Hwy 10 to  
Victoria, turn  
left, take road  
5 mi. follow signs



dirt road  
camping  
grounds

Cheltenham

Credit R.

Victoria Sandhill

Brampton  
Flying  
Club

Mississauga Rd.

Snelgrove Tullamore

HWY #7

15 mi. straight up  
Mississauga Rd. turn  
left, take dirt rd. off  
pavement 3/4 mi. first  
right 1/4 mi. to club.

Brampton

HWY #7

Take Airport Rd. from  
hotel, north to Sandhill  
turn left, follow signs.

Huttonville

Toronto  
Inter.  
Airport

Hotels & Motels

Credit R.

Dixon Rd. cut-off

Streetsville cut-off

HWY 401

HWY 401

HWY 401

HWY 10

ALBERTA VIEWPOINTSEN GUARD FITA LOVERS by Len Bachelder

For a period of about five years, I was recipient of all the "Letters to the Editor". I had to decide whether or not the writer had a point, whether their work was news worthy, if it was of interest to enough of our readers to make it all worthwhile and what kind of comment might arise out of various controversial subjects, etc. etc. I find it most rewarding to sit down now and write a "Letter to the Editor". Something I could not do, ethically, before because I would have had to write "editorially" and it was just not the thing to do because my opinions might not have been necessarily that of the Publication.

With this in mind, LET'S TALK FITA. I'd like someone, in the know, to write an article on FITA. It should contain such things as why, when, where, etc. did it get started. Also how did it fit into medieval and pre-medieval days when archery was the "IN" thing along with Clout, Popinjay, Wand Shooting etc. It might also include how it is supposed to fit into today's competitions and perhaps what modifications have been made, if any, to modernize it so that it would fit into archery of the 70's.

The reason I am asking for this explanation is quite simple. As I see it now, I've never witnessed anything so boring. Either as a spectator or, even worse, a participant. Everything is so painfully serious.

I've talked to a number of archers, not necessarily bowhunting type archers, that tell me that FITA, with all its RIGID rules has almost ruined organized, fun-type, archery at the club level, in Alberta in the past few years.

It's often been said, in these parts, that there is no reason why archery shouldn't be just as popular as golf. Now, here is a real good reason. Archery, FITA style, can never carry a candle to golf. Look how much "fun was had by all" in an archery golf game. They use their rules and we use ours. Both have a barrel of fun, and no one can say that there isn't serious moments on both sides in archery golf. Etiquette is exercised by both sports.

FITA lovers, enjoy your sport but, those in charge of entertainment, please arrange some other type of shoot, one of those mentioned above, for the "fun-seekers", at this time or your club may wind up on the short end of the membership "stick". Would you believe, that I was once chewed out by one of the more elite archer's wives for lighting a cigarette too close to the shooting line, at a FITA shoot? I was told that the "...snap" of the match could have prompted the archer to release before he was ready. The "snap", I presume could have simulated the "click" of his clicker on his bow, and not only that but the smoke that blew across his line of fire, could have made him "blow" his chances of winning a FITA Star, which he'd been trying to get for so long. Oh! I'll admit it was a match that "snapped" pretty loud and I was standing too close and I was new at archery and I shouldn't smoke anyway. REEAALLY!!! If this is archery, FITA style, then please deliver me. I'd rather associate with the guys and gals that laugh and get laughed at and have some fun. Sure, get serious when competition gets keen, but I don't see a Lee Torino get all up tight and loose his cool because of the action of the spectators. Please refer to page 43, under "Release" item #2, in the Instructor's Manual, 1970 edition, F.C.A.

To the very serious FITA archers, you really should check your ulcers. You could be getting ulcers on your ulcers. And a Happy New Year to Everyone.

WHERE ARE WE GOING? by E.A. (Red) Ferrier

I cannot agree that 1975 is going to be a good year in archery. The sport is strangling itself. The reasons given for it being good in 1975 are the very reasons that archery has declined so badly in the past few years. Changes are definitely needed.

In recent times the ABAA and some of the clubs in this province have proceeded to cater to the top competitive archer. Granted the FCA are doing the same thing, but as the National Body, they are more responsible for that area of the sport. I believe that it is written in the Constitution of the ABAA, that one of the purposes is to further Archery in ALL its aspects. The Executive of the ABAA, must re-examine the path they are taking. They must give some consideration to the archers and families who should really be the back-bone of the Organization, by that I mean the recreational shooters, the Bowhunters, juniors and people getting started in the Sport. After all where do you think competitors came from. Recent events have shown that the archer competing in Target events these days must be highly skilled to win, and for this of course, he must have tournaments and competitions. This has been well catered to, however the other aspects of archery have been neglected. Sure, everyone else can shoot with the competitive types, but many do not wish to shoot 150 arrows in one day, or shoot 3 arrows in 2½ minutes to the tune of a whistle.

The main ideal of clubs these days seems to be "Is it big enough to shoot FITA", when looking at facilities, rather than "Can the whole club have fun here." The Competitor knows what he has to do to win, and will spend the many hours needed, practicing. But he still likes to belong to a group of people, he likes to feel he is representing something, when he goes to a shoot. If there is a Club behind him, the members will consciously or otherwise be rooting for him, and he will try harder. But he does not ask for elaborate ranges, etc. to be set up for him alone. I have been and still consider myself a Competitive Archer, and I recognize and appreciate the support given myself and others by people who shoot only for fun. The many hours they spend fixing targets, and setting up butts and ranges, as well as shooting in a tournament, which they do not enjoy, just to make up the numbers required. You have all seen a Bowhunter or beginner archer shooting FITA for this reason, or just to make sure there were two or more in a certain category, to enable the winner to get an award.

I say it's time to do something for the many others who do not like competition, but would still like to be a part of the archery scene although they have no hopes of high honors. It can be very discouraging to work time after time to set up ranges etc. only to find that the top archers are the ones who get nearly all of the attention.

If archery is to survive at all, or stay a 6 to 60 sport, then we must centre the flow of activities around the general membership, rather than the Competitor. This will NOT kill competition in archery, so let's get our thinking straight, and arrange things so people of all ages, and abilities can find friendship and recreation in our Sport. "ARCHERY IN ALL ITS ASPECTS".

#### IN DEFENSE OF FITA by Leslie Gillespie

One of the few advantages (i.e. probably the only advantage) of being the wife of the TABA Editor is that I get to read the material for TABA before it is published. I am going to take advantage of that position to reply to two "letters to the editor". When the first letter arrived I bit my tongue but didn't say anything. When the second letter arrived I just couldn't sit by any longer and let only one side of the story be presented.

The theme of the two letters is FITA and how it is killing the sport of archery. This theme has been recurrently rearing its ugly head for the past while not only in these letters but in talks where any group of archers gathers, including our own club executive meetings.

Let's have a closer look at the whole scene, shall we? First, from a provincial standpoint. The Provincial Outdoor Championships include a FITA event. This is to help decide the grand champion at a number of events. If field is your bag, more power to you but don't knock Target events if you are lousy at them. To me the champion is the guy who comes out on top in a variety of events, not just one.

This FITA is usually the only FITA where we get to shoot for Stars. Once a year is not too often. I gather this is not the main point of contention though, rather that the numbers feel that there are too many other FITA's. Granted, there are a lot of FITA's because in order to shoot 3 qualifying FITA's to be eligible to try out for the Canadian Team you must shoot at least 3 more FITA's. And to be good enough to shoot 3 qualifiers you must practise hard by shooting more FITA's. But there are only ten or fewer archers in the province that are capable of or even interested in doing this. I contend that if these ten or so archers are the only ones with a voice in the provincial affairs (which is what these 2 letters imply) then the three or so hundred other archers better get their heads out of the sand and find out why. In my opinion, it is because they are too damn lazy to change things. The first thing that comes to mind when I say this is the last General Meeting of the Alberta Bowhunters and Archers Association. There was a tremendous turnout of at least 10 families represented Wow!, about 5% of the total membership for the big meeting of the year, elections, and everything. (Len, Red, we missed you at the meeting). How many of you even read the minutes later in the Sept-Oct. TABA? Notice how the bowhunting director position was not filled? No bowhunters present! Notice how the heavy tackle discussion was dropped? No heavy tacklers present!! Notice also in the minutes that there was talk of disbanding the ABAA. The ABAA President and/or TABA editor did not receive a single comment on that idea pro or con. And the recreational archers? Too busy having fun to waste time at a business meeting, I guess.

To me this general meeting is the place for the membership to give the executive their views on what the executive should be doing or better yet, to get a person on the executive who represents their views. But if we continue to elect only competitive archers to the executive (because they are the only archers who come out to the meetings) then it will be competitive archers whose views are represented. To come at the topic from another point of view, who asked everyone to come out to the qualifiers anyway? What's to stop all the other members of the group from shooting on the ranges or golf courses or whatever while the "competitive" archers are shooting FITA? Could it be because the only people in your club who are willing to organize a shoot are these self-same "competitive" archers?

Let's wrap up the provincial discussion by having a look at the provincially sponsored events. The normal ones are the two championships - indoor and outdoor, 2 general meetings, the Broadhead Safari, and the nail matches. And this year, the ABAA executive is trying to organize promotional activities just such as these two members are crying for. (See Nov-Dec. TABA page 26 re promotional ideas). Have you gone out and organized one yet? (To answer the question you are now asking yourself - yes - our club did and we made \$10.50 out of it. No big deal but we all had fun.)

And the executive is going to try to set up a division system in the provincial events so everyone will have competition at his own level.

In all that, is one FITA really too much? The other FITA's are club sponsored and club run, so let's get down to the club level.

Last year in this province there was only one club which had a field range. If there were no field events, that is a very good reason why. At the Edmonton Archers Club, we had no land except a target range so naturally we shot target events. I fail to see how that kept Calgary archers off the field course or from organizing "fun shoots".

This brings me to my final points. The ABAA cannot do anything unless it has strong member-clubs. By that I mean clubs who are willing to host events for the ABAA. Not necessarily tournaments, but at least let's handle those first. I have made many suggestions to the ABAA Executive and at the ABAA General Meetings to try and combat some of the problems such as the following: 1) having the election of officers at the general meeting held in conjunction with the Provincial Indoor where the attendance is much larger or 2) replacing only part of the executive at each

election so that the organization doesn't start over again every time a new executive takes over or 3) having some event other than a tournament to get members together (would you drive 200 or 300 miles for a picnic?) or 4) having a representative from each club on the executive committee (club? - what club? We can't even get a reply to a request for a contact person for the club or a list of the executive half of the time.)

If the ABAA Executive cannot even get someone to register their club, how can they possibly set up events for them? If they get nothing but total apathy in response to any and all requests, why should they do anything for the members? It all comes down to the same thing you have heard a million times before - you get out what you put in. I maintain that as long as the competitive archers contribute the majority of the work, then their views will be the ones represented.

And I happen to get a great deal of pleasure out of shooting a FITA simply because it is one area where the rules are laid out well and I know that what I am shooting is the same as what people in the U.S.A. and Europe and Asia are shooting and if you don't like FITA nothing I can say will change your mind, so go on out and organize something else and leave us "FITA lovers" in peace.

Also From TABA

### ORGANIZED OFFICIATING

By Ron Genge

In order that archery can function as a competitive sport we must have three basic requirements:

- 1) Archers who wish to compete
- 2) Officials who are willing and capable of conducting these events in compliance with the requirements governing the particular event
- 3) A field suitable to shoot the particular event

Without any one of these three basic requirements we would be unable to hold any kind of competitive event and have the scores accepted for official recognition. While we have clubs who function for the participation and advancement of the sport we can assume that there will be a proportion of these archers who will wish to compete at some level of competition.

It is also reasonable to assume that when we have competitors we will have committees who will take the necessary steps to see that we have suitable sites available for us to shoot these events. Generally these committees are formed from those who are the competitors in each case. The only thing which is not possible is to have the competitors conduct their own tournaments. There must be enough personnel available who are competent to conduct a safe tournament having regard for the rights of the individual and the rules governing these events.

With this requirement in mind there has been a committee set up by the F.C.A. to provide the necessary officials and to ensure that they have the required knowledge to do the job. This committee has a National Officials Chairman who directs the efforts of the Provincial Officials Chairman whose job it is to ensure that there are enough qualified personnel available to officiate at all competitive events within their respective provinces. At the end of November this year there was a week end meeting held in Calgary by the National Officials Chairman Don Lovo to co-ordinate the provincial advancement of this undertaking.

The next step is to have the Provincial Officials Chairman make up a list of all those who are willing to serve in this capacity. This program can function only after receiving support from individuals who are prepared to offer their services to fill this very necessary requirement. These volunteers would be organized and instructed in the requirements of this capacity. A list would then be made up of those available stating their preference as to areas suited to their location etc. Hopefully there would be enough of these officials so that it would not be necessary to have this work done by the same few each time.

Those who become interested in this phase of archery would find it to be an absorbing and rewarding part of their sport involvement. Some may even consider making themselves available for an officiating position at a Canadian Championship event.

Remember that a team can do an efficient job with a minimum of effort to its members, but one individual alone will fail for lack of support.

ALLELUIA

Mr. Ray Crawford, Director, The Federation of Canadian Archers:

After much consideration, we the Archers of Caledon, Inc., hereby enter our bid to host the 1975 Canadian Archery Championship. The members of this club are interested in hosting a full championship only. This decision was made after due deliberation and we are hopeful that you concur.

The Archers of Caledon, aware that the "World Trials" are being held the week beginning Monday, July 16, would like the Canadian Championship to be held July 6-13. We hope that the FCA would then extend an invitation to the various national teams to attend our championships. \*

Mr. Otto Lehmacher has been appointed, "Tournament Director", with full powers to act for this, the host club. Please direct all further correspondence to him.  
Sincerely, Earl Johnstone, Secretary,  
The Archers of Caledon Inc.

Mr. Raymond Crawford, President, The Federation of Canadian Archers:

This communication is to inform the executive of the Federation of Canadian Archers, that the Archers of Caledon Incorporated have the full confidence and backing of the Ontario Association of Archers, in regards to their ability to to conduct the 1975 Canadian Championships.

We have met with our Provincial Ministry's Youth and Recreation Bureau, and have their assurance of their co-operation.

We trust that this bid to host these championships will meet with your approval, and if a meeting of those parties concerned with this project is deemed necessary, it is requested that this be done on or before February 15, 1975. Any further information in this regard will be forwarded upon request.

Yours in and For Archery,  
Rita Anne Kinsella, President,  
The Ontario Association of Archers

Mrs. Rita Kinsella, President, Ontario Association of Archers:

This is to acknowledge the bid of the Archers of Caledon and sanction of the O.A.A., to host the 1975 Canadian Outdoor Archery Championship. Needless to say, we are very pleased that through the combined efforts of the Archers of Caledon and the O.A.A. this decision has been made.

On behalf of the Executive and Board of Directors I accept your bid.

As soon as you have your Tournament Committee selected we would appreciate having the names of those on the Committee in order to publicize this information.

Sincerely, Ray Crawford,  
President, FCA

\* Ed: I believe the "International Invitational" was meant, not the "World Trials".

