

INFO.E-MAIL LES NOUVELLES/NEWS le 18 février / February 18, 2005
Greetings/Bonjour:

Well, here it is, the big 3D weekend in Medicine Hat, AB! Congratulations to Wendell Mills and all the organisers of the first FCA Indoor 3D Championship! Good luck to all competitors! Special thanks goes out FCA judges Pat Ukrainetz, Eileen Ferrier and Dan Wallace. Vice-President Tom Paukovic will be representing FCA at this event. Information is available at: <http://www.fca.ca/UpcomingShoots/2005/05indoor3d.html> or www.spitz3d.com

- FCA mailmatch programme January results are posted:
<http://www.fca.ca/MM/2005/MM2005.htm>

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1. New Canadian open records - Nouveaux records canadiens

Master man BH unlimited - Maître homme chasseur illimité: Davis Cornish, Corman Park, SK in a FITA I round with a score of 596. 2005-02-06

Cub boy compound - Benjamin garçon arc à poulies: Scott Armstrong, Red Deer, AB in a FITA II round with a score of 579. 2005-02-06

Congratulations to all - Félicitations à tous

Christiane Murphy
Gestionnaire des records canadiens / Canadian records co-ordinator

2. National 3D Team Selection Criteria 2005

<http://www.fca.ca/ex/2005/05World3D.htm>

Purpose

- To develop 3D competitors through the Excellence Program
- To provide a national ranking system for 3D archers
- Select/Identify Canadian archers to compete at international events

General Team requirements

- Must be member in good standing in the FCA
- Must be a member of the Excellence program
- Interested Archers should apply through their FCA 3D provincial representative or their PSO
- Archers must provide witnessed copies of their scorecards to the VP 3D within two weeks following the event

There are currently two International 3D competitions

FITA

Team Size 9 males and 9 females.

3 from each discipline Compound, Barebow and Recurve

IBO

Team size 16

2 MBO, 2 FBO, 2 MBR, 2FBR, 2YMR, 2FMR, 2TRAD, 2FTRAD

Selection Criteria FITA

Due to the nature of 3D competitions and the great variety of shooting conditions, it is difficult to base selection criteria solely on scores from local competitions. An archer's performance at National and International events will be included in qualification criteria. Final team identification must be **three (3)** months prior to Scheduled World Championships. **All scores must be from events sanctioned by the FCA or an affiliated National or Provincial Body.**

- Archers submit their 4 best scores; 2 scores must be from the current year and 2 scores can be from the previous competitive year
- 1 score must be from a major event (Canadian 3D Championship, Canadian Indoor 3D Championship, a leg of the IBO Triple Crown
- Witnessed score cards must be submitted to VP 3D within two weeks of the event (**Exception events from 2004 can be submitted at the beginning of the 2005 season**)

Point system for selection process

	Average scores from local events.
95% - 100%	35 Points
90% - 94%	28 Points
83% - 89%	21 Points
75% - 82%	17 Points
65% - 74%	15 Points
60%- 64%	12 Points

	National/Provincial Championships
1 st	7 Points
2 nd	5 Points
3 rd	4 Points
4 th	3 Points
5 th	2 Points

International Major Event or Triple Crown

1-5	5 Points
6-10	3 Points
11-20	2 Points

Final team selection will be made by the FCA 3D Committee.

A sample of score calculation is on the next page

National 3D Team Point system

Archer Bucky Beaver Category MBO

Date 2004

Local Event	Score	Possible	Percent	Points
Winnipeg River 3D	189	200	94.5	28
Austin 3D	190	200	95	28
Sanford 3D	188	200	94	28
Portage La Prairie	179	200	89.5	21
Morden 3D	186	200	93	21
OCN The Pas	220	250	88	17

Local Point Value	
64	12
75	15
82	17
89	21
94	28
100	35

National/Provincial Champs

	Rank	Points
Canadian 3D Champs	4	3
Manitoba 3D Champs	5	2
Total		5

National Point Value	
1	7
2	5
3	4
4	3
5	2

International Event	Rank	Points
IBO Worlds	14	2
Triple Crown Iowa	6	3
Total		5

International Point Value	
1	5
6	3
11	2

Top four Local plus all National and International points

Total Points	115
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3. Feature: Stressing Good Health

By LeeAnn Bernier-Clarke MEd, NCC, NCCC

If you were asked to rank the 10 most critical high school student health issues, which ones would you rank as the most crucial for school intervention programming?

