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The ODFW Quiver

Contains information for every instructor, student, and archer.

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May 2020

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ODFW Corner

Hi everyone,

Something I have noticed throughout my years in the archery community is archers burning themselves out. Many times you will see a new archer participating in as many events as

possible because they are excited to do all things archery related – and the next thing you know you don't see them at events anymore.

It happened with me. At one point in my life I had huge dreams of earning a spot on the Junior Olympic Dream Team and becoming a pro archer. I was in my junior year of high school, practicing to get ready for my third year shooting at the Vegas Shoot, when I found out I needed to have my appendix removed. During recovery, I wasn't allowed to shoot my bow. Without being able to practice, I didn't feel like I would be competitively ready and we canceled my tournament registration.



Figure 1 ODFW Archery Education Coordinator, Stephanie Rustad, at the Vegas Shoot, 2012. Photo Credit: Danielle Rustad

I'm not sure what changed after that. I was already working at the archery shop as a technician and an instructor on the weekends. At some point, work became more important than attending tournaments. I kept shooting until I graduated high school with our Junior Olympic Archery Development (JOAD) club, but once I moved to Montana for college, I ended up selling my tournament bow and only pulled out my hunting bow to practice every so often.

Moving into the archery education position, I have started to shoot again and it feels good to be back. Part of me wishes that I had never taken that break, so here are some ideas on how to keep the fire lit.

1. **Set annual goals** – putting goals in place for yourself will help keep you accountable. Write down your goals and don't be afraid to share them with friends and family so they can cheer you on. Use the tournament calendar and plan ahead (and pre-register if possible) for the events you want to attend.
2. **Create a habit** – sometimes going to the range can feel like having to go to the gym and getting there can be a struggle. If you can get yourself to the range and start shooting, each time you go it will be a little easier.
3. **Take a break when needed** – it is ok to do other sports or activities instead of archery, and sometimes time away can actually be beneficial in the long run.
4. **Mix it up** – archery is an awesome sport because there are so many different tournament styles and target types. In general, archery tournament styles happen at different parts of the year. The schedule flows like this: Indoor multi-color to Indoor blue-face to Outdoor 3D to Outdoor Field to Outdoor Fita and finishes around bow hunting season. Don't be afraid to try them all, the change will keep you interested in shooting your bow.
5. **Find your shooting group** – it can be hard if you only have one person that you go shooting with. If they don't go that means you probably won't go. So find a group of people that you enjoy shooting with to increase your odds of participation. Join a club or a league if you have one in your area.
6. **Be willing to travel** – events are held all over, and each range is different. Try to travel to a couple different events every year, not only will you get to shoot a different range, but you will need new people and experience different range setups.
7. **Never force someone to shoot** – it can be hard when you buy someone a bow and after shooting it a handful of times, they are no longer interested in shooting. The best you can do is encourage them to go shoot with you and provide positive reinforcement. Nothing will ruin someone's desire to grow in archery faster than being forced to go to the range every day.

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

Happy Shooting,

Stephanie Rustad



Archery Education Coordinator
Oregon Department of Fish & Wildlife
Phone: (503)-947-6076
4034 Fairview Industrial Dr. SE
Salem, OR 97302
Stephanie.m.rustad@state.or.us

Upcoming Events and Classes

NASP BAI Certification

Join the Class Notification List, visit www.naspbai.org to be notified of the next certification class in your area.

Register at www.naspbai.com and have the principal of your school send Stephanie.m.rustad@state.or.us an email giving your school permission to participate in the NASP program to receive the free equipment kit which is only available for a limited time.

Please contact Stephanie if your school would like to host a certification class (minimum 5 participants - may be from surrounding schools, community members, or other faculty).

S3DA Basic Instructor Certification

For more information, reach out to your region's coordinator:

Oregon State Coordinator: Stephanie Rustad, email: Stephanie.m.rustad@state.or.us

Oregon West Region: Craig Tokuda, email: ctokuda@comcast.net

Oregon East/Central Region: Crystal Lohner, email: iaff.reed@gmail.com

USAA Level 1 Instructor Course

For more information, check <https://www.usarchery.org/coaches/find-a-course>

Hunter Education – Dates available at www.myodfw.com

Conventional Class: This class gives a thorough introduction to the skills hunters need covering topics like: firearms safety, hunter ethics, wildlife identification, hunt preparation

and techniques and outdoor survival. All youth students are required to participate in a live-fire exercise.