FROM THE OAA NEWSLETTERSTRINGS AND THINGS by Frank Gray

The most abused, neglected and least cared for piece of archery equipment in our tackle box has to be the bowstring. We carefully pull our arrows from the butt, carefully blowing away all that fuzzy stuff that has collected on the tip, we check them for straightness and fidget with the fletching, we check our bowliabs for trueness and double check our sights, if we use one, but very seldom are bowstrings checked and if they are, some are neglected intentionally. A few strings I have seen have never been waxed, remember, gold is \$190/oz, NOT bowstring wax. We all have seen someone stop shooting because of an unravelling serving or some other string problem which only proves the point I am trying to get across.

"FEZY" strings, if you have ever noticed, sort of give the impression that they are so old they are turning mouldy and getting "FUZZIER" week after week. For goodness sake, don't push a string beyond its intended limit. Super-43 string material doesn't indicate 43 years of super service but only the breaking strength of the dacron.

Servings are another area of neglect and particularly the end nock servings. You only have half the strength of the string around this area and some, you may have noticed, have long since had the serving separated and riding on the bare dacron or what have you. Some white strings are literally turned black in this area from the chaffing of the white string material against the surface of the limb.

It is quite easy to pick out the archers who practice "preventive maintainence" because they realize the safety hazzard involved as well as the consequences of a broken bow due to neglect of proper equipment maintainence. Nocking points, these are also located on the string center serving so if the serving is loose and sloppy, your nocking point is also loose and sloppy which in turn, results in sloppy groups on the target.

Please don't let your string grow fuss, Funniest sight there ever was,  
Reminds me of a mouldy grape, Some may think it's Tarzan's ape,  
If you can't get a new one, Or you just don't give a hoot,  
Please spare us all the laughter, And shave it before you shoot.

Following is a poem written and dedicated to the Canadian Olympic Archery Team selected to represent Canada at the 1976 Olypic Games.

You've come a long, long way my friends to stand upon this line,  
You've reached Archery's greatest heights, the ultimate divine,  
To stand beside the chosen few from near and distant lands,  
To represent their countries, in this sport of great demands,  
We're confident you'll do your best, though competition's keen,  
Just being there you've shown to us, you're the best that Archery's seen.

COBO HALL TOURNAMENT DIES by Dawn Monroe

Each year more and more Canadians, especially from Ontario and Quebec were finding their way to Detroit in mid March to gain the experience of shooting on one of the largest shooting lines they could ever get the chance to shoot on. Even Nova Scotia was to send a representative this year. What was the attraction? 600 archers on one line...top U.S. competitors both amateur and professional competed.. it was fantastic to even visit as there is nothing to compare with it in Canada. Whatever the attraction it is over now.

The death of the American Indoor Archery Championships known better as Cobo Hall was announced by Bob Rhode, director of last years tournament. Rhode stated that there were several reasons for the closing of the tournament. Last year with only some 600 archers the event was barely profitable. Cobo Hall itself would not be available for a March booking after 1976. Political hassels amongst the various governing archery bodies in the States did nothing to keep the tournament going either. One of the really sad things about the end of Cobo Hall is that each year the J.O.A.D. kids came to shoot in what Bob Rhode felt was more or less an indoor championship. It was the biggest indoor J.O.A.D. event in the U.S. Rhode estimated that some 200 to 250 juniors were looking forward to the tournament. No alternative competition for either junior or senior event has been planned as yet. One reason why no alternatives have been announced is that the size of a hall required for such an event is difficult to locate. One would need some 400-500 feet of space for a target line of some 40 butts. Bob Rhode feels that while there will be new tournaments they will not be representative of all archers "Until the pro groups can get together". I certainly hope that Mr. Rhode is right when he predicts that "sooner or later most of the archers will get tired of all the divisions and will simply want to shoot together again". Isn't that part of sports...enjoying an event together?

#### FROM THE B.C. ARCHER

#### EQUIPMENT EVALUATION: ARROW RESTS by Morris Elliott

I had a fellow ask me what arrow rest I thought was the best to use. I told him that in my estimation there is not a good one on the market. Not one that could be called the ultimate, the all purpose rest. Some of them are okay in some ways, but have faults in others.

I guess the most common rest used by target archers is the "Hoyt Pro Rest". It is easy to apply to the bow, and if you are real fussy it comes in a selection of colours. If your bow does not have an adjustable side plate some adjustment can be made on the rest by bending out the side arm, of the rest, not the one the arrow sits on, which has the little curled up end to hold the arrow on. As for the curl, cut it off with a sharp knife. If you are shooting correctly you don't need it. If your arrow keeps falling off, either the rest is pointed down or you are not holding the string hand properly. One of the faults of the Hoyt Pro is that it is mounted with adhesive that can become soft and allow the rest to move in hot weather. For a hunting bow it is slow to use as you must look at it to see that the arrow is not sitting up on the side arm. They seem to stand up fairly well to use and are easy to replace.

Some of the new rests on the market include:

"The Williamson" - it's okay. It is a small version of a plunger or Berger Button, has many good ideas. It can be moved up or down, back and forth, can be adjusted for pressure and fits right or left handed bows. It has the mounting set up so that there is nothing in the way of the bottom fletch as the rest comes under the arrow from the off side at about 35 degrees, (that's from the left for a right handed bow). It is mounted to the bow with two small screws. It is a good rest for release shooters who have their arrows sitting real close to centre shot. Finger shooters may find that varying the pressure with the top and bottom finger of the string hand the plunger is forced down different amounts, resulting in the arrow starting its flight at different positions in relation to the nock location on the string, having the same effect as the sight being moved from the distance mark. This type of rest takes time to tune as pressure adjustments on it may require adjustments of the side plunger as well. It is also one more moving part that can hang up if it gets wet or dusty. They are expensive but I would recommend them for release shooters.

The "Bonnie Bowman Springy Rest" is simple to mount, if your bow has a hole for an adjustable side plate. It is just a coiled spring mounted on the end of a bolt with a small Allan screw. The end of the spring is sticking out for the arrow to sit on. It comes in three different wire sizes for different spring tension. All the tuning you can do is to set it for the centre shot. Other than the different springs, not really too much can go wrong with it, unless the spring gets bent out of shape or the small screw comes loose. Believe it or not, one of the fellows I shot with in Calgary 8 years ago had the very same idea mounted on his bow with a wood screw. We all laughed at him!!

The "Killian Van Rest" is a metal version of the Hoyt Pro. It works the same way but is next to impossible to fix if it gets bent.

The "Stanialowski" spring rest is designed along the same lines as the Bonnie Bowman, with the advantage that it can be moved back and forth or up and down. I have not tried one of these yet but a couple of the fellows here have. Their remarks: "It does not work well with the clicker as the clicker pushes the arrow off the spring into the bow". The other fellow bent the spring on his. I can't print what he said as this is a family magazine.

The "Flipper" rest is a popular one with people who use the cushion plunger side plates. It works well as long as it is mounted flat, so that there is no binding in the housing that holds the shaft and spring. On some bows with a sloping curve at the bottom of the sight window it may bind when you try to mount it low enough for the arrow to center on the plunger. It has no up or down spring position so a badly released arrow can bounce off of it. It is also mounted with adhesive. It does not allow hard fletch to clear too good. If you are using one take a sharp pair of side cutters and cut off the extra wire that is sticking out past the arrow. Cut it back almost to the point where the arrow sits on it.

The main thing to do after you are satisfied with one rest is to have it marked or have some way of knowing how it is set. If something goes wrong and you must replace it, you can do so without having to re-tune your complete set up to match the rest again.

So you can see there are good and bad points with all arrow rests. All of them will work to a certain extent. A lot depends on the type of shooting you do, release, fingers, fast hunting shot etc.

#### BOWHUNTING STATISTICS 1974 by Doug Wood

Of the 61 hunters who have turned in award forms this fall, I have the following interesting statistics for you:

61 Hunters:	Average Bow Weight	- 56 pounds
177 Kills:	Average Distance Animal Shot	- 27½ yards
Hunters used the following bows:	Compounds	- 10
	One Piece Recurve	- 29
	Take Downs	- 22
Arrows used:	Aluminum	- 24
	Wood	- 30
	Glass	- 7
Aiming methods:	Sights	- 42
	Instinctive	- 19

Arrow heads: The majority used two blade and insert, some used the three blade and some used various new heads.

The average animal went 42½ yards before it dropped. (I might add that two were bad hits and went 300 and 400 yards.)

We had two junior (Bruce Hatter and Mark DeRoche) and one woman (Susan Eha) take deer.

Deer: Susan Eha, Bill Gibson, Bruce Hatter, Doug Wood, Jim Frost (2), D. Lowe, Len Ellis, Karl Eha, Cliff Allan, Phil Duckitt, Don Harper, Rene Kundig (2), Don Baxter, Darrel Cairns (2), G. Richens, Mark DeRoche, Larry McKay, Dave Harper.

Black Bear: Dr. Jim Hatter, Dave Harper, D. Lowe, Karl Eha (2), Dr. Peter Szarka, Klaus Schultz, Mike Patenaude, Don Harper

Cougar: Wilf Kingalat

OFFICIALS CLINIC

Our National Officials meeting held in Calgary, Nov. 30 - Dec. 1, 1974, was an unqualified success with every Provincial representative in attendance. We ran an intensive two day training program which included considerable practical work culminated by a 1½ hour exam. Based on the results of the above, I now feel that we have an excellent national core of officials and if they receive Provincial support, the level of Canadian Archery officiating will be substantially improved. I am most anxious now to arrange a meeting where these people can actively judge a major tournament and will discuss this matter with you (Ray Crawford) at our grants meeting. Plans are underway to have each Provincial Chairman run a similar course and qualify at least four trained officials for each Province.

The enclosed photo was taken at our National Officials meeting:

Back Row, left to right:

Gib Henderson, Saskatchewan, Fred Usher, British Columbia,  
Ron Genge, Alberta, Otto Lehmacher, Ontario,  
Rick Meister, Nova Scotia, Len Hawkes, Newfoundland.

Front Row, left to right:

Don Lovo, National Chairman, Calgary, Laurier Cusson, Quebec,  
Ron Roccola, Manitoba, Gilles Bois, New Brunswick.

Yours truly,

D.M. Lovo, National Officials Chairman.



LETTER EXCHANGE

Mr. Ray Crawford,  
President, FCA

The Executive Board of the B.C. Archery Assn. wishes to express its dismay in the lack of effort on the part of the Canadian Association in trying to produce a 1975 Outdoor Tournament.

The date of December 1, 1974 as deadline for consideration does not give clubs sufficient time to plan a program for submission to the FCA. We also felt that the type of tournament held during the past few years has managed to deter most clubs from even considering hosting a tournament of that size and cost. Leadership by the FCA in producing a new and less expensive and demanding format for a national tournament is needed.

The one item that bothered our Executive the most was the fact that no end of expense or energy is being expended on "Game Plan 76", that will benefit only a few archers across Canada for a limited amount of time; at the sacrifice of our long standing National tournament, which we would hope will be around long after the flurry of "76" is over.

The fact that we are hosting the National Trials should indicate our good faith in helping to promote a strong and effective National Association, and we would trust the FCA Executive would expect that same co-operation from other Provincial Organizations.

What we are asking is that a more aggressive attitude be assumed toward the continuation of our National tournaments.

Yours Truly,

The President and Executive Board of BCAA

Mrs. Marlene Schut,  
Secretary, BCAA

This is to advise that your letter of November 29/74 arrived after our December 7 & 8/74 meeting. However, we did have a letter in somewhat the same vein from Saskatchewan, and you received a copy of our reply to Cliff LeFoudre from Sask. We are painfully aware of the difficulty of getting clubs to bid on the Nationals. You are right, they are getting too demanding! Historically, this is mainly due to the archers themselves. At our Annual General Meetings (AGM's) they have voted in more and more events, until the whole structure has become so top-heavy that very few clubs will undertake the hosting of such an extravaganza.

The only reason the Executive set December, 1974 as the deadline was to encourage clubs to consider it as soon as possible, and give them enough time to organize. However, at the December 7 & 8/74 meeting we extended the deadline, and also called for applications for an abbreviated Tournament. In addition, we are lobbying with different groups to get the thing off the ground. We in the Executive and Board are open to suggestions. It's pretty obvious the FCA will have to have alternate and less expensive and less demanding formats in the future.

It is true that there is a very real danger of placing too much emphasis on the 'few' and the 'Games Plan 76' is certainly orientated that way. It is my personal view - and I am sure it is shared by all members of the Executive Committee - that every effort must be made to keep archery going on all fronts. Now that we are caught up in the whirl of the Olympics, it would be disastrous to let go of the 'merry-go-round' at this stage.

The emphasis on the 'few' is a common concern by all sports in our situation. We have again applied to Ottawa for a full time Executive Director. By removing a lot of the routine work-load from the Executive Committee members, it is our belief that more leadership can be channeled toward our national objectives, and thus achieve a better balance all around.

This letter is not intended to convince you we in the Executive have all the answers. We haven't! At least we are aware of the problems, and will do all we can to retain our Outdoor Championship and keep a strong grass-roots organization.

Sincerely, Ray Crawford,  
President, FCA

OPEN RECORDS at 31st Dec. 1974

Enclosed are copies of the Canadian Open records for reporting in the F.C.A. Bulletin. I trust they will be in time for March publishing. True to Parkinson's law I took the time you allotted me.

A few tidbits - there are 187 different records of which 94 were broken this year and 4 were tied. Numbers held by each Province are: Nova Scotia - 1, Quebec - 47, Ontario - 48, Manitoba - 2, Saskatchewan - 12, Alberta - 28 and British Columbia - 49. With the Canadian gals shooting up a storm I can see more records falling right and left in 1975.

