

From: Oregon Department of Fish and Wildlife [mailto:odfw@public.govdelivery.com]
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The ODFW Quiver

Contains information for every instructor, student, and archer.

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April 2020

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ODFW Corner

Hi everyone,

I know that we are currently on an archery (everything) break and most of you are probably as disappointed as I am that we will miss out on so many great archery events. We will make it through this, and keep in mind that the health and safety of all of our family, friends, and others at this time is most important. While most of you are home trying to stay healthy and busy, I wanted to provide a couple ideas of things to do:

1. Make sure to join our Facebook group and follow us on Instagram: @ODFWArchery. We will be posting fun and informational videos and how-to's.

– Fun fact: Now is a great time to do bow maintenance if you have the ability to bring any or all equipment home!

i. Go through your arrows

1. Replace broken nocks
2. Re-fletch missing vanes
3. Throw away broken or bent arrows

ii. Wax your bow strings

iii. Tie on new nock locators

2. Continue shooting, if you are able. Check your city ordinances to see if discharge of a bow is legal within city limits. Then, get creative and set up a safe place to shoot.

i. Think of pedestrian flow of traffic and make sure no one will walk out in front of you.

ii. Have a good back stop in place.

iii. Have a solid target to shoot at (cube targets work great in small places).

– Fun fact: I used to blind bale into a target on one side of my bedroom, and stand in the door frame to shoot 5 yards. (With my parent's permission).

3. If you can't shoot, work out at home! Keep those muscles in shape. We will share some exercises archers can do to support them while shooting.

NASP® instructors,

Let's be the first state to get all of our annual reporting and Academic Archer nominations done!

1. Head over to: www.naspbai.org to submit your annual report.

This is required to keep your certification current. Submit a report whether you were or were not able to teach during the 2019/2020 school year. Yes- submit a report even if you did not instruct archery this year. Reports due June 1 for Oregon.

– Fun Fact: Fun fact, Oregon reported 9,160 student archers going through the NASP® program in-school during the 2018-2019 school year.

2. Head over to:

<https://nasptournaments.org/documents/DesignatingAcademicArcher.pdf> to learn how to designate your archers as Academic Archers. Nominations due April 1 for Oregon. Certificates will be mailed to the school, and archers will be entered to win prizes from Genesis and Easton.

– Fun fact: Oregon nominated 91 archers from 5 schools last year.

– Fun fact: An Oregon archer won 1:10 Genesis bows last year.

S3DA™ instructors,

Let's get those volunteer hours turned in!

1. Head over to: <https://myodfw.com/sites/default/files/2019-12/Monthly%20Time%20Log%20Digital.pdf> and download the monthly time log. Everything can be typed in except for the signature, I need that done in pen.

a. Scan and email to stephanie.m.rustad@state.or.us once completed.

b. If you have not turned any yet in for the 2019-2020 season, please supply a monthly time log for any month that you instructed archery. You can read about why these hours are important at <https://myodfw.com/sites/default/files/2019-05/PR%20hours%20explained.pdf>.

As always, if you have any questions or if there is anything I can help you with let me know.

Hopefully we will all be back at the range soon,



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Oregon NASP® State Championship Results

The NASP® State Championships held in Albany, Oregon on March 7, 2020 had 119 student archers participate from 10 different Oregon schools.

NASP® stands for the National Archery in the Schools Program, this is an in-school archery program. To be able to participate, schools must complete a minimum of 10 hours of archery instruction during regular school hours for their school to be eligible to compete in tournaments. In the 2018-2019 school year, over 9,000 students were able to shoot archery in Oregon through the NASP® program.

The student archers competed in a tournament style called: NASP® Bulls-Eye. This is an indoor round of 30 arrows, split between 10 and 15 meters. On most bales, two archers with different colored arrow shafts will share a target. This tournament had three flights of

students, with students randomly assigned to targets to minimize the chance of them shooting with other students from their own school.