Field Day: Students must complete an online course or workbook and bring the online course completion certificate or completed workbook to this ODFW Field Day. Field day instruction includes a review of course topics, Oregon hunting regulations, ethics, conservation, firearm safety field exercises, a live-fire exercise and a 60 question written final exam.

Bowhunter Education

6/20/2020 Cole Range, Elmira

For more information please contact Ivan Hernandez 541-935-5331 email: papi21245@g.com

Girl Scout Builds Archery Range in North Bend for Gold Award

Devan Nasby, April 14, 2020



Figure 2 Tioga Sports Park Archery Range. Photo Credit: Shelley Nasby

I have been a Girl Scout since the second grade and have previously earned both the Bronze and Silver Girl Scout awards. My Bronze Award was completed by teaching 150 kids at our local-annual Youth Day, by instructing participants on how to make survival bracelets. I earned my Silver Award by creating a social media campaign to educate the public on the dangers of xylitol for pets.

Gold Award projects are more complex. These projects must include a minimum of 80 hours of work and address a need in the community. At first, I thought about installing a couple of pop-up libraries, but I found that some had already been put up. One day I was talking to my friend Al Lovie, who sits on the board of the Tioga Sports Park and he mentioned that they would like to have an outdoor archery range.

I thought that this would be an excellent project as our community needs more outdoor activities for youth. Youth need a safe place to practice. An outdoor range provides archers with a place to shoot with the ability to shoot longer distances.

After speaking to the Tioga Sports Park Board and sharing a few of my ideas, they agreed to provide an area for the range if I would provide the equipment and signage. They also said that all youth in our community would be able use the range free of charge! As I love archery, this project was definitely made for me.



Figure 3 Devan Nasby practicing at the new range. Photo Credit: Shelley Nasby

I have been a member of the North Bend High School Archery Team since my freshman year. I would meet at A&J Archery, our local indoor archery range, once a week after school to be able to shoot. A&J Archery is an indoor range, and the shooting is limited to 20 yards. In 2018, our school became National Archery in the Schools Program (NASP®) certified. Grant Gill, my archery instructor, took the NASP® BAI certification class and our school received archery equipment from the Oregon Department of Fish and Wildlife. This gave us another location to shoot. In the summer of 2019, I turned 18 so I was able to receive my own NASP certification. This allowed me to instruct others on how to shoot.

The Tioga Sports Park Archery Range project started in the fall of 2018. With a Girl Scout Gold Award, the project must be completed by the end of the girl's senior year. I will graduate June 5th, 2020. I am so glad that we started this project when we did because it took two years to complete. While building this range, I was able to work on developing my leadership, practical, patience and volunteer management skills.

The first skill I practiced is leadership. I figured out what to do, planed the work, asked and coordinated groups to help. I learned that communication is very important, and not everyone has the same communication style. As a leader, you have to communicate so that everyone understands the same goal. I had to work with a group of people who all had different personalities and ways of thinking. I was challenged by trying to explain my ideas, and have others understand them.

I also learned some practical skills. I helped make the sign in my high school construction class. My teacher, Mr. Holmes and I drew out the blueprints and built the sign. I worked with the high school graphic designer to make the banner that is attached to the sign. The creation of the banner was quite a process of going back and forth with the computer design and verbiage until we had it right. I learned how to manage a budget to purchase the materials for the sign and the banner. Lastly, I had to keep my project organized by keeping a notebook that included all of the different components of the projects such as; the range design, the budget, sign verbiage, log of hours, grant information, reference information and the important documents for Girl Scouts.



Figure 4 Devan Nasby with the new sign and banner created for the archery range. Photo credit: Shelley Nasby

I had to work on being flexible with my plan. When things didn't go my way, I had to come up with another solution. For example, my original idea was to have a 100-yard range. The final range is 80 yards, as that was the limitations of the area I was given. This gave me a few more targets left over. There are now two stations to shoot at 60 and 70 yards.

The weather was tough to deal with as well. We had an extremely wet year in 2018, and the excavator had to wait for the site to dry out before starting the excavation process. This pushed my project back an entire year, before I could get working on the actual range.