Vi Muir, F.C.A. Records Chairman

30M FIELD

Ladies Freestyle:	Lucille Lessard, Que.	564	July	1974
Ladies Barebow:	Cecily Coles, Ont.	339	July	1974
Mens Freestyle:	Wayne Pullen, Ont.	576	July	1972
Mens Barebow:	Pete Thauberger, B.C.	474	July	1972
Mens Pro Limited:	Bill Fordham, Ont.	517	July	1972
Mens Pro Unlimited:	Morris Elliott, B.C.	590	July	1974
Junior Girls Freestyle:	Lucille Lessard, Que.	475	July	1973
Junior Girls Barebow:				
Junior Boys Freestyle:	Ron Lippert, Ont.	548	July	1974
Junior Boys Barebow:	Mark Chaisson, Alta.	237	July	1972
Cadet Girls Freestyle:	Yolande Vaillancourt, Que.	420	July	1974
Cadet Boys Freestyle:	David Lovo, Alta.	501	July	1972

30M HUNTER

Ladies Freestyle:	Lucille Lessard, Que.	584	July	1974
Ladies Barebow:	Cecily Coles, Ont.	482	July	1974
Mens Freestyle:	Les Anderson, Sask.	588	July	1974
	Jacques-Andre Morin, Que.	588	July	1973
Mens Barebow:	John Horvath, Alta.	532	Aug.	1973
Mens Pro Limited:	Tom Mack, Ont.	560	July	1972
Mens Pro Unlimited:	Morris Elliott, B.C.	596	July	1974
	Bill Fordham, Ont.	596	July	1974
Junior Girls Freestyle:	Lucille Lessard, Que.	550	July	1973
Junior Boys Freestyle:	David Mann, B.C.	588	July	1973
Junior Boys Barebow:	Mark Chaisson, Alta.	408	July	1973
Cadet Girls Freestyle:	Yolande Vaillancourt, Que.	460	July	1974
Cadet Boys Freestyle:	Ron Lippert, Ont.	588	July	1972

CLOUT:

Ladies 125 Metre:	Honor Lehmacher, Ont.	156	July	1973
Mens 165 Metre:	Cliff Allan, B.C.	163	July	1974
Girls 125 Metre:	Jocelyne Beauregard, Que.	92	July	1973
Girls 110 Metre:	Nichole Armstrong, Que.	105	July	1974
Boys 125 Metre:	Alden Globe, Ont.	133	July	1973
Boys 110 Metre:	Marc-St-Arnaud, Que.	163	July	1974

BATTLE CLOUT:

180 Metre:	John Horvath, Alta.	134	July	1974
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CANADIAN 1200

Ladies FS:	Round	Lucille Lessard, Que.	1071	July	1974
	60M	Lucille Lessard, Que.	255	July	1974
	50M	Dorothy Lidstone, B.C.	270	Sept.	1973
	40M	Lucille Lessard, Que.	280	July	1974
	30M	Sheila Brown, Ont.	284	July	1973
Ladies BB:	Round	Cecily Coles, Ont.	891	Sept.	1974
	60M	Cecily Coles, Ont.	177	Sept.	1974
	50M	Cecily Coles, Ont.	207	Sept.	1974
	40M	Cecily Coles, Ont.	249	Sept.	1974
	30M	Cecily Coles, Ont.	259	July	1974
Mens FS:	Round	Wayne Pullen, Ont.	1065	July	1972
	70M	John Brooks, B.C.	251	July	1974
	60M	Roger Lemay, Que.	269	July	1974
	50M	Wayne Pullen, Ont.	273	July	1972
	40M	Dan Mawer, B.C.	288	Sept.	1973
Mens BB:	Round	John Horvath, Alta.	952	July	1972
	70M	Pete Thauberger, B.C.	210	July	1974
	60M	John Horvath, Alta.	252	July	1972
	50M	Steve Sekul, B.C.	246	Sept.	1973
	40M	Pete Thauberger, B.C.	258	July	1974
Mens Pro Ltd.:	Round	Tom Mack, Ont.	981	July	1972
	70M	Tom Mack, Ont.	226	July	1972
	60M	Tom Mack, Ont.	248	July	1972
	50M	Bill Fordham, Ont.	268	July	1972
	40M	Pete Muir, B.C.	279	Sept.	1973
Mens Pro Unltd.:	Round	Morris Elliott, B.C.	1094	July	1974
	70M	Morris Elliott, B.C.	259	July	1974
	60M	Morris Elliott, B.C.	274	July	1974
	50M	Stewart Bowman, Ont.	278	July	1973
	40M	Morris Elliott, B.C.	288	July	1974
Jr. Girls FS:	Round	Lucille Lessard, Que.	1010	July	1973
	60M	Patti Thompson, Ont.	231	July	1973
	50M	Linda Baond, Que.	254	July	1973
	40M	Lucille Lessard, Que.	262	July	1973
	30M	Patti Thompson, Ont.	279	July	1973
Jr. Girls BB:	Round	Colette LePoudre, Sask.	133	July	1974
	60M	Colette LePoudre, Sask.	19	July	1974
	50M	Colette LePoudre, Sask.	44	July	1974
	40M	Colette LePoudre, Sask.	40	July	1974
	30M	Colette LePoudre, Sask.	30	July	1974
Cadet Girls FS:	Round	Yolande Vaillancourt, Que.	875	July	1974
	60M	Yolande Vaillancourt, Que.	186	July	1974
	50M	Yolande Vaillancourt, Que.	207	July	1974
	40M	Yolande Vaillancourt, Que.	226	July	1974
	30M	Yolande Vaillancourt, Que.	256	July	1974
Jr. Boys FS:	Round	Ron Lippert, Ont.	1040	July	1974
	70M	Ron Lippert, Ont.	235	July	1974
	60M	Daniel Desnoyers, Que.	255	July	1974
	50M	Ron Lippert, Ont.	276	July	1974
	40M	Daniel Desnoyers, Que.	280	July	1974
Jr. Boys BB:	Round	Roger Chaisson, Alta.	215	July	1974
	70M	Roger Chaisson, Alta.	8	July	1974
	60M	Roger Chaisson, Alta.	87	July	1974
	50M	Roger Chaisson, Alta.	52	July	1974
	40M	Roger Chaisson, Alta.	68	July	1974
Cadet Boys FS:	Round	David Lovo, Alta.	1017	July	1972
	60M	Scott McKercher, Ont.	243	July	1973
	50M	Philip Rigg, B.C.	293	July	1973
	40M	Stephane Lacourse, Que.	267	July	1973
	30M	Philip Rigg, B.C.	283	July	1973

FITA:

Ladies FS:	Single Round	Lucille Lessard, Que.	1226	Oct.	1974
	Single 70M	Virginia Parkhurst, B.C.	294	July	1969
	60M	Mary Grant, Ont.	324	Sept.	1972
	50M	Wanda Allan, B.C.	292	July	1974
	30M	Juliette Rochon, Que.	337	Oct.	1974
	Double Round	Mary Grant, Ont.	2350	Sept.	1972
	Double 70M	Marg Saunders, B.C.	551	June	1974
	60M	Mary Grant, Ont.	624	Sept.	1972
	50M	Wanda Allan, B.C.	546	June	1974
	30M	Mary Grant, Ont.	654	Sept.	1972
Ladies BB:	Single Round	Dian English, B.C.	908	July	1969
	Single 70M	Barbara Tribble, Ont.	203	July	1973
	60M	Dian English, B.C.	258	July	1969
	50M	Jackie Sutherland, B.C.	220	July	1962
	30M	Barbara Tribble, Ont.	286	July	1973
Mens FS:	Single Round	Don Jackson, Ont.	1225	Sept.	1972
	Single 90M	Don Jackson, Ont.	280	Sept.	1972
	70M	Don Jackson, Ont.	315	Sept.	1972
	50M	Ted Gamble, Alta.	314	June	1974
	30M	Wayne Pullas, Ont.	342	July	1972
		Les Anderson, Sask.	342	June	1974
	Double Round	Don Jackson, Ont.	2437	Sept.	1972
	Double 90M	Don Jackson, Ont.	549	Sept.	1972
	70M	Don Jackson, Ont.	622	Sept.	1972
	50M	Ted Gamble, Alta.	617	June	1974
30M	John Brooks, B.C.	675	June	1974	
Mens BB:	Single Round	Pete Thauberger, Sask.	1042	July	1969
	Single 90M	Pete Thauberger, Sask.	238	July	1969
	70M	Pete Thauberger, Sask.	269	July	1969
	50M	Pete Thauberger, B.C.	263	June	1974
	30M	Tom Bezusko, Ont.	316	July	1973
Mens Pro:	Single Round:	Andre Cere, Que.	1111	July	1973
	Single 90M	Andre Cere, Que.	242	July	1973
	70M	Bill Fordham, Ont.	271	July	1972
	50M	Andre Cere, Que.	289	July	1973
	30M	Tom Mack, Ont.	326	July	1972
	Double Round	Don Rittaler, B.C.	2029	June	1974
	Double 90M	Don Rittaler, B.C.	396	June	1974
	70M	Don Rittaler, B.C.	526	June	1974
	50M	Don Rittaler, B.C.	502	June	1974
	30M	Don Rittaler, B.C.	605	June	1974
Jr. Girls FS:	Single Round	Lucille Lessard, Que.	1107	Aug.	1973
	Single 70M	Lucille Lessard, Que.	254	Aug.	1973
	60M	Lucille Lessard, Que.	271	Aug.	1973
	50M	Linda Emond, Que.	258	July	1973
	30M	Lucille Lessard, Que.	328	Aug.	1973
Jr. Girls BB:	Single Round	Wanda Allan, B.C.	747	July	1970
	Single 70M	Wanda Allan, B.C.	161	July	1970
	60M	Wanda Allan, B.C.	173	July	1970
	50M	Wanda Allan, B.C.	149	July	1970
	30M	Wanda Allan, B.C.	264	July	1970
Cadet Girls FS:	Single Round	Yolande Vaillancourt, Que.	814	July	1974
	Single 70M	Susanne Barman, B.C.	107	July	1974
	60M	Yolande Vaillancourt, Que.	228	July	1974
	50M	Yolande Vaillancourt, Que.	198	July	1974
	30M	Yolande Vaillancourt, Que.	286	July	1974

Jr. Boys FS:	Single Round	Daniel Desnoyers, Que.	1133	Aug.	1973
	Single 90M	Ron Lippert, Ont.	249	July	1974
	70M	Daniel Desnoyers, Que.	288	Aug.	1973
	50M	Richard Vaillancourt, Que.	286	July	1974
	30M	Daniel Desnoyers, Que.	286	Aug.	1973
Jr. Boys BB:	Single Round	David Mann, B.C.	332	July	1973
	Single 90M	Mark Chaisson, Alta.	711	July	1972
	70M	Keith Wight, Alta.	72	July	1971
	50M	Mark Chaisson, Alta.	160	July	1973
	30M	Mark Chaisson, Alta.	201	July	1973
Cadet Boys FS:	Single Round	Mark Chaisson, Alta.	242	July	1973
	Single 70M	Ron Lippert, Ont.	1158	July	1972
	60M	Alain Poirier, Que.	230	July	1973
	50M	David Lovo, Alta.	295	July	1972
	30M	Alain Poirier, Que.	278	July	1973
		Alain Poirier, Que.	319	July	1973

### 18 METRE INDOOR FITA

Ladies FS:	Single Round	Gerri Cosgrove, B.C.	270	Apr.	1974
	Double Round	Gerri Cosgrove, B.C.	530	Apr.	1974
Ladies BB:	Single Round	Pat Schmidt, Sask.	227	Apr.	1974
	Double Round	Pat Schmidt, Sask.	505	Mar.	1974
Mens FS:	Single Round	Dave Ball, B.C.	284	Mar.	1974
	Double Round	Dennis Jarvis, N.S.	284	Apr.	1974
Mens BB:	Single Round	Dave Ball, B.C.	567	Mar.	1974
	Double Round	John Horvath, Alta.	260	Apr.	1974
Mens Pro Ltd.:	Single Round	John Horvath, Alta.	517	Apr.	1974
	Double Round	Pete Muir, B.C.	274	Mar.	1974
Mens Pro Unltd:	Single Round	Pete Muir, B.C.	517	Mar.	1974
	Double Round	Dennis Schmidt, Sask.	263	Apr.	1974
Jr. Girls FS:	Single Round	Al Wills, B.C.	555	Mar.	1974
	Double Round	Lucille Lessard, Que.	276	Apr.	1974
Jr. Boys FS:	Single Round	Lucille Lessard, Que.	546	Apr.	1974
	Double Round	Ron Lippert, Ont.	287	Apr.	1974
Jr. Boys BB:	Single Round	Dave Mann, B.C.	571	Mar.	1974
	Double Round	Greg Meyers, Alta.	255	Apr.	1974
Cadet Girls FS:	Single Round	Greg Meyers, Alta.	480	Apr.	1974
	Double Round	Jeanne Guillemette, Man.	132	Apr.	1974
Cadet Boys FS:	Single Round	Jeanne Guillemette, Man.	248	Apr.	1974
	Double Round	Kevin Teitge, B.C.	266	Apr.	1974
Cadet Boys BB:	Single Round	Kevin Teitge, B.C.	526	Apr.	1974
	Double Round	Randy Kinniburgh, Alta.	205	Apr.	1974
		Randy Kinniburgh, Alta.	402	Apr.	1974

### IN SUPPORT OF THE WORLD TEAM

I have proceeded with the project to raise team funds and have received from  
 Don Lovo: 1 Black Widow takedown Bow, 1 Porcupine Creek Custom Stabilizer,  
 1 Dozen Easton Arrows  
 Gerry Killian: Complete Killian Sight with Micro Adjuster and Eagle Mount.

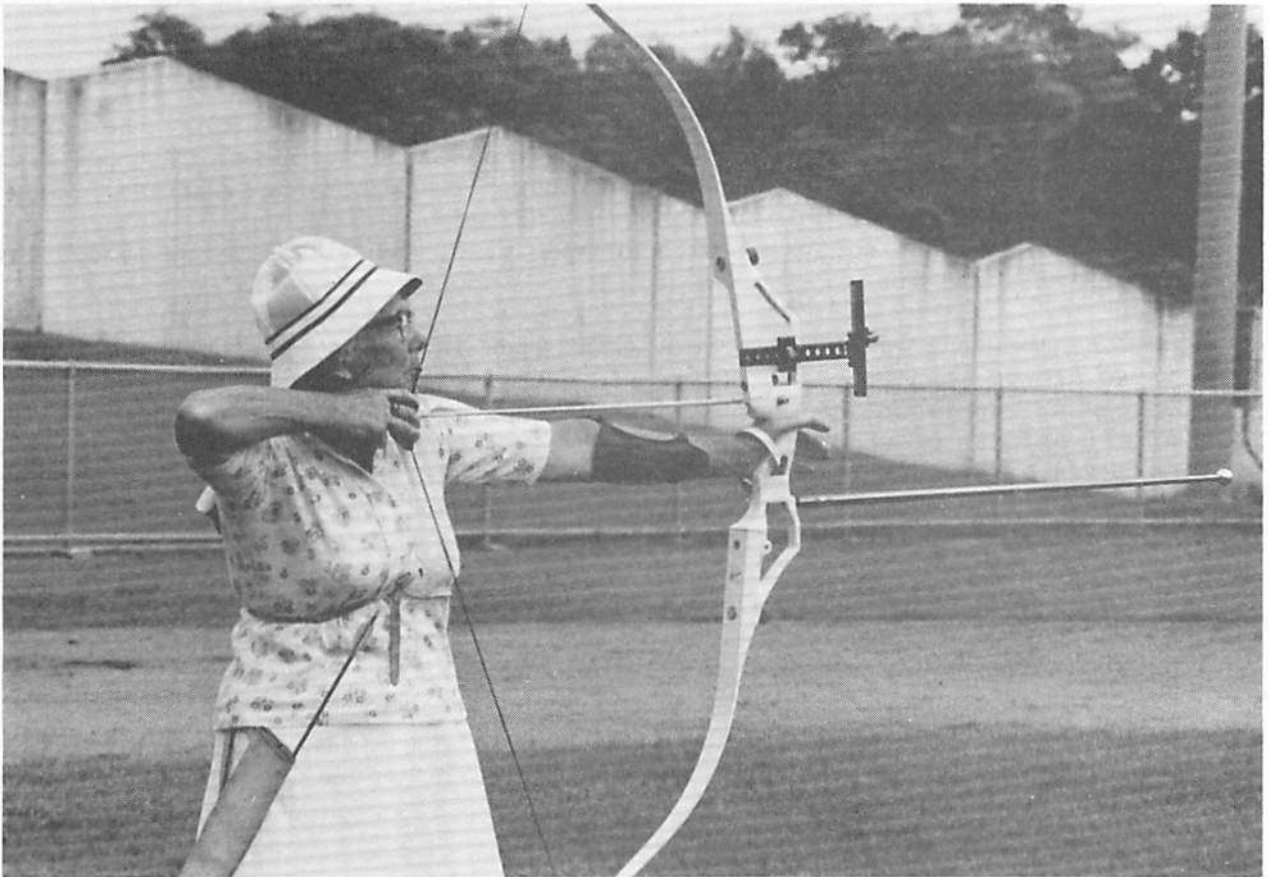
The tickets are being printed. Price 50¢ each.