Thank you to all of the archers that participated, and to the parents, family members and coaches that made it possible for the archers to attend.



Tournament results can be found here: www.nasptournaments.org

This year ODFW awarded 6 scholarships to the overall top three male archers and top three female archers. These archers included:

Overall Place	Male	Grade	Score	School
Male 1st - \$1,000	Logan Diaz McNeal	10 th	283	St Mary's of Medford
Male 2nd - \$750	Ethan August	8 th	274	St Mary's of Medford
Male 3rd - \$500	Colter Edde	11 th	272	Bend High School
Female 1st - \$1,000	Carli Lamberto	11 th	286	Bend High School
Female 2nd - \$750	Madison Neiswonger	11 th	275	Bend High School
Female 3rd - \$500	Olivia Hughes	11 th	274	Bend High School



Figure 1 Overall Male and Female archers with their scholarship earnings, joined by their parents. Photo Credit: Janice Copple

Congratulations again to these archers.

In 2019, ODFW started a perpetual award called "The Sturgeon Award", based off an ODFW mascot, the sturgeon. This trophy is awarded annually to the overall top shooting school at the tournament. A team is comprised of 12-24 student archers in the same age division. The score for a team is taken from the top 12 scores at the tournament. Bend High School claimed the Sturgeon Award for the second year in a row by shooting a 3177 out of 3600.



Figure 2 Bend High School Coach Ed Creasy accepting the Sturgeon Award on behalf of Bend High School.
 Photo Credit: Janice Copple

Rank	Team/Age	Score
1 st Overall	Bend High School/High	3177
2 nd Overall	St Mary's of Medford/ Middle	3070
3 rd Overall	St Mary's of Medford/High	3053
4 th Overall	Laurel Ridge Middle School	2745

The Albany Gun show was being held in the expo building next door, and NASP® participants had the ability to attend for free if attending with a paid adult. This was a great opportunity for the students to interact more with the outdoor community. Feedback from the students that went was that they had a great time checking out the different vendors.

We would like to thank our participating organizations for joining us at this event, your presence was much appreciated by all of the students and their families and friends. The organizations we had join us this year included: Backcountry Hunters and Anglers, Oregon Hunter Education, Oregon Hunters Association, Rocky Mountain Elk Foundation, Scholastic 3D Archery, Sportsman's Warehouse of Albany, and USA Archery.



Three Rivers Archers Club and New La Pine Archery Range

JR Lorimor February, 2020



At Three Rivers Archers (TRA), our vision and mission statement of “Teaching Skills and Respect for Hunting and the Archery Shooting Sports” is reflected in our curriculum. This curriculum advances students through a progressive wrist band system focusing on skills including: safety, yardage estimation, shot-placement, game care, tree stand safety and usage, tracking, land-owner relations and land stewardship, wilderness first aid, land navigation, emergency shelter building, day-pack necessities and proper use of each item and proper shooting form, among many other skills. TRA adds moments of stress during practice that require students to calm themselves and let their training take over. TRA does this so that when hunting or spending time outdoors the archers are ready for anything.

Community support from La Pine Fire Paramedics and Oregon State Police Game Wardens allow proper instruction of wilderness first aid and hunting ethics. At the end of each summer season, TRA coaches take the students on a two-day, pack-in camping trip where the youth archers implement the skills they have learned throughout the season. The students learn that if properly prepared and educated, they will survive if they ever find themselves having to stay in the woods. Even the students that only desire to shoot target archery learn important skills to support them anytime they are in the outdoors.



Figure 3 Three Rivers Archers at the S3DA State Indoor Championship at Bend Bowmen. Photo Credit: Christy Turner

Not all kids have hunting opportunities available to them. One of the more popular aspects of TRA is the partnerships we have fostered with various landowners. These partnerships allow our coaches to mentor the youth archers on private land hunts in a safe

environment. Currently, TRA offers youth mentored hunts including: deer, turkeys, antelope and elk. Turkeys, in particular, have proven to be an excellent first hunt for the youth archers. The archers show their proficiency and passion for the program to be eligible for this part of the program.