This project made me realize that volunteers can be challenging to find. Everyone is very busy and the nicer the weather is, the harder it is to find them.



Figure 5 View from above of the 80 yard archery range. Photo credit: Shelley Nasby

There were times that I thought this project would never be completed, and it was hard to stay motivated, but I didn't give up. I learned that persistence pays off.

My best day on this project was March 21st, 2020, the day this project was completed. My family and I went to deliver the sign and I got to shoot at the targets for the first time. The very next day, the range was closed due to COVID-19. We hope to schedule an official opening event after the closure is finished.

The second-best day was March 31th, 2020. This was the day that my final Gold Award project interview was scheduled via a zoom call. The Tioga Sports Park Archery Range project was approved, and I earned my Gold Award. It feels good to have this project completed and for my community to have a safe place to be able to practice archery. My hope is that this range will be frequently used by youth in my community, including our NASP teams. I hope that we can hold some outdoor tournaments and summer events.

All of the virtues I learned from archery helped me earn this Gold Award. Patience, persistence and focus are a couple of qualities that make a good archer and a good Girl Scout.



Figure 6 Devan Nasby shooting groups at the new archery range. Photo credit: Shelley Nasby

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.

Spring Bear and Turkey Photo Submission

We want to see pictures from your archery hunts this year! Share stories and photos from your hunt, any special moments or lessons learned. Oregon bow hunters of any age are eligible to submit pictures to share in the Quiver.

Season Dates:

Spring Turkey - open April 15 – May 31

Spring Bear – open April 1 – May 31



Figure 7 Sophia with her 2019 turkey. Photo Credit: Three Rivers Archers



Figure 8 Matthew with his 2019 turkey. Photo credit: Umpqua Valley Archers

Did you know, one of the most requested additions to the Quiver from 2019 annual reports was more hunting pictures!

For your photo to be included in the June issue of the ODFW Quiver, please submit the following:

- Picture
- Name of those in the picture
- A brief story of the hunt

#ODFW2020Bowhunting

Submit your hunting pictures by posting in the ODFW Archery [Facebook group](#), tagging @ODFWArchery on Instagram, or emailing to stephanie.m.rustad@state.or.us.

NASP® Update from the National Body

To students, NASP® has been monitoring daily updates on the coronavirus disease (COVID-19) and its impact on the possibility of a NASP® event to be held during the remainder of the current tournament season. As NASP® is a school-based program, we know that many of our ~8,800 schools/districts are currently closed, and some have closed for the remainder of the 2019/2020 school year. As we have said from the beginning, the top priority of NASP® is the health and safety of all of our participants. In order to keep the safety of our student archers at the top of our decision making list, we have made this decision. While we regret the disappointment that this decision brings for so many hopeful student archers, we know that any continuance of the planning for this event places us in opposition to our guiding principles and our priority for student safety.

To our 2020 NASP® seniors, we want to say a huge “Thank you” for your tremendous effort and leadership in NASP®. We truly hope that you will stay connected with your school and the NASP® team and support them as you can. We also hope you will pursue our newly formed NASP® Alumni Association.

<https://www.naspschools.org/opportunities/nasp-alumni>

We wish you the absolute best in all of your post-secondary pursuits!

NASP® would like to thank the thousands of coaches, parents and volunteers that continue to make this wonderful program what it is in so many places in the United States, Canada and several other countries. We thank you for your efforts with students and know that you continue to witness the positive effects that in-school archery can have in so many ways.

Working together, we can continue to change lives, one arrow at a time!

See you next year!

To teachers, we understand that with the extensive number of school closings due to COVID-19, some of you will be unable to meet the 10 hours of NASP® instruction required to maintain your certification.

We have you covered!!! If you are unable to teach the required 10 hours, you will simply need to complete our brief on-line refresher (sometime after Sept 1) before you teach your NASP® archery lessons for the next school year.

In addition, if the school closures prevented your school from completing the required in-school lessons for the 2019-2020 school year, your school will remain eligible to compete for the 2020-2021 school year.

S3DA™ Update from the National Body

Dear S3DA Members,

Please be sure to check out the [S3DA Conservation page](#) on the S3DA website to allow a more user friendly S3DA photo album for viewing the "Gallery of Conservation Photos". With this feature, anyone should be able to download the images directly from the site and you DO NOT need any form of OneDrive, Google or Dropbox account to be able to view or download the images.