Fred Usher,  
 2677 Dunlevy St.,  
 Victoria, B.C.,  
 V8R 5Z3.

WORLD ARCHERS

By Nan Seney

"I don't think she'll ever learn to shoot!" was the reply given when a club member was asked how Marge Saunders' archery had progressed. That however, was 18 years ago. Miss Saunders had attended a recreation course in archery at Stanley Park which was under the instruction of Stan Brookes. By the way Marge describes her first shooting attempts, I'm sure Stan must have questioned the future in archery of such a student. However, when the Maple Ridge started up Marge saw the advertisement and joined up. It wasn't til several months of struggling with a visual battle that her master eye won out and Marge started hitting the target.



Picture of Marg Saunders by Ken Brown

Miss Saunders is self-instructed and observes closely everyone who shoots, trying different techniques and adopting only those that help her own style. She is a firm believer in programming one's progress and insists that the good archer who is also an athlete has the edge. She cautions that if you are self-instructed you must be constantly alert that you do not become self-opinionated.

Miss Saunders first International Competition was the World Competition in Valley Forge U.S.A. in 1969. Since then she has been in the World at York England, 1971, the Olympics in Munich 1972, the Ambassador Cup, Pacific Coast Championships and has just returned from Puerto Rico for the Championship of the Americas.

Although she does very well in all facets of archery Marge prefers the Field both for fun and competition. Marge never thinks of quitting archery. When she develops problems with her shooting it acts as a challenge for her to overcome. "I had thought of giving up competition after the Olympics," Marge said, but I couldn't".

Marge loves to shoot and now that she has retired she has more time to devote to it. But she gives much of her time to helping others in Archery. She co-ordinates the J.O.P. at Maple Ridge and does her part in all club activities. The new comers to archery probably benefit from Marge the most. "Archery has given me so much in my life, I feel I must pass it on to others." she said.

When I asked Marge what she enjoyed the most about the International Competitions, she replied, "It is a composite of many things. But when you step on to the shooting line with someone from Outer Mongolia or Turkey or Russia, there are no barriers. F.I.T.A. rules are the international language that unites all archers." Miss Saunders does not get involved in the passing of F.I.T.A. rules and regulations but feels that Canada is well represented in the Congress and our needs looked after. The thing that bothers Marge most at a Competition is seeing the fourth member of a province or country's team on the sidelines while their team mates receive recognition. She explains, "I realize it is necessary to have the fourth in case of illness to take the others place on the team, but it is difficult to maintain a team spirit throughout when each knows they may be eliminated from the team if the other three do better than he or she."

Marge talked about some general topics also. She feels archery will progress in Canada as the newcomer is given suitable coaching and training. They are the strength and future in archery. The 1977 Canada Summer Games will put a spotlight on archery when a team from each province of young athletes perform. Some of her J.O.P. youngsters are thinking about it already. Marge looks at new equipment with an open mind, and likes to try it but not necessarily use it.

On Coaching, she feels there is a great lack in Canada and something must be done if we are to compete.

On clubs, she feels the most successful ones are those that maintain an expression of all aspects of shooting, and are prepared to help others for the good of archery. On the B.C. organization Marge said, "I think they are gaining ground. They are setting a fine example by assimilating all groups, professional, amateur, bow hunting, etc. Everyone is happy to be shooting and working side by side for archery.

We think Marge Saunders has set a fine example herself and probably will never know of all the people she has helped or inspired to pursue their interest in the sport. We wish Marge every success in all that she does and know that in Puerto Rico and every other country she visits she is doing her best to be one of Canada's finest representatives in Archery.

#### ON COACHING

There is no such thing as a coaching principle which is unique to one sport alone provided the coach has the ability to adapt it to the needs of his particular athletes. If the principle is true, it is as true in hockey as it is in tiddlywinks or table tennis. The coach, therefore, must be prepared to find useful knowledge in all sports, not just his own.

The great challenge for the future lies in the creative application of psychological principles, particularly those of learning, motivation and communication, and of scientific testing upon which physiological progress can be based. The principles of conditioning and technical skills are becoming so well known in many sports that any intelligent coach must soon absorb them; the separation of wheat from chaff occurs in the areas of science and psychology.

Lloyd Percival

IN AND AROUND THE PROVINCES

**NEWFOUNDLAND:** The latest in provincial publications is the Newfoundland Archery Association Newsletter. Published at their Provincial Rec Centre, it's another in a long series of accomplishments for the young N.A.A. The N.A.A. in fact, is almost a classic example of how to develop archery in a province. There was little spontaneity about the promotion and development of archery in Newfoundland. It was carefully planned with strong emphasis right from the start on proper organization, junior programs and coaching. Mostly it was work, work, and more work, in an area where virtually nothing was known about organized archery.

The N.A.A. Newsletter is informative, written in a nice, light style. Some of the highlights from the first Newsletter are:

- C.F.S. Inuvik has started a club in the land of the Midnight Sun.
- A Cadet and Junior Classification has been developed.
- More ladies are getting into the act and scores and participation are going up.
- C.F.S. Gander will enter the F.C.A. Mail Matches.
- N.A.A. is looking ahead to the 1977 Canada Summer Games in which archery will be featured for the first time.
- Len Rich, the founding president of the N.A.A., also holds the following positions: Provincial Coach, Provincial Coaching Co-ordinator, Provincial Junior Olympics Chairman, Publicity Chairman for the West Coast. In addition, he writes a monthly column "Bow and Arrow" for the Western Star, maintains a loosely stiked archery tackle shop, teaches an Adult Education Course in archery, receives and answers an average of 10 letters per week concerning archery, both personal and business, and on rare occasions, finds time to shoot.
- N.A.A. has also benefited by having Mike Green as secretary. An experienced archer, he is currently the top shooter in the province, holding all titles.
- Another of the workers is Len Hawkes of Corner Brook, who has taken on the Officials Chairmanship.

**SASKATCHEWAN:** Saskatchewan is one of the few provinces which manages to have its calendar of events prepared well in advance. Les Anderson, the very conscientious Target Director, and aren't the Saskatchewan archers proud of his and Olga Johnston's achievements, actually registers shoots with F.C.A. as much as a year in advance. So, here is the S.A.A. Calendar should you be in the area and want to enjoy the famed Saskatchewan hospitality:

June 7	Wascana Invitational, Regina
June 8	Registered FITA - Wascana & S.A.A. Team Qualifier, Regina
June 28	Registered FITA, Yorkton
June 29	Yorkton Invitational, Yorkton
July 12	Registered FITA, Saskatoon
July 13	S.A.A. Hunter/Felkl Round, Saskatoon
August 14-17	Western Canada Summer Games, Regina
August 30	Registered FITA STAR, Prince Albert
September 1	Provincial Outdoor Championships, Prince Albert

Saskatchewan is, of course, bowhunters country. This is much reflected in the S.A.A. Archer, edited by Ron Weinberger. In his Bowhunters Corner, S.A.A. Bowhunting Director, Terry Graburn, wrote:

"Whitetail deer shot this year according to applications received so far are down from last year. It was a good fall for a lot of Bowhunters, and those of you who didn't bring home the bacon, so to speak, I hope you had a lot of fun. Many of the people I have talked to formed camps and took a week or two to hunt both whitetail and mule deer, in different areas of our province. Reports indicate so far of three large whitetail taken, one in Zone 11 by Gary Thackray, and two more in the Regina area, a real monster was taken in the Lumsden area by Alan Hilchie, and according to pictures another whitetail which looks like its brother was shot by Atley Lovelace. By the way Atley, congratulations on your record moose. It could be one of the tops in the North American Pope and Young. If you were one of the lucky ones to be drawn for mule deer, and you could hunt the springers for a week or more, then you had fun. We had a camp of ten, formed in one of the beautiful areas of Zone 11, in the midst of Miner's ranch. On opening day some of the boys had shots which proved that a little more practicing the day before would have been helpful. That evening from my perch in one of the many windmills, I counted over 20 deer. Does and their fawns drank below me, and at about buck time I managed a 25 yard shot at an eight pointer. The trophy was found for me some yards away by the camp's head tracker known as the CHIEF. We really had a fabulous hunt, all ten of us had just a great time, and by the end of the week we had five deer in camp. My thanks to Barry Miner and Adam the carpenter.

But really, deer are hard to come by, not only because of their numbers, but according to one of Saskatchewan's better bowhunters deer are starting to look up at you in your tree seat before they pass by. That makes me feel better because I came back to our mule deer camp one evening and explained to a chilly bunch around the camp fire about a small group of thirsty does rushing past my ground blind, to a near by dug out, one of the does in an effort to clear the fence hit the top wire and fell flat on her back. But how about this one, one of our companions shot a mule deer through the front leg arteries, not to touch the meat, of course, and after tumbling into a corral some many yards away was approached almost at once by coyotes. Now this bowhunter's first mule deer was going home with him, coyotes or not, and he rushed to the corral to save his prize. Well that is okay, but how about this one, a deer was arrowed from a tree stand near a dugout and it bolted away down the trail, but to the shock of the hunter it returned a few seconds later and dove head first into the water and drowned. Believe me, these events really happened but I can't understand why I usually win the trophy. Remember tight lines and good shooting.

Number of deer taken according to applications Dec. 2/74: 6 Whitetail, 7 Mule deer."

Charlie Murton has done quite a lot of work on the S.A.A. Constitution, but his biggest job is Co-ordinator of the Archery Event of the Western Canada Summer Games, an event S.A.A. is giving a lot of attention and effort, and which promises to be one of the most exciting Games staged in Canada. A Games Plan Project, western archers will be trying hard to make it to, and at, this one.

BRITISH COLUMBIA: Nan Senev, Editor of the B.C. Archer, wrote an article for ARCHERY WORLD entitled Target Below the Tide. The Senevs live in a cabin in a remote inlet on the west coast of B.C. Owing to the wilderness undergrowth and rocky, sloping terrain, it was difficult to set up a long range target. The 500 yards of open tidal flats finally proved the solution to the problem. Construction was the next problem, but it too was solved. Declared the author: "We probably have the only range in North America that spends half its life below 15 feet of water".

Ron Boorman, Treasurer and Membership Chairman for B.C.A.A., as well as author of Seen in Passing column, has been doing some publicity work for archery. Kevin Teitge has taken over the Junior Report. The Junior Olympian Program, under Earl McGregor, continues to be strong in B.C. Bowhunting efforts are also well looked after by Bowhunting Director, Doug Wood.

ONTARIO: Following was noted in ARCHERY WORLD, Jan. 1975:

"Arrows are effective hunting implements fully capable of making clean kills on large animals and, contrary to popular belief, bowhunters do not wound hundreds of deer," says A.J. Stewart, fish and wildlife supervisor for Huronia District, Ontario, Department of Natural Resources, in an August newsletter. In a recent article entitled "Bowhunting - Fact and Fallacy" issued by his office, Stewart explains: "The manner of kill by an arrow is different from a gun and this difference has led to misunderstandings and charges of cruelty. The razor sharp cutting edges of a broadhead point cause a tremendous amount of hemorrhage, and in effect bleed the animal to death. This is not inhumane and is very similar to the method employed by packing houses in preparing meat for your table. Superficial wounds caused by arrows are generally small, clean and heal quickly. "Are we going 'back in time' by promoting archery hunting?" asks Stewart. "We certainly hope so! The bow and arrow has been with us since recorded history, and all cultures and civilizations have depended on them at one time or another. The Indians, Africans, or Aborigines are not considered callous or barbaric because they use bows and arrows as a method of hunting. Rather, they are considered to be knowledgeable of nature; respectful of the animals they pursue; and true conservationists. The modern bowhunter must acquire some of these qualities. He must have an intimate knowledge of the habits and behaviour of deer; spend a considerable amount of time in the field; be inconspicuous; and be attentive to sights and sounds around him. We feel the true bowhunter is a naturalist and a conservationist."

Thanks are sent to O.A.A. President, Rita Kinsella, for sending along the newspaper clipping and photo of John Smith of the Forest City Bowhunters, London.



THE LONDON FREE PRESS, Friday, November 15, 1974

## Outdoors with Pete Cunningham

### Archer's dedication pays off

John Smith could hardly contain himself when he shot his first whitetail deer last week. In fact, if you didn't know John Smith personally you might say he was excessive.

The 1½-year-old buck was something special to him because he shot it with bow and arrow.

And there's a lot more to it. To understand the situation fully you have to know that few hunters are more dedicated to their sport — you might even call him a bowhunting nut.

You have to know that it took John Smith 15 years of bowhunting to bag his first deer. You must have sat out on a stand with him in freezing November drizzle for hours and seen nothing. You have to know he spends, on the average, 30 hours a week hunting during the two-month archery season, sometimes going several days without seeing a deer. Then there are those frustrating days when he sees one or more deer but is either unable to shoot or unable to hit them.

That's the way it's been this year. Prior to shooting the 10-point buck near Bayfield, Smith had seen 15 deer in 13 days of hunting. In fact, he saw nine one afternoon and came up empty on three shots.

You can see that he wasn't particularly excited when he climbed 15 feet up an apple tree to take his stand last Sunday. He hadn't been there long — just over an hour — when he caught a glimpse of the animal out of the corner of his eye coming through thorn trees.

"I saw the antlers first," Smith recalls. "He kept coming. The shot hit the shoulder. He ran across a swamp right to Vite (Vite Chomicki, his hunting partner that day)."

Chomicki also shot and hit the deer in the flank. It went only 20 yards farther and fell dead.

Smith's 20-yard shot with his 60-pound draw-weight bow, however, had done the damage. The four-blade broadhead arrow had shattered the shoulder bone and penetrated vertebrae of the spinal column.

Exceptionally large for its age, the buck dressed 125 pounds.

Smith's elation at shooting his first deer was, however, only part of the story.

Early in September Smith and Chomicki had, in separate letters to the editor of The Free Press, contradicted a previous letter by T. I. Hughes of the Ontario Humane Society.

Hughes had termed bowhunting irresponsible and ineffective, said there was no doubt bowhunting subjected animals to a greater degree of suffering and had called bowhunters immature, would-be Robin Hoods.

Chomicki, who has also shot a deer with bow and arrow this year, had replied that the razor-sharp arrowheads cut so cleanly that there is probably no pain to the animal at all, likening them to a surgeon's scalpel. He persisted that he had seen wounded deer continue with no perceptible change then drop dead within a few yards.