By the summer of 2019, TRA started receiving requests from youth archery clubs from the Western United States to share the Three Rivers Archers curriculum. These requests made the TRA board re-evaluate the club's vision on the TRA program, and after much debate and planning, it was decided to formalize and copyright the TRA program allowing the program to be franchised in other states.

Three Rivers Archers has always had the vision of opening a public archery range for all archers to enjoy. In between coaching youth and growing the program, TRA had been searching for the appropriate location to open an outdoor archery range. A partnership with La Pine Park and Recreation presented an opportunity for an amazing location. After two and half years of planning and negotiation, TRA is very proud to announce that coming early summer of 2020, La Pine will have a public outdoor archery range and TRA will have a permanent home for the youth to practice. This was accomplished at no cost to the public, a lot of hard work on the part of La Pine Park and Recreation and Three Rivers Archers, as well as the generous financial support of sponsors for the program.



Figure 4 Clearing for the new range. Photo credit: Three Rivers Archers

Three Rivers Archers, along with our community, sponsors and coaching staff, share a vision of getting youth into the outdoors and becoming active participants as the next

generation of ethical hunters. With the ever-decreasing rate of hunter recruitment in the United States, we all need to do our part to insure the future of our hunting heritage and wildlife conservation.

You can find out more about Three Rivers Archers, located in La Pine, Oregon at www.3riversarchers.com or on Facebook: Three Rivers Archers.

Turkey Hunting 101: A Bowhunter's Guide to Chasing Gobblers

Bowhunting 360 by Scott Einsmann March 24, 2017

Wild turkeys see in full color, they have telescopic vision, their meat is delicious, and they often eagerly respond to calling. What's not to love?

Wild turkeys are exciting to bowhunt, and you can pursue them in spring, which coincides with their breeding season. That can make them receptive to calling. A big male turkey, called a tom or gobbler, gobbling its head off while fully fanned and puffed up on display delivers a heart-pounding experience you'll never forget.

The wild turkey is also a great conservation success story. In 1930, the bird's population was estimated at 30,000 nationwide. In contrast, the lower 48 states today hold about 7 million turkeys. Their restoration was accomplished through the teamwork of hunters, state wildlife agencies and the [National Wild Turkey Foundation](#).

Wild turkeys are challenging to bowhunt because of their exceptional eyesight and hearing. And they're fun to hunt because you can "talk" their language and lure toms into bow range with a turkey call. They're also great eating because their meat is a leaner, healthier version of a domestic turkey's meat. To bowhunt wild turkeys you need the right gear, tactics and some knowledge, and the know-how to care for the meat once your bird is down.



Figure 5 Turkey hunters need a facemask or face paint. This eliminates the chance of spooking a turkey if they spot you. Photo Credit: John Hafner

Gear: The turkey's color vision and 180-degree peripheral vision help it see the woods in vivid detail. To fool that keen eyesight, hunters need full camo that blends with their surroundings. That requires a facemask or face paint, and camouflage hat, gloves, pants and long sleeves. And because the turkey's head is red, white and blue, for safety never wear those colors while hunting them.

You can use the same bow, arrows and broad heads you use for deer. However, some bowhunters prefer broad heads made specifically for turkeys. Visit an archery store for help choosing the best gear.

Blinds: Portable ground blinds solve many turkey-hunting challenges by fully concealing the bowhunter. The most critical moment in turkey hunting is drawing a bow unseen, which is why bowhunters prefer ground blinds. Many models are portable and easily moved to sites with the hottest action.