A few years ago, as the new president of my daughters' high school PTSA (Parent, Teacher, Student Association), I was asked to organize a student health program to be sponsored by the organization.

Without any other direction, I recruited another parent (a nurse clinician) to chair the project and together we surveyed the students and teachers to learn what areas of student health they considered the most crucial around which to focus our student health program.

Would you like to try the survey of the top 10 student health concerns?

The results were surprising. First, the teachers' and the students' calculated responses were diametrically opposed!

The teachers' cumulative ranking showed sexually transmitted diseases, substance abuse and pregnancy prevention as the areas of most concern. These were ranked lowest by the students.

The students ranked stress management, depression and coping with emotions as their top concerns. These were at the bottom of the teachers' student health concerns.

Try the survey: <http://careerparent.bridges.com/week46/13to17/survey.htm>

What We Learned

The parents and teachers on the PTSA Board were quite surprised at the results. Our teen board members were not.

Most parents agreed that from an adult perspective, we would have been more likely to respond in line with the teachers than the kids. So, in a nutshell, we learned that our kids were stressed and that the adults in their lives were unaware and unresponsive to it.

Adults tend to view the teen years as a happy, carefree time of life, but we worry about our teens getting dangerously involved in drugs and sex. The anonymous student comments indicated that most of the "special" health-related programs they had been exposed to since elementary school concerned drugs and sex.

They complained that nobody ever bothers to talk to them about how to cope with the everyday stress of being a teenager.

I was touched by the dozens of other, more heart-rending comments students voluntarily provided on their survey forms -- statements about pressure to perform, grueling competition, alienation, sleep deprivation, morbid thoughts and lack of understanding from parents and teachers. Many seemed like pleas for help.

A national study conducted in the early 1990s revealed that nearly half of all adolescents reported difficulty in coping with stressful situations at home or school.

The symptoms of stress were about twice as prevalent in girls as boys. These stressors often lead to more serious conditions like depression, eating disorders, substance addiction, self-mutilation, promiscuity and suicide.

The American Academy of Family Physicians states that about two-thirds of all visits to the family doctor are for stress-related disorders.

So Much to Do... So Little Time

In their latest book, *The Seven Worst Things Parents Do*, best-selling authors and psychologists John and Linda Friel identify "pushing your child into too many activities" as one of the seven.

They point out that middle-class Americans are experiencing an epidemic of the modern-day disease "afluenza." A common symptom is viewing our children's schools, grades, activities and accomplishments as important status symbols around which our self-esteem becomes entangled.

As both the beneficiaries and victims of this condition, our teens are pushed to take special classes and lessons of all sorts, and to aggressively compete on athletic and academic teams. They go to special camps, tutors and enrichment programs to learn skills designed to keep up their grade point averages, ace the college entrance exams and get into "the right colleges." It's not all bad, but it surely isn't all good.

Educational systems and peer pressure reinforce this activity mania. With so much to do, there is little family time or personal time for teens to reflect on what is important and process what they do and learn.

The Signs of Stress

Stress is what we feel when we react to pressure, either from the outside world (school, work, after-school activities, family, friends) or from inside yourself (wanting to do well in school, wanting to fit in). It's caused by the body's instinct to protect itself. How can we tell if our teens are experiencing too much stress? Are they displaying some of the following symptoms?

- Minor problems and disappointments cause excessive upset
- Things that used to be enjoyable aren't fun or have become burdensome
- Constant complaints of being tired
- Experience flashes of anger over situations which used to occur without concern
- Change in sleeping or eating patterns
- Complaints of chronic pain, head, stomach and back aches
- Laughing or crying for no apparent reason
- Only seeing the down side of a situation
- Resentment towards other people or their own responsibilities

All teens, and parents too, display these symptoms of stress from time to time. If you've noticed a marked and prolonged increase in one or more of these symptoms, there is a good chance that life has become too stressful for your child. If ignored, more serious physical, emotional or behavioural disorders will eventually occur.

Managing Stress

Not all stress is bad. Like competition, it can give us an edge when facing challenging situations. Each person has a different level of tolerance to stress. Parents can help teens determine their tolerance level for stress, try to live within its limits, and learn to accept or change stressful and tense situations whenever possible. Here are some strategies we can adopt or encourage that can help:

Be realistic – When feeling overwhelmed, eliminate an activity that is not absolutely necessary or ask someone else to help.