On the front page of the website, you will find information about the current

2020 Spring Turkey harvest contest and you will see a link that allows you to view members that have submitted harvests thus far. These harvests have also been added to the "View the Gallery of Conservation Photos" on the S3DA Conservation tab. Please be sure to SHARE and refer members to check out the [S3DA website](#) and the [S3DA National Facebook page](#) for the most up-to-date information!

We are currently providing S3DA members with 3 different initiatives:

1. We want to know how S3DA student members are staying tuned up and active. WIN the brand spanking new release from Delta McKenzie the IMP! The IMP is a scaled down 3-D cousin to the Goblin with incredible detail and just as tough as you'd expect from a DM Target. We're also giving away some hard hitting Easton Arrows.

YOU must be an active S3DA Student Member to win.

Videos must be posted in the comments of the post on the NATIONAL S3DA Facebook page.

S 3 D A S T U D E N T M E M B E R S

HOW ARE YOU STAYING TUNED UP & ACTIVE?



POST YOUR SHORT
VIDEO CLIP IN THE
COMMENTS
TO SHOW
S3DA NATION
HOW YOU ARE
STAYING "TUNED-UP
AND ACTIVE"
IN YOUR DOWNTIME
AND YOU WILL BE
ENTERED TO WIN

NEW DELTA MCKENZIE
IMP 3-D TARGET



OR EASTON
ARROWS

2. We would like for S3DA Coaches to submit a short video providing coaching tips, tricks, activities, or practice format. Each submission will be rewarded with an entry to WIN! Prizes include: Mantis X8, Black Eagle Arrows and Easton Arrows.

Must have a valid S3DA Coach Membership to win.

3. We would like for S3DA students and coaches to SUBMIT their 2020 Spring Turkey harvests. Delta McKenzie will be providing two "Little Strutter" 3-D targets by random drawing. If you have a Google account, simply click the link [here](#) and SUBMIT your entry today. If you DO NOT have a Google Account, then please go to www.s3da.org and follow the instructions in the blue box on the front page.

Asked & Answered

Please submit questions to Stephanie.m.rustad@state.or.us and they may be featured in the next issue of the ODFW Quiver.

Q: What is a peep sight and how do I use it?

A: A peep sight, or peep, is a small plastic aperture usually found on compound bows to help an archer aim. The peep sight is used to help the archer block out everything but the target, and used by the archer to have a consistent anchor point. The archer will line their dominant eye up with the peep sight, look through the peep sight and line the sight pin up with the target. The archer will want to make sure that the peep allows them to see the entire sight frame during the shot.

Setting up a peep correctly can be the difference between hitting and missing the target. Peep sights do come in different sizes, the larger the aperture the more light that can be let in. Target archers will commonly use the smaller peeps and hunters will use the larger peeps. Make sure that the peep sight is facing the correct direction, some strings, especially new strings, like to turn. If this happens, the peep does a 180°, making it impossible to see through. The peep needs to be set at a natural level for the archer to see through without bending or leaning their head. Making dramatic adjustments to the peep sight will require the use of a bow press and should be done by archery shop bow technician.

Words from the Community

What is one piece of advice you would give a new archer?

Mike E. - If you think you might like competing, jump in - don't wait. You will improve faster, get to know other archers and learn to deal with tournament pressure while improving your form.

Woody R. - Get started right with someone that has experience so you don't start bad habits that are hard to break later. Do it right from the get go and you'll be successful and have more fun.

Jon H. - Practice as much as possible!! Shoot from different positions and different scenarios! And just have fun!

Linda P. - Join a club and use their range when you can. Even if you can shoot safely in your yard, or if you have a place in the country or on logging roads where you can go and shoot, you will develop better and faster with other archers around. It is great to reap the benefits of others' experience and advice, and when you need to put on more pressure you can setup some friendly competition/rivalry to spur you on. Plus, your local club and shop need the support. If you don't shoot there and turn out for work parties and events, when your community gets more urbanized and laws are passed banning back yard shooting, or when the timber companies lock their gates, you will be looking for a place to shoot and the Club or Shop may not be there anymore.



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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