Turkey Calls: Calling turkeys is effective and just plain fun. You'll choose from four basic types of calls: box calls, slate calls, diaphragm (mouth) calls and push-button calls. Push-button models are user-friendly and require little practice to make realistic sounds. Box calls are great for calling loudly to bring in turkeys from long distances. Box calls are also easy to use, but take some practice to produce realistic sounds. Slate calls are easy to use, and can produce a range of loud to subtle calls to bring gobblers in close. Diaphragm (mouth) calls are the most versatile, but most difficult to use. Diaphragm calls sit on the roof of your mouth, and you call by forcing air over the latex reed. These calls take lots of practice to

master, but they're worth it. And because they're hands-free, you can keep your bow ready while calling.

Locator calls, such as crow calls and owl calls, are also important for turkey hunting. Although toms will gobble back when hearing turkey calls, sometimes they can be "shocked" into gobbling if you loudly imitate crows, owls or even coyotes. Basically, any call can be considered a "locator" call if it makes a turkey gobble back.

Calls, camouflage and bowhunting gear are available at archery shops. When selecting a call, ask your archery pro to show you how to use the different models. The pro can also answer any of your turkey-hunting questions.



Tactics: Turkeys roost in trees every evening, and fly back down in the morning, usually at dawn. In spring, toms often gobble at loud noises, including slamming doors, thunder or train whistles. This involuntary response makes it possible to locate turkeys without setting eyes on them. Listen and then move once you pinpoint their location.

A tactic called "roosting" is a good way to find turkeys, and lets you know where they'll be in the morning. To roost a turkey, visit the site you plan to hunt the next morning, arriving before sunset. Ideally, you've previously seen turkeys or their sign at this site. Walk to a high point like a hilltop to watch and listen. Turkeys will "shock gobble" at loud noises, but most hunters prefer to incite gobbles with less alarming sounds, like a crow or owl. A turkey call can work, too, but if the turkeys haven't yet flown up to their roost, you risk attracting them to your site and spooking them. Make a loud, short burst of crow or owl calls, and then listen for that unmistakable gobble. If you don't get a response, walk 100 yards and repeat until you hear a gobble. Make more calls until you pinpoint where they're roosted.

When returning before dawn the next morning, set up within 200 yards of the turkey's roosting tree. Set up your ground blind or conceal yourself in natural cover. Make soft hen yelps when you start calling, and increase the volume until they respond. Once a tom gobbles back, stick to soft, subtle occasional calls. It's tempting to call back and forth with roosted gobblers, but you'll usually fare better with patience. Play hard to get, which drives lovesick toms crazy, and brings them in close for a shot.



Figure 7 Broadside shots on a turkey are ideal but allow a much smaller margin for error than on deer. It is important to know your own capabilities and experience level. Photo Credit: John Hafner

Shot Placement: Turkeys have a small “vitals” area, which requires careful shooting. When a strutting tom comes into your effective range, patiently wait for it to come out of strut. It's hard to identify a gobbler's vitals and body definition when it's puffed up. As with deer, the best place to shoot is the turkey's heart and lung area. Turkeys present this shot when in profile, or broadside.

A turkey's heart and lungs are just behind where the wing joins the body. Think of it as the turkey's shoulder. As with a deer, the ideal shot strikes a turkey right behind the shoulder.

Head shots, frontal shots and even rear shots can also be lethal, but these options present a small target and aren't recommended for new archers. It's important to know your capabilities and acknowledge your experience level. These factors dictate your shooting distance and your definition of ethical shot placement. All hunters must determine their personal limitations, and abide by their own guidelines.



Figure 8 Wild turkeys make impressive, delicious organic meals not only at Thanksgiving but year-round. Photo Credit: shewearsmanyhats.com

Butchering and Cooking Turkeys: Wild turkey is fantastic table fare because it's delicious organic meat. To ensure the best possible meal, you must properly field dress, cool, butcher and prepare the bird. Turkeys have a high internal body temperature and retain heat long after dying. Therefore, field dress your turkey soon after arrowing it by opening its abdomen between its breastbone and vent, and removing its organs. Next, store the bird where it can cool, and then get it home and quickly butcher it.