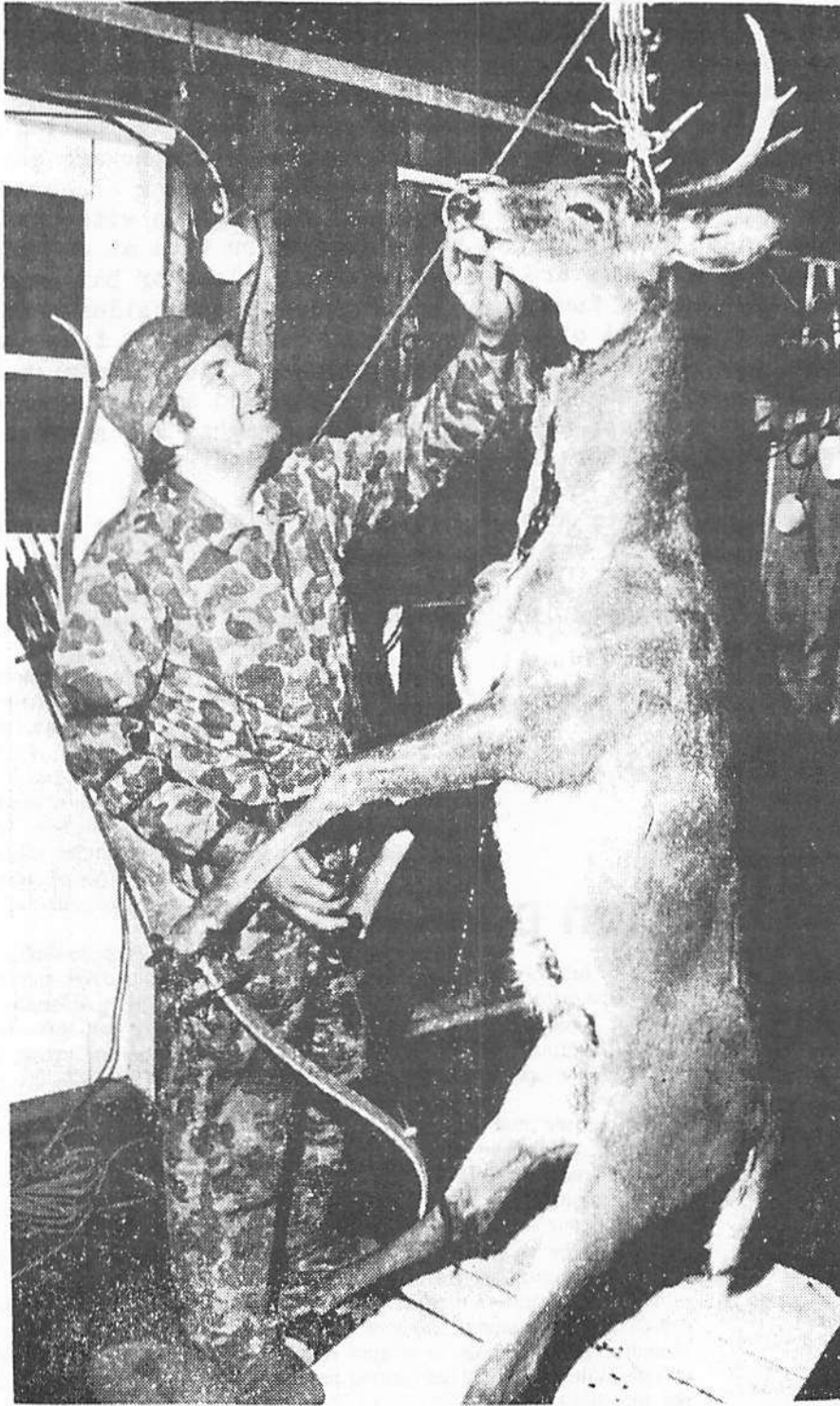
They both had provided credibility to what they had written.

Bowhunters, in the main, are not immature or irresponsible or anything else that Hughes implied.

They know forest habitat and their quarry far better than the majority of firearm hunters and they have logically practised long hours to perfect their shooting.

After all, bowhunting success for deer is less than two per cent compared to about 20 per cent for firearm shooters. What bowhunter wants to decrease those percentages by not practising?

When a fellow takes up a bow and arrow, he's more interested in the aesthetics of hunting than simply bringing home some meat. Archers hunt for trophies, rifle hunters for meat. In terms of pride, one bow-killed deer is worth 10 rifle-killed deer.



By George Blumson of The Free Press  
John Smith of London checks a large whitetail deer he shot with a bow and arrow last Sunday near Bayfield.

HI FELLOW BOWHUNTERS

Have you ever managed to get yourself good and lost in the bush? Most of us don't like to admit we have ever been lost. Like the old prospector says "not me I always know exactly where I'm at, it's just that once in a while I don't know where I'm going". We have all heard about the sure fire ways to get out, like following water. Well sometimes following water will get you out but other times it will get you into worse trouble. You will be far better off to forget about the sure fire ways and learn how to use mechanical aids.

Something we must do to prevent getting lost is realize we are an unfamiliar traveller in an unfamiliar environment. We are somewhat removed from swinging from the trees and eating roots and berries. Over the years we have found ways and means so that we don't have to deal with nature in the raw. We have found ways to keep ourselves well fed and warm even in the most severe winter conditions. We long ago lost the natural instinct to navigate like a goose or a bee. At the same time we are a better navigator today than a goose or bee if we use mechanical means. Many people accept this lost instinct but it is amazing how many people still think they don't need a map and compass in the bush. To those who say they don't need them I say, go right at it because you alone are going to pay the price for your little ego trip.

This writing won't deal so much on what to do when lost but more with how to prevent getting lost. I am no expert on this subject but I have learned a few things over the years that have been a great help to me in the outdoors. If what is said here will help one other person not to get lost then this writing is worthwhile. Anyone who has been lost knows it is a pretty rotten way to spend a weekend.

A compass, as we know, is a great aid to finding our way in the outdoors but a compass alone can become just about useless in an unfamiliar area. When you miss your objective or point of origin with a compass alone, you are then left with no idea at all as to where you went wrong. If you had a map of the area to go with the compass you can use it to assess where you went wrong. You could then decide on your next move knowing that it will lead you out even if it means changing your objective to a sure retreat that will get you out. In an unfamiliar area a map will show you in what direction roads, rivers, etc., run and this is important because all a compass will tell you is what direction you're going. The compass cannot tell you where the straight line will take you, only a map can tell you this. So it's Map and Compass just like bread and butter.

The maps that most of us use are Topographic maps on a one inch to four miles scale. They are printed by the Queens Printers and can be bought from the Provincial Government Agencies. They are very good maps but I have one complaint and that is that they are made on cheap paper. A couple of foldings and they start to fall apart, if they get wet they are finished. I would rather pay twice as much for them on a good quality paper.

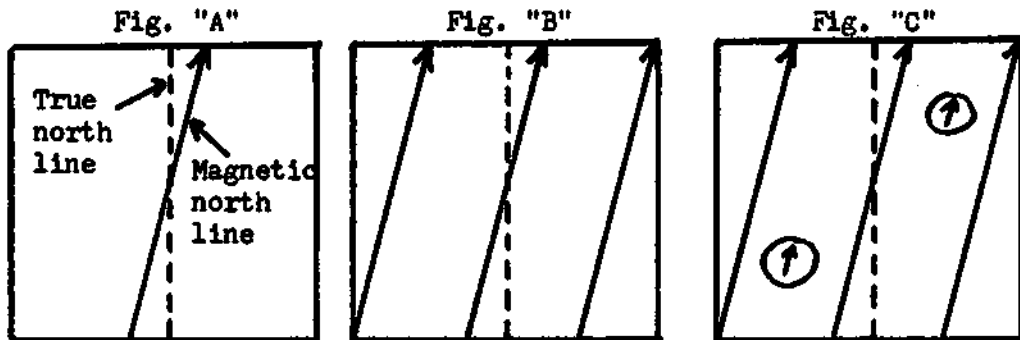
The more you know about the use of map and compass the better off you will be but a basic knowledge can work for the way most of us use them. These maps are made up on true north. This means the straight lines on the map are running true north from bottom to top. Our compass works off the magnetic north pole. So the first thing we have to do is find a way to make our magnetic compass work with the true north map. Here is a simple but workable way to use a magnetic compass with a true north map. It is not a precise method but is reasonably accurate for our needs.

All that will be done here is convert a true north map into a magnetic north map just like your compass. Most people know how to do this but every year I run into people who don't. The map used here for the example is Prince George, B.C. Sheet 93G. What we need from this map is written on the bottom of the sheet underneath the scale bars. It reads, Magnetic Declination 25 degrees East at centre of sheet 1966 Decreasing approximately 3'40" annually. We aren't trying to be professional navigators so the first thing we forget with the declination is after 1966 where it says decreasing Approx 3'40" annually. What we are interested in is where it says Magnetic Declination 25 degrees East at centre of sheet. The only instrument needed

here is a protractor. Put the map on a table and lay the bowed side of the protractor to the right, and vertical with the centre line on the sheet. Now make a mark 25 degrees to the right at the top of the protractor, then turn the protractor around and make a mark at the bottom 25 degrees to the left of the centre line. Get a straight edge and run a line from top to bottom through the marks. The line should look approx. like Figure "A". You can now draw a couple more magnetic north lines on your map and it will now look like Figure "B". All we have done is convert it from a true north map into a magnetic north map. Some people like to figure out the declination on the map. Remember that where ever you're working from on the map you use the same magnetic north bearing, the example is Figure "C".

**NOTE:**

The protractor must be centered on the center vertical line



There are a lot more details concerning the use of map and compass but for an outdoorsman you can get by pretty well using a map and compass in the above way. Every time you go into the bush for whatever reason, practice with a compass and map of the area. You will find that your skill will improve and your confidence will increase.

There are many things a person should do when they find themselves lost but many of these things depend on the particular situation. I feel it is more important to deal with things that will prevent you getting lost and if you do get lost be in a position where you are in the best possible condition to get out. Here are a few things that I feel are important to ensure that you will get out.

One thing you should never do with a compass is mistrust it, one way to overcome this mistrust is to carry two of them. Just about everyone at one time or another got into a situation where they are absolutely convinced that their compass is completely haywire. The odds are 1,000 to 1 that it is your sense of direction that is wrong. A compass is a very simple reliable instrument and even the cheapest ones are much more reliable than your sense of direction.

Do not ever go into any area without first letting someone know where you're going and when to expect you back. It is pretty hard for someone to find you if they don't know where you went. So give yourself a break and tell someone. It is also a good idea to travel with a partner as you never know when you might need their immediate help.

Never rely on someone else's knowledge of the area. When your buddy says to you "don't bother taking a map and compass because I know this area like the back of my hand" well don't get sucked into this one. Maybe your buddy does know the area like the back of his hand but you don't. It is all too easy to get separated from a partner in the bush especially in the excitement of the hunt. So give yourself another break and bring that map and compass along regardless of your buddy's knowledge of the area.

Most of us when we go into the bush even for a day, take along a packsack. This packsack should have more in it than just the day's sandwiches and nutty bars. Many a day hike has turned into a couple or more days lost. When this happens that packsack on your back is going to become very important. When you go into the bush for a day you should have enough clothing, shelter, and food to last you for a week. This might seem like a lot to carry but it isn't if you pick your items carefully. First of all if the clothing you're wearing will get you through one day and a cold night it will get you through seven. So start the day off by being dressed warm, if it gets too hot during the day just peel some off and throw it in the packsack.

Shelter is also very important but I don't put too much stock in the old lean-to idea. You might get lost in a spot where the material necessary to build a lean-to isn't available. It is better to buy a plastic metalized survival sheet. You can make a small tent out of it or just wrap it around yourself at night. These survival sheets will fold up into the palm of your hand and weight is just about nothing. The sheets absorb outside heat and also reflect cold. So far all we have got in the pack is the day's goodies and the survival sheet. The next item to get you through a week is food. Once again let's go to technology. Buy enough survival food to last you for a week and a week's supply won't be heavy nor will it be bulky. The stuff tastes like dog biscuits but the important thing is that it is nutritious and this is important because you will need all your strength. We have all read about the inner tree barks, roots, and even bugs you can eat when you're lost and some people even carry the book in their pack that tells you how to cook some of this stuff. What we must remember about this kind of food is that our stomach simply isn't used to handling it. It might prevent you from starving but you will get very little nutrition from it and it just might make you good and sick. So buy a week's supply of survival food as it will do you a lot more good. A few more important items that can be added to your pack are water proof matches, a small cooking pot, salt, a small first aid kit, and a small coil of rope. Don't forget the MAP & COMPASS. Every time you come back from a day's hunt or hike just leave all these items in the pack and they are all ready for next time. It is probably a good idea to change the survival food once a year but everything else just stays in the pack. I certainly haven't covered all the items that can be put in the sack but some important ones have been mentioned. My pack has to have more in it than has been mentioned but the weight of the pack has to be kept down to where it is no effort to carry it on your back all day long. Having a belt knife and hatchet around your waist is also a good idea.

Over the years I have managed to get lost twice. It has been a good many years since the last time I found that I didn't know how to get out but I remember them both vividly. On both occasions it was because of my ignorance in regards to the value of a map and compass. On many occasions people get turned around in the bush or miss their objective but if you have map and compass along you're not really lost because you can see from the map the way out. When you miss your objective and have no map or compass that's when you're lost because from where you're at, until you're out, you will be guessing all the way.

There is one aspect about being lost that can be very serious if you don't watch yourself closely. When all of a sudden you realize you have blown it and are indeed lost, there is a gut wrenching fear that grabs a hold of you and you have just got to control it or you will get yourself into some real serious trouble.

There was a program on TV a few years back and one episode was about Bush Panic. The program made bush panic sound like a bug that dropped out of a tree on you like a wood tick. They made it sound like there was nothing you could do about it. Well, bush panic is not a bug and there is something you can do about it. It starts with fear, a natural fear anyone feels when they find they're lost. The fear turns into bush panic when it grows to a point that it takes over your mind and you are acting without one grain of thought. You simply turn into a terrified animal. You control the panic by somehow getting a good hold of yourself right at the beginning, make yourself sit down, do not run around in all directions, just sit and cool down. Everyone must control the fear in their own way but all must do it because if it gets out of hand you will have as much chance of getting out as a snow ball in you know where.

On three occasions I have been on search parties for lost hunters. The first one the fellow walked out himself four days later, about 20 miles from where we were searching. He was in a weakened condition but other than that he was all right. On the second search party we found the fellow on the second day. He was pretty cold and hungry but other than that not too bad for wear. On the third search party we never did find the fellow and no one had to tell anyone else what happened to this poor soul. We found his tracks in the snow on the second day. It snowed all that day and for two more days. His tracks crossed over his own time after time. The

snow and the crossing tracks made it too tough for the search dog and he was a good one. The search officer said that this is always the worst kind of situation because even if you find the fellow it is usually too late. Their mind is working without thought and their body is in a state of exhaustion at all times. By his tracks the fellow was continually running, stumbling, falling down and than getting up and running again. On one occasion he ran right down a road for a ways that only a blind man wouldn't see. He ran around an old trapper's cabin a couple of times and his tracks never even went to the door or window and then he ran off in another direction. It is hard to imagine that someone can get themselves into this kind of condition but when you see the tracks in the snow you believe it. This young fellow never gave himself a chance. Had he controlled that fear right at the beginning, I know we would of found him alive and well. As it turned out he was never found.

Every year in this province there are hundreds of people who get lost. You can be lost for four hours or four days, the amount of time doesn't change the fact that you were lost. By far the majority of people who get lost find their own way out or are found by a search party. Every once in a while there are people who get lost and they don't get out. I feel that the major factor involved with the few who don't get out, is bush panic. Even if you fall and break your leg you still have the ability to think and reason but if you are in a state of bush panic you have nothing.

With all of this I hope I haven't made travelling in the wilds sound like a fearful thing because this is not the intention. Some of the most beautiful experiences of my life have come from the outdoors but nature in the raw also has another side. There are no favorites, no quarter is given and you must accept it this way. Accept that you are the unfamiliar traveller. If we want to master the wilderness we can, but to do so we will have to destroy it. It is better to live our part on its terms but at the same time prepare ourselves with the things and knowledge that will let us survive on its terms.