Meditate -- Just 10 to 20 minutes of quiet reflection may bring relief from chronic stress as well as increase tolerance to it.

Visualize -- Use your imagination and picture how a stressful situation can be more successfully managed when anticipating a difficult task.

Take one thing at a time -- Pick one urgent task, focus and work on it. Once that is accomplished, choose the next task and check them off to increase motivation and satisfaction.

Exercise -- Regular exercise is a popular way to relieve stress and it works.

Hobbies -- Take a break from worries by doing something enjoyable.

Healthy lifestyle – Encouraging and demonstrating good nutrition, adequate rest, exercise and a good balance of work and play make a difference.

Share your feelings – Create a home environment where sharing feelings is encouraged and treated in a non-judgmental manner.

Lead by example – Be willing to scale back your own activities in favor of family priorities.

Go easy with criticism -- Try not to show frustration or disappointment when you feel that your child has not measured up to your expectations.

Remember, everyone is unique, and has his or her own virtues, shortcomings and right to develop as an individual in his or her own time. When we experience the symptoms of stress, it is the body's way of telling us it's time to make a change.

4. Canadian Olympic Committee President Rogge Visit

While in Montreal, President Rogge held bilateral meetings with Quebec Premier Jean Charest and Montreal Mayor Gerald Tremblay. President Rogge also had a private telephone conversation from the COC office in Montreal with Prime Minister Martin in Ottawa. A private meeting was held at the COC Montreal office between President Rogge and Michael Chambers and myself.

In Vancouver, President Rogge enjoyed a venue tour and met with Premier Campbell and Vancouver Mayor Larry Campbell, as well as Richmond Mayor Malcolm Brodie. In Whistler, there was a bird's eye tour of the venues via helicopter, and a meeting with Whistler Mayor Hugh O'Reilly.

Own The Podium

The OTP is a collaboration of the COC, CPC, VANOC, CODA and Sport Canada as well as the 13 winter sports and has the ambitious goal of seeing Canada sit first amongst all nations in medal count in 2010. This would require approximately 35 medals. You can look at the entire program by visiting the COC website.

The plan calls for an investment of \$110 million beyond current winter sport funding over the next five years. What is particularly gratifying is that all potential funding partners in the plan have expressed a very positive response to the fact that this is not just an ask for money but a well developed and laid out plan with measurable steps and goals. This is clearly an approach we need to take in the sport community as we move this and other programs forward.

Finally, the COC sport staff are now moving forward to establish similar programs for the development of increased funding for summer and team sport.

IPSF Meetings in Seattle

An international sport event called the Pacific Rim Sport Summit will take place in Seattle this June from the 7th to 11th. Invitations have been sent to several Canadian NSFs to participate. In addition, this gathering is the week before the Harry Jerome Classic in Vancouver. We are working with the Seattle organizers to explore synergies that might help us attract an expanded field to the Harry Jerome meet.

We discussed sport institutes at length with a particular look at the Japanese Institute of Sport Science. This investment by Japan is an excellent example of what we need in Canada. Click on the following link: www.jiss.naash.go.jp/english/jigyou/camps.html. This will allow you to browse through the Institute and dream of what could be possible in Canada if we collectively continue to build the story and take it to government for support.

Board Meeting

Financial Position

The COC finished the past quadrennial with a surplus in excess of \$1.5 million. Most of this surplus will be rolled into the funding of sport programs as we move forward.

Strategic Plan

The strategic plan for the next quadrennial was presented and unanimously supported by the Board. We received many suggestions from the directors which we are now incorporating into the final plan. It will be available in its entirety on the website by the end of the month.

The COC will continue to increase its focus on the needs of our athletes, coaches and sport federations as we move forward. The focus on excellence and podium results will continue. There will be expanded resources and activity on advocacy efforts to all government levels. We will continue to expand our stakeholder activities to further engage Olympians, COC members and the Canadian public in the Olympic movement. Finally, we will continue our emphasis on strong fiscal management, including many new fundraising initiatives. The Board firmly believes that this plan will help us achieve the COC mission...

"To achieve podium success at the Olympic Games and advance the Olympic movement in Canada".