Butchering a turkey is simple, but first you must skin it, which is faster and easier than plucking its feathers. For even, thorough cooking and the best use of its cuts, debone the breast and remove its drumsticks.

Turkey breasts can be brined or marinated for moist and tender meat. Drumsticks are great for ground meat, sausage, soup or pressure-cooking. The turkey's heart, liver and giblets can also be cooked and eaten. A bowhunter's ultimate sign of respect is eating all edible parts.

What are You Waiting For? Spring turkey season is a great time to be in the woods. It's also an excellent way to practice bowhunting techniques before trying big-game hunting. Turkeys are a challenging species to bowhunt. Even if you don't release an arrow, hearing a gobble and seeing their tracks in the woods is worth those 4 a.m. wake-up calls.

To start your turkey hunting adventure, check your state wildlife agency's website for laws and season dates. Then visit your local archery shop to get the gear you need to take on this challenging bird.

It's Time to Try Carp

The Wetlands Conservancy September 5, 2019

With 50 trillion pieces of plastic floating in our ocean and the total number of fish in the sea half of what it was in 1970, it can be daunting to understand good ways to be a consumer of seafood. Wetlands & Wellies has always been a celebration of wetlands' delicious bounty, but with changing times, we thought it appropriate to examine both the historical favorites and what is realistically thriving in our wetlands. The answer is our own worst gastronomic nightmare, fish that we introduced, in other words the invasive ones. At the top of this list is the common carp. These bottom feeders were brought to the United States in the 1880's as a well-loved food source in both Europe and Asia and they are now believed to be in every state except Alaska.

Carp eat almost anything, fish eggs, water plants, insects and seeds. As bottom dwellers they stir up the sediment as they look for food, which inhibits the sunlight from penetrating the water to regrow the plants they devour. They can also withstand extreme heat and cold and don't mind living in very poor water quality. Adult carp can grow to be nearly 100 pounds. Worst of all, a single adult female can produce over a million eggs. As one wildlife biologist stated, "they're the perfect invasive species".

Malheur Lake was the unlucky recipient of carp in the early 1950's after being introduced to the Silvies River in the 1920's. Part of the Closed Lakes Basin in eastern Oregon this Oregon's greatest wetland is a major stop-over for migrating water birds on the Pacific Flyway. Malheur Lake has been transformed by carp. The shallow lake is now open, muddy water, devoid of plants that are used for both nesting and food by the migrating birds. The birds are now disappearing, looking for new higher quality feeding and resting areas. Not an uncommon story for carp filled waters. A collaborative effort at Malheur Lake is ongoing, combining rigorous science, trapping and lake enhancements in hopes of one day returning the lake to its pre-carp days.

As carp populations continue to boom, we began to wonder if we could introduce people's taste buds to a "new sensation". If we could transfer some of our love for salmon and other native species to carp, the impact could be huge. Just maybe, it could allow time for wetland habitats and salmon populations to restore and rebound. Join us at Wetlands and Wellies 2019 for the chance to taste Malheur Lake carp cooked by some of Portland's best known chefs. We look forward to tasting, talking and listening to what attendees think! It will take more than one dinner to revolutionize carp, but it has taken carp 100 years to devastate our wetlands, so it's time we start eating this problem.



Figure 9 Photo Credit: Archery Trade Association

Asked & Answered

ODFW is here to help grow your archery program in any way that we can. Please submit questions to Stephanie.m.rustad@state.or.us and they may be featured in the next issue of the ODFW Quiver.

Q: Suggestions on how to teach archers how to aim?

A: There are a few different methods on how to aim a bow without a sight. Archery360 has a great video explaining the differences and additional tips: <https://youtu.be/fy8JAnpJRg4>

1. Instinctual: Not consciously using any part of the bow or arrow to aim with. Similar to throwing a ball, focus on what you are trying to hit and your muscle memory and training will help the arrow hit the target.
2. Gap aiming: Use the tip of the arrow as your aiming tool. Hold the arrow tip at different heights on the target for shooting at different distances.
3. String walking: This is when the archer grips the string at different locations to shoot at different distances. Move the fingers down the string to hit lower, keeping the same anchor point, and move the fingers closer to the nock to hit higher.