John Francis, Zone 4 Bowhunting Rep

### WORLD RECORDS

#### LADIES

FITA	Emma Gapchenko	USSR	1973	1235	1440
70m	Linda Myers	USA	1974	310	360
60m	Jadwiga Szoszler-Wilejto	POL	1971	324	360
50m	Emma Gapchenko	USSR	1973	311	360
30m	Grazyna Krauzowicz	POL	1972	341	360
TEAM	Emma Gapchenko	USSR	1972	3670	4320
	Alla Peunova				
	Keto Losaberidze				

#### MEN

FITA	Darrell Pace	USA	1974	1291	1440
90m	Darrell Pace	USA	1974	303	360
70m	Edwin Eliason	USA	1973	323	360
50m	Darrell Pace	USA	1974	326	360
30m	John C. Williams	USA	1972	350	360
TEAM	Gunnar Jervill	SWE	1972	3643	4320
	Olle Bostrom				
	Rolf Svensson				

FROM SHOOTING LINES OF AUSTRALIAMORE ABOUT PARADOX from Keith Galaford

The paradox can never completely disappear as long as we make an arrow shaft move from complete inertia to a phenomenal speed within the shaft's own length. Admittedly we have reduced the amount of pressure sustained by the arrow as it is thrust forward by 1. having finely spined shafts as manufactured by Easton, 2. by cushioning the shock or 'bounce' of the shaft on a soft or yielding pressure point at the arrow plate, 3. the degree of centre shot of most bows, 4. a release aid. It could be reduced even more if the shaft could be suspended in mid air by an impulse (either air or electronic) to create a rest and pressure plate of suspended animation. Unfortunately, this would probably call for a new arrow shaft to be created. But while we have the principal of an object passing from total inertia to great speed there will always be a chain reaction of movement making the "archers paradox".

FROM THE EDITOR Alex J. Barter

Perhaps you have forgotten the definition of the archers paradox. The old longbow, sometimes as much as  $1\frac{1}{2}$ " in diameter at the arrow plate, had the arrow even at full draw pointing far to the left, if you sighted through the bow to the target. But when released the arrow shot as though through a hole in the bow. This is the paradox. Much has been written about the arrow curling round the bow and then straightening out again on its way to the target. Very convenient wasn't it? But just rest that same bow against something solid and immovable on the right side of the handle and see where the arrow goes! Strangely, it forgets to curl around the bow and go to the target. It shoots horribly left. Of course, we can't stop the arrow buckling and twisting under the pressure of the string. Only modern, high speed photography can show the gyrations that do occur. Only a few years ago quite elaborate tests were made that proved the bow was forced to the right by the arrow pressure when shot in a bow commonly in use then. So - back to where we were, make the bow heavy enough to be virtually immovable and we need the plunger to replace the bow movement. Before the plunger was used at all the Hoyt rest did the job, but wore out fast in a heavy bow. So, since we can now aim the arrow directly at the gold and hit it (sometimes!) no matter how the arrow responds to string pressure, the actual paradox effect is no longer there.

SPRINGS & THINGS by Alex J. Barter

In Gadgets & Gimmicks this month there is a little rambling on bowstring formula, of which very little has been written in this magazine. Years ago the basic formula was, 3 to 5 times the bow weight divided by the breaking strain of the thread used, to get the number of strands needed. This would mean that using Dacron B50 you would need 3 to 4 strands for a 40 lb bow! Maybe it would be strong enough, but Dacron has more stretch than the linen used with that formula, so to get a stable string you build up to 10 strands and get one that really should never wear out! The formula advised for just this purpose was quoted in the 'British Archer' as

$$\frac{12 \times \text{bow weight}}{\text{Breaking strain of thread}}$$

Number of strands =  $\frac{12 \times \text{bow weight}}{\text{Breaking strain of thread}}$  which is a "rule of thumb" formula, but serves as a guide if anyone needs one. For the flight bows the older formula will show just what you could get down to if you really need to and could make a string with expertise and great care.

The actual efficiency of a bowstring is a very complex subject, and one needs to be an expert to even discuss it. In fact, the word efficiency is one to steer clear of in discussing any archery gear as it is so complex. To simplify, a good string must have -

1. Enough strands to avoid having a stretchy string which would bounce and be noisy.
2. Well served on the loops and far enough down the string to avoid wear. The weight of this part of the serving does not affect the performance of the bow.
3. The centre serving should be no longer or heavier than needed. It must be thick enough at the nocking point to fit the nocks of your arrows properly, but not tightly. Excess weight of serving in the centre of the string does affect the performance of the bow. So if you are looking for a little extra cast at 90 metres, cut down on the centre serving.

One trick to build up a serving at the nocking point is to first build up about  $\frac{1}{2}$ " with fine thread and then serve your normal way, which will then be thickened at the nocking point. You may have to experiment a little but it is worth it as it's one thickening which won't move or come loose. Why lose cast and use complete extra strands when you can do it this way just as well.

Another old trick worth trying again is to lubricate the serving with candle grease rubbed into the area where the tab goes, and maybe your release will improve. Ever had a string that squeaked at the loops? Use wet soap at this point with safety.

#### TWIN CITY BOWMEN by Ken Ashley

Trail bikes have given us trouble cutting up the ground, mounds and breaking bridges. We were all in the club shelter when we heard a bike, I ran down and caught him and was giving him a bit of a roast and wondering why he was turning white - on looking around saw he was surrounded by Twin City hunters appearing from trees, grass gullies, etc. One member who is in the Police Force took his name and really told him what's what. I asked the bikie if he had seen Deliverance - he said he had and I told him we use the same gear.

#### CALENDAR AT FEB. 15

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|--------------------|--|
| April 5, 1975      | U.S. Indoor, Harrisburg, Pennsylvania<br>Team Manager: Mary-Anne Adam, 55 Laird St., Ottawa, Ont. K2G 2T2  |
| May 16-19, 1975    | Fita Trials for World & International Invitational Teams, Victoria<br>Tournament Chairman: Ivan Buchanan, 3398 Connorton Lane, Victoria              |
| May 20, 1975       | Training Camp for World Team after Trials in Victoria<br>Conductor: Roland Rohringer, Box 151, St. Norbert, Man. R3V 1L6                             |
| June 25-28, 1975   | World Championships, Interlaken, Switzerland<br>Team Manager: Roland Rohringer, Box 151, St. Norbert, Man. R3V 1L6                                   |
| July 6-13, 1975    | Canadian Championships & Americas Field Trials, Toronto<br>Tournament Director: Otto Lehmacher, 851 Briarhill Ave., Apt. 9,<br>Toronto, Ont. M6B 1M1 |
| July 16-19, 1975   | International Invitational, Joliette, Quebec   |
| July 19-20, 1975   | Pacific Northwest Championships, Victoria<br>Correspondence: Pat Sinnott, 1859 Monteith St., Victoria  |
| July 26-27, 1975   | Junior Olympic Championships, Joliette, Quebec<br>Tournament Chairman: Gilbert St-Laurent, 1415 Jarry St. E.,<br>Montreal, Que. H2E 1A7              |
| August 5-9, 1975   | U.S. Nationals, Oxford, Ohio<br>Team Manager: Fred Usher, 2677 Dunlevy St., Victoria, B.C. V8R 5Z3   |
| August 14-17, 1975 | Archery in Western Canada Games, Regina<br>Co-ordinator: Charlie Murton, R.R. 1, Regina, Sask.   |
| August 23-24, 1975 | Championships of Americas, Winnipeg, Man.<br>Tournament Chairman: Roland Rohringer, Box 151, St. Norbert, Man.                                       |
| Oct. 18-19, 1975   | Pacific Coast Championships, Sacramento, California<br>Team Manager: Ivan Buchanan, 3398, Connorton Lane, Victoria, B.C.                             |

FROM THE BRITISH ARCHER

The following two excerpts are from the COACHING NOTES column of John Kember Smith. The first, SOMETHING FOR NOTHING, is an editorial which has application in Canada, and the second, THE CANADIAN 1200, is an outside view of Canada's national round.

SOMETHING FOR NOTHING: You can never get something for nothing. If it costs you nothing, rest assured that someone else will be paying, and perhaps paying excessively.

And yet the idea persists - people expect goods and services (more commonly services) to be provided at no cost to themselves, and the idea has too often been fostered by mentally and morally bankrupt politicians.

So ingrained is this treacherous belief in some quarters that officials and administrators in amateur sports such as archery are too often at the receiving end of peremptory demands for facilities and services. The individual or the club concerned clearly has no idea of the costs in time or money of meeting such demands. We still recall with some shame that occasion, many years ago when we were very new to archery, when we wrote to a fairly senior member of a regional organisation complaining about the delay in the production of some document. We felt very small indeed when this man buttonholed us at a subsequent meeting and patiently explained the circumstances extant in a totally amateur sport.

It was at about this time, too, that we first heard the remark that the G.N.A.S. Shooting Committee had not met because the members had been too busy shooting! Of course we like to do our jobs in our amateur sport with as much professional efficiency as we can muster. We are no different from anyone else in wanting to have the satisfaction of having done a job well. What we do want from our fellow archers is the recognition that - be we secretaries, editors, tournament organisers, coaches, judges or committeemen - we are all amateurs and volunteers. We are not hired hands expected to jump at the snap of someone's fingers.

So, if you in your county or club require coaching facilities, for example - be they classes or clinics - please do not DEMAND these facilities. Instead, why not POLITELY REQUEST them and at the same time why say straightaway what you yourselves are prepared to do by way of providing venue and preparation for the event? Why not?

While you are doing this please make sure that, if your first approach is by telephone, you send written confirmation. Our honorary officials are busy folk; the confirmatory letter (with retained copy) sent on the heels of the telephone call is not only an aid to the memory of both sender and recipient but also a sensible precaution against double booking or a failure to reserve the date by either party. Returning specifically to coaching: if a club feels it is in need of help in improving its overall standard of shooting or feels that some members have a potential which could be enhanced by advanced coaching, its first task is to approach the county coaching organiser stating the need and putting the question to him: "How best can this need be met, and what can we as a club do to assist in this connection?"

The organiser might then ask whether the club can act as host and provide the venue for a clinic which would also be open to archers from neighbouring clubs. Alternatively there may already be a clinic arranged elsewhere in the county or even in an adjoining county, but nevertheless within a reasonable distance of the club which raised the original question (i.e. between a quarter and a half of the distance which many of the club's members would consider reasonable when travelling to tournaments).

Very likely the proposed date of the clinic may coincide with the date of one or more tournaments. This is inevitable - but if the archers want a clinic they must be prepared to forgo the occasional tournament - you don't get something for nothing.

THE CANADIAN 1200: This is a round now apparently very popular in Canada, in which each archer shoots 120 scoring arrows. The standard 1.22m target face is used throughout with ten-zone scoring. Six arrows are shot in each end at all distances and five ends are shot at each of four distances: for men - 70, 60, 50 and 40m, and for ladies and juniors - 60, 50, 40 and 30m. Advantages: the duration is about an hour shorter than a York or Hereford round, and well over an hour shorter than the F.I.T.A. round, while the archers shooting this round fairly frequently learn not to waste their first, or indeed any, arrows and to adapt quickly to change of distance - a situation which does not develop where archers are more used to shooting the York or Hereford. In all other respects domestic rules would apply.

We only received the notice of an international postal contest organised by the Archers of Caledon a few weeks ago and by the time this appears in print there will not be much time for anyone to shoot this round and send off their entry in time for the closing date. However, for anyone prepared to have a go this year the fee is one dollar in Canadian currency, payable by International Money Order to the Archers of Caledon. The score for the round and the fee as above must arrive by 15th November, 1974. The address for entries is:

Earle Johnstone, Tournament Director, 12 Burdock Lane, Don Mills, Ontario, M3C 2G5.

We do not usually advocate a multiplicity of rounds, but we see this one as something which has been carefully thought out rather than one which has just developed at some time in the era of traditional target archery when the longbow reigned supreme. However, we foresee this round taking its place in the British archery scene as a challenging and popular event. Perhaps in 1975 the Archers of Caledon will send a copy of their competition prospectus direct to the British Archer at the start of the season if their postal shoot is to be an annual event.

#### ARCHERY GOLF IN WINNIPEG

On the occasion of the visit of the Setagaya Archers of Japan to Winnipeg, an archery golf tournament was held. Also taking part was none other than P.A.A. Coach Jim Ploen (pictured below, pictures courtesy the Setagaya Archers), who has on occasion coached Canadian Teams.



THE OLYMPIC REVIEW

A complimentary copy of the OLYMPIC REVIEW, publication of the Comite International Olympique, was sent to me recently. Two articles I noted with interest:

1. Back to the Sources or the Topicality of Pierre de Coubertin
2. The Doping Problem in Comparative Penal Law

The first article was submitted by the French Pierre de Coubertin Committee which applies itself to defending and spreading the work of the illustrious Renovator of the Olympic Games. The Committee feels that the work of the renovator is a complete treatise on modern education and to a large extent this is true. For example:

"Pierre de Coubertin worked throughout his life to propose a complete educational system founded on physical and sports education, intellectual education, moral education, as well as themes in the:

- cultural sphere: teaching methods should allow knowledge to take flight;
- historical sphere: the teaching of history should be led in such a way as to put an end to chauvinism;
- social sphere: the masses should be able to avail themselves of means giving them access to culture;
- sports sphere: the practice of physical and sports activity promotes and protects physical and moral health.

By strengthening the character and developing the quality of behaviour, it opposes the threats comfort brings to our civilisation."

The Committee also made this interesting observation:

"It (sport) sharpens the intelligence as intelligence is of sensorial-motory origin. The most recent studies on the structure of intelligence acknowledge its sensorial-motory origin. Through the direct and permanent contact it establishes with reality, sport allows a privileged approach to the forces and rhythms which the Universe obeys."

Baron de Coubertin, founder of the modern Olympic Games, was indeed a great visionary. As is too often the case, his great ideals and hopes, met with the facts and realities of life. Contrast, if you can, his thoughts with the actualities of today, all too pointedly recorded in the second article on doping. The article was written by Miss Marie-Jose Miniague, barrister at Bayonne and she starts her article with the official re-opening session of the Liege Court of Appeal, 1st September, 1966, quoting the remarks of Mr. Jean Constant, Attorney General at the aforesaid court, who stated, among other things:

"Our century has undoubtedly completely changed sport; neglecting the main function of sport which is to contribute to the physical and moral development of the individual by strengthening his will, his sincerity, and sense of fair play, it has converted sport into a huge show given up to professionalism and commercialization. Thus we see sport invading the stadiums, exciting - if not enslaving - thousands of spectators, deifying champions and whole teams, monopolising the press, radio and television, providing fuel for advertising, which exploits the victory of an athlete to launch a new brand of cigarette or chewing gum, in short risking to degenerate into collective tyranny".

The Doping Problem, and all it implies, indeed indicates that, far from needing a progressive, modern approach, we might do well to heed the advice of the French Pierre de Coubertin Committee to go Back to the Sources.

THE COACH'S CLINIC

Do you wish to become a champion? Do you just want to improve your usual score a bit? Are you trying to improve your accuracy at certain long or short distances? Do you just shoot for the friendly conversation on the line? Whatever the answer -- the basic practice routine is similar. It varies mostly in how much time you wish to devote to it.