Some specific initiatives include:

- i) **Excellence Series** - Expand the team preparation and training programs to include and better prepare Olympic hopefuls, coaches and sports for upcoming Olympic Games

ii) **Olympic Games Prep** - conduct pre-Games, on location training camps for athletes and coaches prior to the Olympic Games in Beijing.

iii) **Athlete Council** - The Athletes Council has restructured the athlete advisory body and the COC plans to further utilize council members in all high performance planning initiatives. New council members, elected by their teammates at the Athens Olympic Games, are: Daniel Igali, Iain Brambell, Anne Montminy, David Ford, Sherraine Mackay, Nicolas Gill and Jaret Llewellyn

iv) **High Performance Targets** - The COC will begin to set targets for success and create plans to achieve them with the assistance of international sports experts - eg - OTP and similar new programs and strategies for summer and team sports.

v) **Athlete and Community Relations** - The COC is expanding its athlete and community relations programs geared to increasing awareness of the Olympic movement in Canada, ultimately leading to increased funding for high performance sport.

Yours in Sport,
Chris Rudge
CEO & Secretary General
Canadian Olympic Committee

5. National Coach Institute - Diploma Programme

You must be NCCP Level 3 certified, be an NSF-approved Level 4 candidate, and have a minimum of three years of coaching experience in a year-round training programme. An undergraduate degree in physical education is recommended, but not required. To apply, visit the CAC website at www.coach.ca.

6. In Brief

- 2005 Carol Anne Letheren Leadership & Sport Scholarship March 30, 2005
http://www.olympic.ca/EN/funding/letheren_award.shtml
- CAAWS Breakthrough Awards nomination forms February 25, 2005
Email: ariel@caaws.ca Website: www.caaws.ca
- Organize your archery shooting league with this new software/
<http://www.fca.ca/ArcheryLeague/League.htm>
For more information on the program or for suggestions, contact: Phil Betts
- This is an annual reminder that **coaches** qualify for FCA's insurance programme only when they are members of FCA. Don't forget to renew your membership!
- FCA/COA VISA application information is available through your local Royal Bank. Join up today!
- The bilingual 2005 Championships website, with registration form, is up and running at: www.archerynb.ca/national2005
- For Recurve Archers: 2005 Athlete Assistance Programme Criteria is listed at: <http://www.fca.ca/ex/05aapcriteria.html>

- FCA's Conflict of Interest Policy is on-line at: <http://www.fca.ca/policy/conflictpolicy.htm>
- FCA outdoor championships rotation schedule is available at: <http://www.fca.ca/policy/champrotation.html>
- FCA continues to recognise the accomplishments of its volunteers, coaches and athletes. Listings are available at: <http://www.fca.ca/volinaction.htm>
- FITA Star award application procedure <http://www.fca.ca/fitastars/fitastarpage.html>.
- FCA Privacy Policy <http://www.fca.ca/policy/Privacy.html>
- New generic scorecards at: <http://www.fca.ca/forms/formspage.html>
- All background information, as well as the minutes, for the Presidents' Conference is listed at: <http://fca.ca/PRES%20CONF/presconfmain.html>
- Championship results needed 3D 1996, indoor 1975, 1977, 1984, 1987. Contact Al Wills at: alwills@shaw.ca

MEETINGS

RÉUNIONS

Toronto		
05-03-12/13	High Performance Committee / Comité de Haute Performance	09:00
Winnipeg		
05-04-01/03	Master Learning Facilitator / Maître Facilitateur d'Apprentissage	09:00

7. News from the High Performance Committee

The final 2004 Excellence Ranking is available at:
<http://www.fca.ca/ranking/05ranking/Dec3104ranking.htm>

Definition of Teams

Olympic, Paralympic, Pan Am, and World teams:
 Restricted to those archers who have met the Standard Team Selection Criteria for the year in which the team is selected.

B team:

This team is restricted to recurve archers who have demonstrated striving for excellence but have failed to meet Gold or Red Squad Criteria for a particular event. Members of this team will be determined by team selection rank for specific to FCA international events.