Your archer should follow the arrow if they are using a sight to sight in, if the arrow is high they move their sight pin up. If you archer is shooting bare bow, you will do the opposite. If the archer is shooting high, they will need to aim lower.

If you have an archer who continually hits left or right on the target, double check their eye dominance. If they are shooting with the incorrect eye, using their left eye when they are shooting right handed, this can cause the archers left/right aim to be off.

If you have an archer who is struggling to hit the target or bring their groups closer together, and is becoming frustrated with their progress, get rid of the target face. Have the archer go back to a blank bale, or cover the target with a blank piece of butcher paper, and work on technique with the archer.

Words from the Community

Simple Bow Explained

The below image of a handgun was shared with the archery group with the prompt “who can explain a bow like this?” and Tiresha S. of Bend Bowmen created one for us.

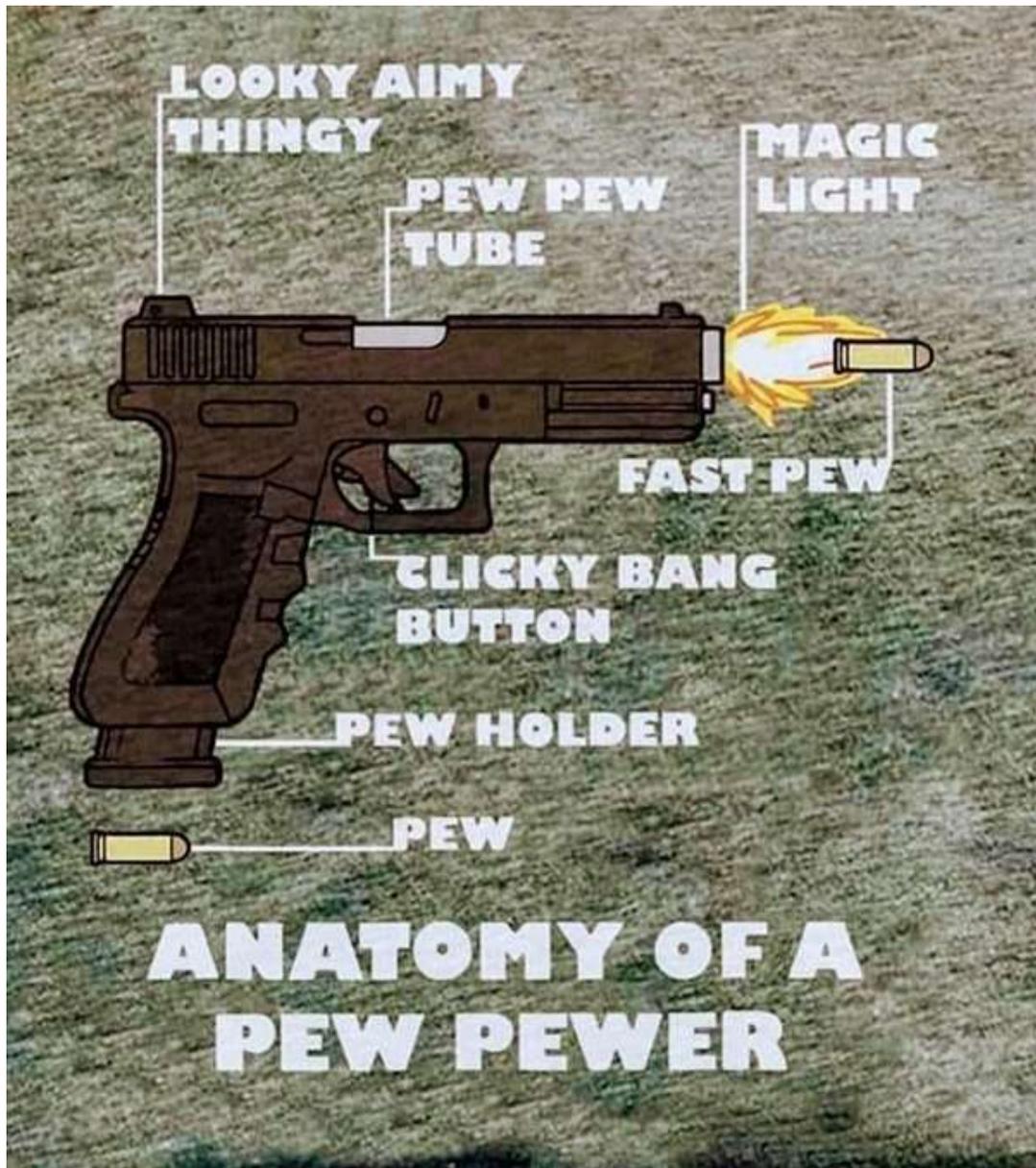


Figure 11 Photo Credit: Unknown

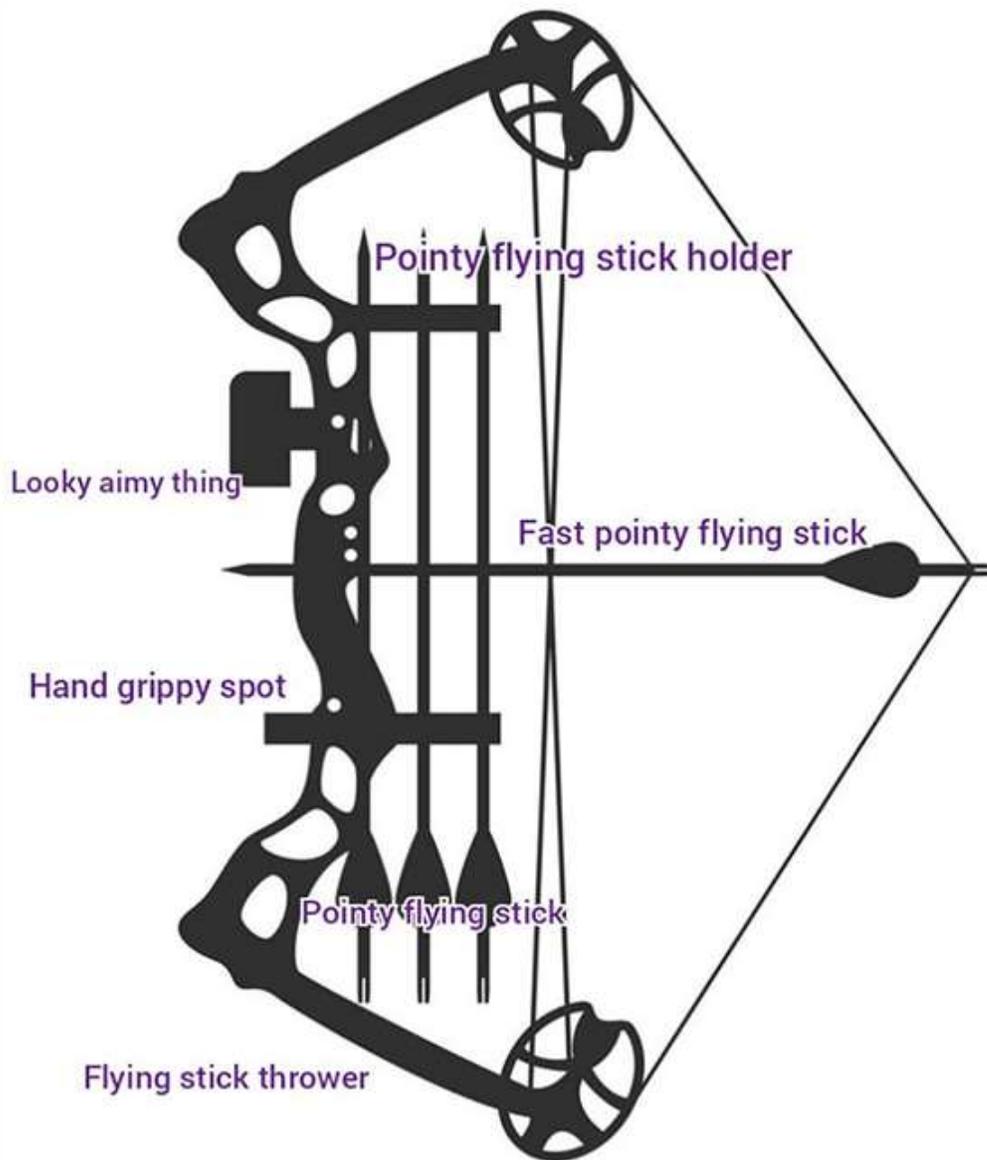


Figure 10 Photo Credit: Tiresha S.