Practice should be done under ideal conditions until you have made some improvement satisfactory to your self. Then you can introduce non-ideal conditions to give yourself experience under those circumstances. Ideal conditions mean comfortable temperature, good lighting on both target and sight (in the case of the barebow shooter "sight" means on the arrow and the bow). A good floor or ground to stand on and not too much noise to distract you.

Your most profitable practice will be done by yourself or with one or two companions who are doing the same, or with your coach. If it is necessary to shoot with a larger group, most of them will be shooting for score. You shoot fewer arrows per end so you can ignore score and take your time. It has been said "scoring is what it is all about so one should score in practice". Not so. Practice should be a slow analytic process, in which each shot is analyzed and adjustments of equipment or technique are made.

If you are a field shooter, use a ten ring target; if a target shooter use a field target. It is good to use some sort of target so you can tell where the arrows are going. You change to a regular target later after the improvement mentioned above. We will assume your equipment is all in order. Clothing is suitable, smooth tab, suitable arm guard, bow sling not too tight, bow is tuned, and you are wearing suitable shoes. Shooting boots are worth close to \$100 so you have a pair of skating boots to which have been added a thicker sole and a heel to compensate for the loss of the heel pylon of the skates.

Thirty or forty metres is a good distance for general practice without too much time lost in walking. Special distances should be practiced at those distances.

Now you are ready to shoot your first arrow. Check and take note. Do you have trouble fitting your hand to the bow? Does your hand try to slip off the bow? Do you have to pay excessive attention to placing fingers on the string because the tab is unco-operative? Does anything other of your equipment annoy you? If so, get it modified to your own satisfaction.

Shoot some arrows, concentrating on each step up to and through the follow through. When I say concentrate I mean just that. It makes a difference. I was practicing when I got the idea for this particular column. Shooting at 30 m on an 18" field target I shot an end of six in the aiming spot. Then five more in the spot. At that moment the idea came to me, and I put the last arrow well outside the spot. Then I started planning what to write. I put six arrows all in the black evenly spaced around a ten inch circle. From then on, alternately concentrating and planning, I put about half my arrows in or near the spot, and the others somewhere or should I say anywhere else. Concentrate on what you are doing; think of nothing else.

Place markers for you feet and for each arrow place your feet to the markers. This will give practice in placing feet correctly and consistently, and will help to bring your attention to what you are doing and start the concentration for that shot. That is a little bit of psychology. Do not deprecate it. Concentration and the will to win are almost entirely a matter of your psychological attitude.

Take time to rest between arrows. Use the time to consider if and what you did wrong or right. One of the commonest faults is to release when aim is not "on". To impress proper aiming on your mind - try mentally calling your shots after the release and before they hit. Can you tell where they will strike? Once you have

learned to shoot fairly well you should be able to know where your aim was at the moment of release. That is where the arrow will strike. Once you can do that you will know not to release unless aim is perfect. You will know that you know; and you will know that you need practice in holding which in turn requires arm and shoulder exercises.

Your coach may have told you, you have some habit detrimental to your shooting. Such as peeking, snatching, dropping the arrow off the shelf, or dropping the bow arm; there are others. When you learn of this fault of technique, deliberately practice the error a dozen or so times. It will teach and impress on you what not to do. Then do it correctly.

Work up a series of steps which you check and do each shot. Include any step which you tend to forget, such as turning the bow elbow out of the way. This will build up the new and correct habit.

Shoot your arrows in the same number or colour series each end. Then if you make a mess of one release you will know which arrow it was when pulling them so it can be considered or ignored.

In practice is the time to try modifications of technique or of equipment such as a different fletching. Shoot ends with your old and your new fletchings so they will be shot under equal conditions of light, weather and your physical and mental make up. Measure and record the size of your groups. Total up the sizes of the different groups to find which is the smaller. Do the same for a change of arrow size, or with any other change if possible.

I believe it is a good idea to shoot an end or two at two or three metres with your eyes closed. This will let you concentrate on the feel of the bow and the string. It may reveal something that goes unnoticed when the eyes are concentrating on aiming.

When the light starts to fade or when you start to feel tired or when the groups start to get bigger -- QUIT. Quit right then and no last extra end. A couple of bad ends can undo all that you have gained.

Now do your exercises to build up muscle and co-ordination. Do each exercise until your muscles tire. A short rest and repeat twice more. Just using muscles to shoot does not do much to build up strength and condition unless you are in very poor shape to start with. The shooting is too slow. Muscles must be exercised until they are somewhat tired; then nature will rebuild them just a little stronger than they were.

How often to practice and how long? I see a recent champion in the States practices only half an hour per day every day. For such a short period, every day must be all right. You can decide for yourself how much time you wish to devote to practice. For serious practice the psychologists mostly agree that two hours per day is as effective as a lot more. Three days of practice, a day of rest, two days of practice and a day of rest is more effective in the long run than working at it seven days a week. It also gives the body, arms and fingers time to recover to prevent tennis elbow or fiddlers fingers.

Try to develop an interested, unexcited, even a cold blooded attitude toward your arrows and your score. Learn to look at arrows as things rather than markers of your score. In this way you can look at them in a detached way so a good or a bad arrow does not cause excitement. Excitement leads to small erratic movements that spoil scores. The cold blooded attitude also helps to prevent the other archers high score from bothering you.

Each practice period should teach you some little detail. Carry it with you and use it next time you are in competition on the shooting line.

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**24th ANNUAL GENERAL MEETING**  
**SPORTS FEDERATION OF CANADA**  
**VANCOUVER JAN. 16-19, 1975**

For the first time in the history of the Sports Federation of Canada, SFC, the annual meeting was held outside of Ottawa, in Vancouver. Next year the meeting will be held in Montreal. There were 165 delegates and observers, 400 plus for the annual awards banquet.

**NON-RESIDENT MEETING:** I attended this meeting on Thursday, Jan. 16, 1975. The most significant fact arising out of this meeting is that eight non-resident associations, six sport and two recreation, will be elevated to residency status this year, ie, will be getting Executive Directors at the National Centre for Sport and Recreation. There are at present 48 non-residents, FCA being one. It was stressed at the meeting that associations must realize the limitations of the Centre - time, quality, etc. For example, it was pointed out that the Centre is a reproduction centre only, not a print shop. Translation services will be confined to correspondence only, very limited colour service is available, covers should be of simple design, etc.

**GENERAL ASSEMBLY PART I:** Almost the entire morning session on Jan. 17 was devoted to the presentation of reports of officers, various committees, plus auxiliary reports: Lottery Brief, President's Report, Canada Games Council, Constitution Committee, Budget & Finance, PR & Promotion, Honours & Awards, Non-Residents, Uniform Committee, Sport Marketing, Membership, Customs & Excise, Insurance, Facilities, Treasurer's Report, Sports Federations of Other Countries, Writing of a History of the Sports Federation of Canada, World Congress of National Confederations of Sport, Parliamentary Committee, Executive Director's Report, Ad Hoc Committee on Regional Training Centres in the National Capital Region, Sport Institutes.

At the non lunch the guest speaker was the Hon. Dennis Howell, Secretary State and Minister of Sport, Great Britain. His speech, both humorous and dynamic, was a highlight of the meeting. Delegates were receptive to Mr. Howell's thinking on sports - partnership of sport and government to promote and develop sport and recreation, with sports, however, having the control and direction. Great Britain is building sport centres around the schools, but broadened to include the surrounding community.

**GENERAL ASSEMBLY PART II:** In the afternoon session the Board of Directors' Report and Resolutions arising from the November Planning Seminar were put forth. Mostly, this amounted to examination and re-definition of the aims and objectives of the Sports Federation of Canada.

**ANNUAL AWARDS BANQUET:** This took place Friday evening, Jan. 17, 1975. A very big highlight for the FCA was that Lucille Lessard won the Junior Female Athlete of the Year Award. Guest speaker at the banquet was the Hon. Marc Lalonde, MP, PC, Min. National Health and Welfare.

**SPORTS ACTION '75:** On Saturday, Jan. 18, delegates were invited to take part in a sort of information super market, called Sports Action '75.

Delegates could make appointments to see various people in Recreation Canada, Games Plan 76, Coaching Association of Canada, O'Keefe's Sports Foundation, Canada Games 75, COJO, Canada Games 1977, Western Canada Games, Commonwealth Games 1978, Pan-American Games, Participaction Canada, Junior Olympics, National Centre for Sport and Recreation, Sport Canada, Air Canada.

While the idea was sound, particularly for new delegates, unfamiliar with the various groups, for delegates like myself (my seventh meeting) the level of information provided was rather basic, except in cases where I was able to meet with specific people I wished to see about specific questions. For example, Ken Murray was on hand, manning the Junior Olympics booth, just the man that could answer the questions I wanted to ask. But for Sport Canada the consultants were not in attendance. There is a good general representative of Sport Canada in Winnipeg, whom I can easily call for general information, so an appointment with Sport Canada was not indicated.

GENERAL ASSEMBLY PART III: On Sunday, Jan. 19, there was a report from Imre Szabo, VP Canadian Olympic Association, COA. This was followed by election of directors and the briefest possible business meeting. In fact, delegates expressed concern that so little time had been allotted to new business and new resolutions.

OF INTEREST TO FCA: I made several appointments in connection with Sports Action 75 and results of these are described below.

COACHING ASSOCIATION OF CANADA: As FCA is developing levels 4 and 5 of the national coaching program, I thought it would be of value to have an appointment with CAC. While I had a nice talk with John Hudson, Executive Director of CAC, he was not the one to answer my specific questions, because it is CAC's technical authority, Geoff Gowan, who will be working with FCA's Coaching Co-ordinator, Ron Genge and his committee, to develop the higher levels of FCA's program. Geoff Gowan was not in attendance at the meeting. It is to be noted that the CAC is moving more quickly now to achieve national certification of coaches and to develop the five levels of coaching. Any archers seriously interested in coaching should consider joining the CAC or at least make themselves aware of developments through Ron Genge.

JUNIOR OLYMPICS: I was able to meet with Ken Murray who heads up the JOP for the COA and it was a fruitful meeting. The rumors that the program might be dropped from "on high" can be traced to the fact that the multi-championship program is not likely to be repeated for some years. The first such effort took place in Edmonton in 1974 and involved eight Olympic sports. It was, apparently, something of a financial disaster and the JOP has taken the view that more development should first take place at the lower levels of the structure, ie, the clubs and provincial levels. The Royal Bank, sponsors of the program, were concerned about the investment of over \$80,000 in 1974 in medals alone. In future medals will be given at provincial level to only three finalists, ie, there still can be five age groups, but only one group can be designated as eligible for medals; all others will get ribbons only. This same principle is to be applied at national level. For tournaments other than provincial or national championships, there will be ribbons only. Only one provincial and national championship qualifies, ie, it will not be possible to get awards for an indoor and outdoor championship. All of which made me feel that FCA wasn't too far out when it first set up its own JOP. The COA has lifted the restriction that only provincial champions can compete in a national championship, ie, provincial organizations, as far as COA is concerned, may select their competitors for the nationals in a manner chosen by the provincial bodies. Mr. Murray indicated medals would be made available for our national JO Championship for 1st, 2nd, 3rd place Junior Girls and Boys. Consideration may be given for Cadets also, though strictly speaking only winners in a single class qualify. A minimum of \$2000 assistance will be given.

AIR CANADA: I must admit to having a rather frustrating meeting with Morley Ryder of Air Canada, who really did not appreciate my attitude when I challenged that the domestic carriers were not meeting the challenge of foreign carriers. I pointed out that a foreign carrier offered FCA a free pass to the World Championship, if the group going to Interlaken was 15 or more. Mr. Ryder came back with the fact that Air Canada was actively promoting amateur sport in Canada. When I pointed out that, while we very much appreciated that fact, our organization simply could not afford to reject a free pass, the answer I got was that Air Canada, because of its general promotion expected the sports bodies to support domestic carriers in turn.

I was quite upset at the state of affairs and went on to discuss the problem with various delegates informally, only to learn that it is almost standard procedure to provide such a free pass, including such issuance by Air Canada and CP Air. This points out a very important aspect of the SFC meetings. A delegate must mix with other delegates because often more is learned of the sport situation in Canada off the business floor than on it.

Mr. Ryder did suggest we send a list of proposed tournaments so that the domestic carriers could prepare bids, a suggestion I think FCA should give consideration.

**CANADA GAMES COUNCIL:** Here I had an appointment with Dr. Don Wyatt, who is on the Council and who represents the Newfoundland Sport Federation. This too was a frustrating appointment because I wanted to discuss archery in the 1977 Canada Summer Games, only to be informed that archery might not be in the Games. When I pointed out that this was contrary to previous information given, Dr. Wyatt pointed out that the Canada Games and Canada Games Handbook was under review, which might change the picture for 1977. I left that meeting with the suggestion that the archers of Canada would be making rather loud noises if archery were once again excluded after working so hard and long for inclusion in the Canada Summer Games.

**COJO:** I made an appointment with COJO basically to learn something concerning three items about which FCA had been very much concerned: the confirmation of the appointments of our 13 major officials (see minutes Board of Directors Meeting, Oct. 5, 6, 1974), the status of the International Invitational, and the possibility of COJO sponsoring FCA observers to the World Championship. I met with three gentlemen, all of whom seemed to have been appointed rather recently. They were able to tell me that Sylvio Beaugard will be employed full time by COJO, starting in February and that our program would likely move forward at that time. They expressed some surprise that the appointments hadn't been confirmed and said they would look into it. They also said, as far as COJO was concerned, that the International was GO, and that COJO expected to send "someone" to the World Championships.

**O'KEEFE'S SPORTS FOUNDATION:** Graham Leggatt, who heads up the O'Keefe's Sports Foundation, was on hand and familiar with FCA's applications. He advised me that our cross country clinics program for 1974 had been turned down as they felt it was too expensive for a short term program and that it represented a duplication of our earlier efforts. I must admit to some confusion on both counts. However, he advised that our application for a national coach/technical co-ordinator had not been outrightly rejected yet, but was in the hands of Dr. Roger Jackson, member of O'Keefe's committee on applications. Dr. Jackson would advise us how to further process the application for further consideration. I made an effort in vain to see Dr. Jackson, who was actually looking after the Games Plan 76 booth. Unfortunately I had not made an appointment with Games Plan, largely because our liaison with Games Plan was not in attendance, and was not able to see Dr. Jackson, whose booth was one of the more busy ones.

**UNIFORMS:** No appointment here, but it is advised that the SFC endorsed a "uniform package" which will include jacket, slacks (skirt), dress shoes, tie (scarf), shirt, warming up suit, training shoes, travel bag and rain gear for \$78. Actual worth of the package is around \$200, but Sport Canada will subsidize.

**SPECIAL THANKS:**

1. Those responsible in Vancouver for the Meeting are to be commended. Every effort was made to make the delegates welcome. Perhaps they were out to demonstrate that Ottawa is not the only good meeting place in Canada, but that Vancouver had much to offer. Unfortunately it rained all but one afternoon and Vancouverites had to take much good natured teasing on this score.
2. Fred and Doris Usher were my hosts in Victoria and they gathered into their home many of the Victoria Bowmen for an informal meeting. It was an interesting session and I was pleased to meet with them. My thanks to Bob Copeman for his presentation to me, to the Ushers for their hospitality and to the Victoria Bowmen for coming out.
3. Leilah and Don Warren were my hosts in Maple Ridge, where I also was able to meet with some of the members of the Maple Ridge Archery Club at their very fine indoor facility. My thanks to the Warrens and the Maple Ridge Archers.