Definition of new Regional Coach Structure:

Over a period of time, the high performance committee will create a panel of 5 regional coaches across the country. This will include the following regions:

- Maritime Provinces
- Quebec
- Ontario
- Manitoba/Saskatchewan/Nunavut
- Alberta/British Columbia/Yukon/Northwest Territories

Initially the High Performance committee will recruit 2 regional coaches, likely one representing Western Canada, and one representing Eastern Canada. These coaches will work with the FCA coach committee and the Executive Director to create infrastructure, define scope and be responsible for a number of activities to promote the development, and achievement of archers and coaches in their region. This includes the following:

- 1 Promotion of recurve archery
- 2 Identify and establish a working relationship with archers and coaches in their region, at the elite level as well as at the club level
- 3 Active involvement with B team athletes and coaches in their region
- 4 Use the CanBow program for talent identification
- 5 Use the Outdoor national championships for talent identification
- 6 Hold regular training camps with coaches and archers in their region
- 7 Stay current with developments in the coaching certification program

Pre World Field Archery Championships 2005 in Gothenburg, August 13 – 14

Tournament format:

Friday 12th of August, official practice at Lindome Archery Club

Saturday 13th of August, 24 targets unmarked

Sunday 14th of August, 24 targets marked

The tournament will be organized according to FITA field rules.

Tournament fee:

The tournament fee is the same for all championship divisions:

325 SEK (or EUR 37*)

The tournament is open for all FITA championship divisions:

- Junior Women/Men, Barebow/Recurve/Compound
- Women/Men, Barebow/Recurve/Compound

The tournament will be shot in parallel with the Swedish Championships in field archery.

Introducing Excellence 2008! Sign up today at: <http://www.fca.ca/Exintro.html>

Effective January 1, 2005 all score cards must be accompanied with the full results sheet from registered tournaments in Canada in order to use the score for Excellence ranking.

Funding to FITA World Target Championships, Madrid 2005:

FCA will advertise soon for the national team coach position. Two regional team coaches will accompany the team. All 3 positions will be fully funded by FCA. FTAQ and FCA will fund 50% of the costs to send a qualified FTAQ-sanctioned level 3 coach to Madrid. Any residual funding will be applied to athlete travel according to squad ranking for that team.

- Qualification process for 2005 World Target Team – Madrid, ESP
 - Three scores are required, with one major event.
 - The effective dates will be Jan 01, 2004 to May 16, 2005

- In order to assure that Canada sends archers who are shooting international-level scores, 1 score must be shot in 2005.
- Anti-doping link at: <http://www.fca.ca/antidoping.html>
- Educating archers and coaches on abuse use:
<http://www.fca.ca/policy/harassmentlinks.html>
- Canada Cup May 13-15, 2005
- 2005 NAA Target Nationals July 30-August 5 in Colorado Springs, CO.
- 5th Korean International - accommodation & meals covered by OC May 16-20, 2005
For further information: Korea Archery Association, #901, 88 Olympic Center, Oryun-Dong, Seoul, Korea, Tel: +82 2 420 4263, +82 2 422 3627, Fax: +82 2 420 4262, Email: archery@sports.or.kr.

HPC Plan for year 2012

In whole or in part, HPC goals for this calendar year include:

- Maintain strategy to use FCA target championships for coach training, contact with regional coaches, meeting of regional coaches and increase HP profile
- Maintain and Review Talent Identification System
- Maintain Facilities and Programme Inventory in 5 regions
- Maintain contact network with rehabilitation centres in 5 regions (AWAD)
- Increase archer fitness levels
- B Team is competitive in the Americas
- Send experienced coach as mentor with new coach(es) on international teams
- Maintain strategy for stable on-going relationship with COPANARCO
- Fund Vice President International to COPANARCO annual meeting
- Promote hosted COPANARCO ranking events
- Send Regional Coaches to COPANARCO ranking events
- Minimum AAP carded archers 1 development for male & female each plus Olympics and Paralympics
- Maintain HPC communication structure from minutes Action
- Team Co-ordinator and Ranking Co-ordinator work with Regional Coaches
- Maintain strategy to use FCA target championships for coach training, contact with regional coaches, meeting of regional coaches and increase HP profile
- Maintain policy on national team funding of recurve and compound archers
- Maintain relationship with national sport centres and National coaching institutes
- Expand role of participation in WRE into team ranking criteria
- 65% of target archers at the national championships shoot in the recurve division
- **Proven progression for elite archers beyond 2012**
- **5 Regions have each:**
 - 1 nationally certified coach working with HP Coach Co-ordinator
 - **Possible pool of national Team travel coaches**
 - **Personal coaches in national team level system**
 - **3 indoor/outdoor long-distance training centres in each region**
 - 1 Paralympic Specialist shared among the 5 regions
 - 3-4 people working with red or gold squad members
- **10 Men / 10 Women qualify for Olympic Trials**
- **3 Men / 3 Women on Olympic Line (2 teams)**
- **1 Man / 1 Woman in top 8 at Olympics**