Fun at home activity – save the blank photo of the compound bow below and fill it out in simple terms for what each part is. Then, post a picture of your creation to the Facebook group: ODFWArchery.

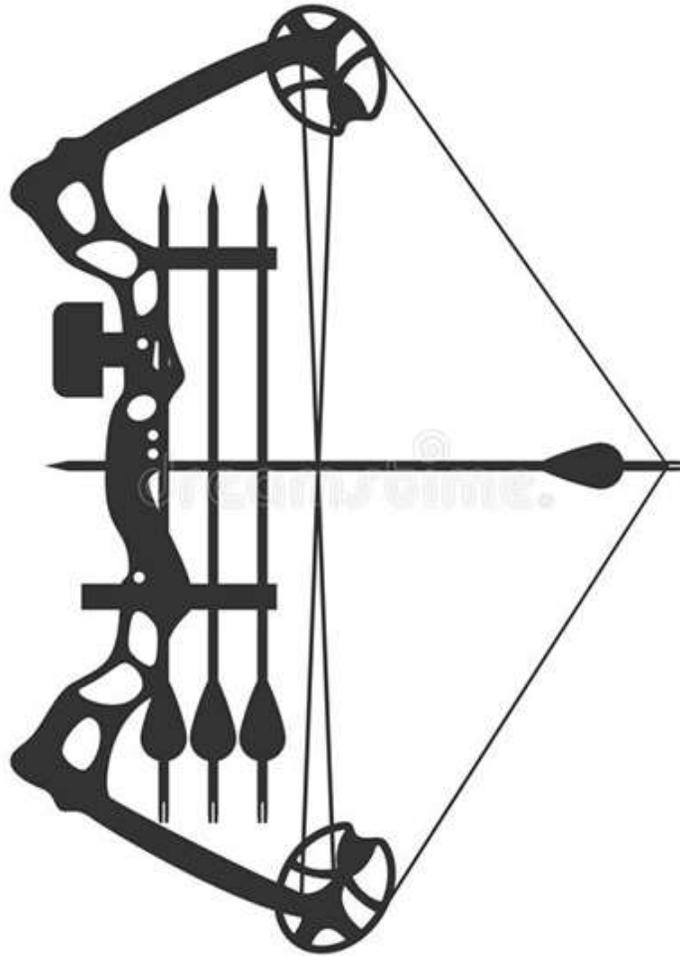


Figure 12 Photo Credit: dreamstime.com



If your club/school/shop/range has an upcoming event, email Stephanie.m.rustad@state.or.us with event details to be included in a future issue. A list of club contact information can soon be found at <https://myodfw.com/articles/youth-archery-programs-oregon> by scrolling to the bottom and selecting Oregon Clubs, Shops, and Ranges. (Details include date, event name, location, and contact name).

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