Respectfully submitted,

*Carol Rohringer*

Carol Rohringer, FCA Delegate to SFC

### 1963 HELSINKI AND THE BEGINNING OF NEW TRADITIONS

Toxophilus had been issued in December 1962, but did not again appear until April, 1963, under a new format, and with a new editor, Len Living of New Westminster.

Trials were arranged for the selection of archers to represent Canada at the 1963 World Championships in Helsinki. It was to be Canada's first venture at the World Archery Championships, even though C.A.A. had joined F.I.T.A. in 1955. Fund raising was under way with Terry Dickson's cry out of Edmonton, "Let's Go Like Hell for Helsinki".

Although the Saskatchewan bowhunters had experienced a poor year, only six deer by S.A.A. members, Percy Crawford, life member of S.A.A., got a thirteen point buck and an elk, bringing his total to twenty-three bear, six deer, and one elk. S.A.A. membership had reached an all time high, 139.

A history of the Chinook Archers of Calgary was given in the April Tox. The club was formed in 1958. Archery had been present in Calgary since 1933, but really started steady growth after 1958.

Twenty two clubs entered competitors in the Indoor Mail Matches. The Freestyle Team Championships went to the Greenwood Archers, Vancouver, 14617, while Team Instinctive honours went to the Saskatoon Archery Club, 13305. The Shwanigan Lake School had entered a Junior Team, which scored 7103.

Winners in Mens Freestyle were: Expert A Palmer Berquist, Crown Archers, 493, Expert B Harold Miller, Ottawa Bowmen, 481, Bowman George Lidstone, Greenwood Archers, 436, Archer Bob Decourbrouk, Manitoba Association of Archers, 418, Yeoman Fred Usher, Victoria Bowmen, 417, and Unclassified Art Arbour, Windsor Archery Club, 511.

Ladies Freestyle was won by: Expert A Norma Nanning, Crown Archers, 442, Expert B Betty Thain, Victoria Bowmen, 418, Bowman Eina McKay, Manitoba Association of Archers, 374, Archer Jean Fraser, Victoria Bowmen, 349, Yeoman D. Unterschults, Edmonton Archers, 296, Tyro Gwen Hatton, Chinook Archers, 334, and Unclassified Barbara Pringle, Victoria Bowmen, 371.

Girls Freestyle winner was Dianne Quaife, Chinook Archers, 340; boys freestyle winner was John Peachy, Brockton Bowmen, 334; boys Instinctive winner was Ron Quaife, Chinook Archers, 401.

Mens Instinctive winners were: Expert A Eion Sutherland, Parallel Bowmen, 452, Expert B Norm Gardner, Saskatoon Archery Club, 408, Bowman Don Browne, Greenwood Archers, 427, Archer Bob Gram, Saskatoon Archery Club, 364, and Unclassified Norm Swanston, Wascana Archers, 405.

Ladies Instinctive winners were: Expert A Margaret Williams, Parallel Bowmen, 345, Bowman Rose Tanchak, Maple Ridge Archery Club, 329, and Unclassified Lil Price, unattached, 299.

The top scorers of the Fita Trials for the selection of archers to the World Championships were Frank Jones of Victoria, 918 and 1012, and Irene Paley of Edmonton, 868 and 870. Eighteen archers had submitted scores, five ladies and eleven men, from Alberta, British Columbia, Manitoba and Quebec.

Tox appeared in May and then ceased publication with the June-July 1963 issue, Volume II, Number 12.

Returning from Helsinki where Frank Jones had placed 63rd out of 75 places and Irene Paley had placed 36th out of 37 places, both archers stressed the need for coaching and training in Canada. The Americans had swept the 18 nation world competition. But Canada felt it had done what it set out to do - gather information for the next time.

Provincial Associations listed as belonging to C.A.A. in 1963 were: British Columbia Archery Association, Alberta Archery Association, Saskatchewan Archery Association, Manitoba Association of Archers, Ontario Hunters and Field Archers Association, Ontario Target Archers Association, Federation des Archers du Quebec, and Nova Scotia Archery Association.

The National Championships of 1963 were again Regional Tournaments. Only three provinces shot: Alberta, Manitoba and British Columbia. Eight records were shot, but only one was to enter as a permanent record, Kay Bourns' 268 for the 140 Yard Clout.

The Freestyle Target events were won by Marj Saunders, Haney, field of 10, Fita 918, Canadian 768 for an aggregate of 1686, Al Menzel, Calgary, field of 45, Fita 947, Canadian 893 for 1840, junior Susan Jones, Victoria, field of 5, Fita 585, Canadian 696 for 1281, and junior Ron Quaife, Calgary, field of 8, Fita 610, Canadian 742 for 1352. Instinctive Target events were won by Pat Jesse, Courtenay, field of 2, Fita, 467, Canadian 522 for 989, Joe Bertie, Lethbridge, field of 15, Fita 621, Canadian 616 for 1237, and junior Kent Watson, Port Alberni, field of 4, Fita 377, Canadian 669 for 1046.

Freestyle Field events were won by Marj Saunders, Haney, field of 14, 737 for the 56 Field Round, 465 for the 28 Hunter Round, for an aggregate of 1202, Andre Rogiere, Winnipeg, field of 38, 895, 490 for 1385, junior Susan Jones, Victoria, field of 3, 414, 380 for 794, and junior Tony Young, Vancouver, field of 7, 450, 315 for 765. Instinctive Field events were won by Pat Jesse, Courtenay, field of 5, 371, 265 for 636, Don Brown, Vancouver, field of 19, 661, 485 for 1146, and junior Colin Brooks, Vancouver, field of 3, 376, 330 for 706.

Mens Flight was won by Jim Dewar, Nanaimo, field of 3, with a 552 yard shot; womens Flight went to Christian Dewar, Nanaimo, sole competitor, with a 380 yard shot. 120 Yard Clout was won by Susan Jones, Victoria, field of 3, 214, and Ron Quaife, Calgary, field of 9, 250. 140 Yard Clout was won by Kay Bourns, Vancouver, field of 17, 268, and 180 Yard Clout was won by Mike Popsen, Lethbridge and Al Menzel, Calgary, field of 42, 278.

Twelve clubs, 74 archers, took part in the 1963 Outdoor Mall Matches. Winners of the American Round Mens Freestyle were: Harold Miller (Expert A), Ottawa Bowmen, 720, Joe Stumyla (Expert B), Fort Whyte Archers Winnipeg, 669, Gordon Bell (Bowman), Humber Valley Archers Toronto, 720, and Frank Sairfitt (Unclassified), Greenwood Archers Vancouver, 722. Ladies Freestyle winner was Dorothy Lidstone (Unclassified), Greenwood Archers, 666. Mens Instinctive winner was Don Brown (Unclassified), Greenwood Archers, 645.

Field Round winners in Mens Freestyle were Frank Sairfitt (Expert A), Greenwood Archers, 445, T. McIntyre (Expert B), Greenwood Archers. Mens Instinctive winners were Don Brown (Expert A), Greenwood Archers, 338, Earl Irwin (Bowman), Canadian Lakehead Archers, 219, and N. Swanson (Unclassified), Wascana Archers Regina, 307. The Ladies Field Round winner was Dorothy Lidstone, Greenwood Archers, 386 freestyle and Bernice Beddome, Dryden Bowmen, 142 instinctive.

There were a series of Special Meetings in 1963: November 9, 10, Winnipeg and December 28, 29, Ladysmith. These were chiefly concerned with the 1964 Championships, slated for Joliette. Joliette was to have its Centennial in 1964 and the Joliette archers were proposing revolutionary ideas, which were somewhat reluctantly taken under consideration at the Special Meetings. There was, of course, no Annual General Meeting in 1963, it being a year of Regionals. On November 9 C.A.A. first looked at the Joliette ideas:

1. Only the best archers from each province would attend the Championships, namely a team of four men and four women, with one extra in each case. The four highest scores would be the Provincial Team Score.
2. Extra competition would be provided for juniors and other archers on a separate range.

3. There would be two champions only - one man and one woman, based on aggregate target and field scores. On these two would public attention be focused, although other trophies and awards would be presented, as previously.
4. The proposed schedule of events was: Canadian, Fita, Hunter and Field, Clout and Golf. Flight was to be dropped.
5. A \$35 entry fee for men, \$25 fee for women, plus \$2 fee for each novelty event was proposed. From the mens' fee \$10, and from the womens' \$5, was to be taken and given to C.A.A. for purchase of medals, trophies, etc.

On November 10 two themes for Joliette were developed: Team Competition and Grand Champions. "Good & Welfare" became a theme for future meetings. And the Directors authorized a change in name of the archery publication, from Toxophilus to The Canadian Archer. Communications had broken down, of course, with the cessation of the publication of "Tox" in June-July.

At the December 28 meeting the Directors made further decisions regarding the 1964 Joliette Championships.

1. They opposed the limiting of participation.
2. Team Competition would be based on a Team of three, with one spare.
3. There would be no extra competitions.
4. There would be two Grand Champions, plus the usual 20 Champions in Freestyle and Instinctive.
5. Flight and Junior Events would be included.
6. Fees were set at \$15 for men and women and \$7.50 for juniors, to include the banquet.
7. Grand Aggregate Trophies would be in both French and English.
8. The 50-50 formula was laid down, whereby if a profit was made, it would be split 50-50 with the C.A.A.

On the 29th December the Directors met for the last time in 1963. It was decided that Clout would not count in Grand Aggregate.

As the Mail Match Team Trophies had been lost, it was decided to introduce medals for first, second and third. It was agreed to continue with the classification competition. Yardage bars were proposed to accompany pins and it was suggested that the 4-20 crest become a 4-20 pin.

In December the Canadian Archer, Volume I, Number 1, appeared, under the editorship of John A. MacNaughton. It was listed as the Official Publication of the Canadian Archery Association. Among other items, results of the Saskatchewan and Alberta Provincials were given.

Prince Albert was the scene of the Saskatchewan Championships, September 1, 2. More than 50 archers participated. Mens Target went to M. Peart, Melfort, 1198 for the Double American. Ladies Target went to Donna Kipping, Prince Albert, 697 for the Double Columbian. Junior Target went to R. Boucher, Prince Albert, 542 for the Double Columbian. Mens Field went to Lorne Walker, Melfort, 622 for the 56 Field Round. Ladies Field went to Donna Kipping, Prince Albert, 296. Junior Field went to Doug Finnie, Melfort, 328.

The Alberta Provincials were held at Edmonton, Dominion Day Weekend. Winners were: Mens Freestyle Al Menzel with Fita 947, Canadian 893, Field 845, Hunter 420, Clout 278, Ladies Freestyle Irene Paley with Fita 833, Canadian 799, Field 667, Hunter 415, Clout 258, Mens Instinctive Bill Vogt with Fita 641, Canadian 579, Field 551, Hunter 400, Clout 132, Junior Girls Dianne Quaife with Fita 304, Canadian 573, Field 301, Hunter 300, Clout 190, Junior Boys Ron Quaife with Fita 610, Canadian 742, Field 409, Hunter 280, Clout 250.

So ended 1963, with lingering thoughts of Helsinki, and with wondering thoughts of Joliette.

IN MEMORIAM  
Toxophilus, April, 1963

**ERNEST OREDIAH:** August 22nd, 1894 - September 12th, 1962

It was with a sense of shock among many of the old-timers to learn of the passing of Ernie Obediah, one of the old time great names in Canadian Archery. He is survived by his wife Millie, one daughter, one brother (Milt) and three sisters. Funeral held September 15th, internment in Ohswegen Baptist Cemetery.

In his earlier years, Ernie was active in Lacrosse, Baseball and Hockey and he was an expert at the Indian game of Snow-snakes, a little known but a highly competitive game. The amazing thing about Ernie was that he didn't start in Archery until he was 51, at the age when many archers are thinking of quitting. Ernie devoted the next seventeen years to this sport, and only two years after his introduction to archery he won the C.N.E. Canadian and International target titles. He also won the coveted Indian John Shoot, Canadian Hunting Championship, Ontario Hunting and Field Championship as well as the Lower Lakes Target Championship and Club Championships. He was also a member of the Six Nations Archery Club that won the Indoor Canadian Team title on more than one occasion. He shot in all seventeen Indian John Tournaments including the 1962 shoot on June 17th and entered the hospital only nine days later, to eventually die of cancer.

One of his last requests was that his pall-bearers comprise of three of his Indian friends and three of his white brothers and it was with a feeling of pride that I was named as one of the white brothers along with Les Dunston and Arnold Glennie.

Ernie left a message for us all. His fierce desire to master the sport of Archery did not stop when the trophies he had once won were inevitably won by other archers. He kept on shooting, trying as hard as ever to win and to have fun and in fact he said that last year he was shooting as well as he had shot for five years and enjoying it more than ever.

The famous words of the late Grantland Rice seem to me the best way to sum up Ernie's seventeen years as an Archer -  
"And when the One Great Scorer comes to write against your name, He writes, not that you won or lost, but that you played the game".

Reg Bile

HELSINKI, AN INVESTMENT IN THE FUTURE  
The Canadian Archer, December, 1963

This year archery history was made in Canada when the C.A.A. was, for the first time represented in the World Archery Tournament which was held in Helsinki, Finland.

The two Canadian Archers chosen to form this first team had a two-fold responsibility -- First, they were to represent Canada as competitors; and second, they were to obtain all possible information about the competition, the standard of performance in other countries, the problems facing competitors and other details which would be useful to Canadian archers in the future in the event that this country should decide to make a serious bid for recognition in world archery circles.

Those who know Miss Irene Paley of Edmonton and Frank Jones of Victoria, the two Canadian archers chosen to make up this first team, will know that they would be fine ambassadors for Canada both on and off the field, and would be a credit to their country and their association as official representatives and competitors. The reports they brought back are proof that they also met their second responsibility to the full.

They did not bring back bags full of trophies and awards, they were not expected to, but they brought back information which may make it possible for future Canadian competitors to win their way into the top brackets. Both stress the necessity for two things -- more coaching and more training. The message which Frank Jones brought back can be summed up in two simple statements:

1. Canada should continue to enter in world competitions.
2. Prospective members of the next Canadian Team should begin training now.

Not only does the world competition bring together the finest archers in the world, it also sets the highest standards of amateur sportsmanship. Regardless of how well Canadian archers may perform against such competition, they cannot help learning and through their clubs and associations, they can share their experience to the betterment of the sport in Canada. Before Canadians can hope to compete successfully at this level, however, there must be a rigorous training program at home, and competent coaching both within the clubs and during the actual competitions. The ideal team, according to Frank, would have both a men's and ladies' coach and also someone to handle administration so the competitors and coaches would be free to devote all their time to the competition itself. If Canada is able to send a ten-person team to the next world meet, four members of the team should be non-shooting members concerned with coaching and management. If we can send only two people, one should be a coach, Frank said.

#### IN MEMORIAM

With sadness we announce the death in January of Dennis Tribble of Ottawa. Member of the South Carleton Archery Association, the Ontario Association of Archers, and the Federation of Canadian Archers, he was one of Canada's foremost proponents of barebow archery.

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