- **Men's and Women's team in top 8 at Olympics**
 - **Paralympic Pool = 12-15 archers**
 - **Men's Team and Women's Team on Paralympic Line**
 - **Minimum AAP carded archers 2 development, 2 national for male & female and 1 international card each from Olympic and Paralympic results**
 - **Archers must compete outside of Canada at 1 WRE for major event in ranking average; no scores from major events inside Canada for Gold and Red squads**
 - **Host 1 WRE in Canada**
 - Parent appreciation and education process in place; parents can raise funds for athletes' expenses
 - **Major stakeholder at all National Sports Institutes**
 - **Increase number of active Excellence members above the level of those at the end of Excellence 2008**
 - **75% of Excellence members shoot recurve bows**
 - **3 Men / 3 Women ranked in top 20 on FITA ranking list**
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8. MICA 2005

The MICA Event may be held any time between January 1 and April 30, 2005.

<http://www.e-bizinus.com/fca//MICA>.

	Site	Contact	
Feb 26	Selkirk, MB	S. Irwin	lsirwin@mb.sympatico.ca
Feb 26	Estevan, SK	M. Wanner	monai@sasktel.net
Feb 27	Winnipeg, MB	J. Vogelsang	bowhunt@shaw.ca
Feb 27	Minnedosa, MB	T. Dressell	tdressell@mts.net
Feb 27	The Pas, MB	G. Lagace	ginnies@mts.net
Feb 27	Winnipeg, MB	R. Garrod	garrodr@mb.sympatico.ca
Feb 27	Port Coquitlam, BC	G. Hornsberger	gmhorns@shaw.ca
Mar 06	Trois-Rivières, QC	D. Chartier	archersmirador@videotron.ca
Mar 13	Calgary AB	J. Schleppe	jschleppe@shaw.ca
Mar 13	Caledon, ON	B. Savage	bruce_savage@rogers.com
Mar 13	Ottawa, ON	D. Luck	luckd@dfo-mpo.gc.ca
Mar 20	Winchester, ON	L. Smith	southnation@cyberus.ca

9. FCA Regional Indoor Championships 2005

March/mars 05	Site	Contact	
	Lévis, QC	M-P. Beaudet	canadien2005@ca.inter.net
	Tecumseh, ON	S. McKenty	sean.mckenty@sympatico.ca
	Delisle, SK	G. Henderson	harppe@sasktel.net

Victoria, BC	T. Klat	tklat@islandnet.com
Ottawa, ON	D. Luck	luckd@dfo-mpo.gc.ca
Red Deer, AB	G. Armstrong	caaa@shaw.ca
Selkirk, MB	S. Irwin	lsirwin@mb.sympatico.ca
Estevan, SK	M. Wanner	monai@sasktel.net
Richmond, BC	M. Davison	(604) 448-8740
Thunder Bay, ON	J. Winslow	jwinslow@baytel.net
Penticton, BC	D. Soar	dsoar@telus.net
Sherwood Park, AB	B. Hill	hillba@shaw.ca

March/mars
06

Duncan, BC	E. Walker	earch@shaw.ca
Winchester, ON	L. Smith	southnation@cyberus.ca
Caledon, ON	B. Savage	bruce_savage@rogers.com
Ottawa, ON	D. Luck	luckd@dfo-mpo.gc.ca
Nanoose Bay, BC	M. Miller	mike.stellamiller@shaw.ca
Edmonton, AB	S. Eacott	targetcoord@crarchery.ca
Halifax, NS	C. Langlois	claudelanglois@ns.sympatico.ca
Trois-Rivières, QC	D. Chartier	archersmirador@videotron.ca
Minnedosa, MB	T. Dressell	tdressell@mts.net
Delisle, SK	G. Henderson	harppe@sasktel.net
The Pas, MB	G. Lagace	ginnies@mts.net
Winnipeg, MB	R. Garrod	garrodr@mb.sympatico.ca
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Maple Ridge, BC	H. Kouwenhoven	hansdonna@shaw.ca
Vanderhoof, BC	M.-A. Mose	mamose29@uniserv.com
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Pine Falls, MB	A. Actimichuk	bohntr@mts.net
Edmunston, NB	L. Frenette	luc@umce.ca
Prince George, BC	R. Marwood	marwoodr@telus.net

In Closing

The FCA national office will be closed on February 21-22 and will re-open February 23-25 from 07:30 to 15:30 ET. See you next week!