

From: Oregon Department of Fish and Wildlife <odfw@public.govdelivery.com>
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The ODFW Quiver

Contains information for every instructor, student, and archer.

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June 2020

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ODFW Corner

Hi everyone,

Many of you probably saw this in our Facebook group, ODFWArchery, but since this is the spring turkey issue I thought I would share my first turkey hunt story again.

My dad and I were hunting with some friends in Eastern Washington. This was my first time turkey hunting with my bow and I would have been 14 at the time. We set up a blind and

some decoys where we expected the birds to funnel through. I sat in the blind, while the rest of my group left to go scout around.

I had only been alone in the blind for about 10 minutes, when I saw a couple of lady bugs. Of course, I was like, "Aw, how cute." I had my camera with me, so I decided to take a picture. (Remember, this was back when we had flip phones and had to carry an actual camera around to get semi-decent pictures.)

Grabbing my camera, I see more lady bugs. I thought to myself, "huh, that's weird." Then it was like a scary movie where the main character looks around the room in slow-motion.

The inside of the tent was moving. Lady bugs covered everything. They were not only on my camera and the walls, but also on my bow, my pack, me, and everything else I could see. You guys, there were so many lady bugs!

I tumbled out of the blind (probably screaming), leaving all of my stuff behind, and attempted to swipe the bugs off me.

When my dad returned, he found me sitting yards away from the blind totally freaked out. Not sure if I ever grabbed my bow or not while I was waiting, but I did make him grab everything else out of there.



Figure 1 Lady Bugs hanging around the ground blind. Photo credit: Stephanie Rustad.

Lesson learned: Always inspect anywhere you plan on sitting down.

Do you have a crazy hunting story? One that was not fun in the moment but you are able to laugh about now? I want to hear it!

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

Happy Shooting,

Stephanie Rustad

A handwritten signature in black ink that reads "Stephanie Rustad". The signature is written in a cursive, flowing style.

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Upcoming Events and Classes

NASP BAI Certification

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 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

High School Senior Spotlight

This month we wanted to do something special, so we are taking a moment to recognize the seniors here in Oregon who shoot archery! This is a great group of kids who are ready to take on the world! Congratulations class of 2020, we wish you all the best. We hope to see you at many tournaments and hunting seasons to come. Shoot straight.



Rebecca Grace Coffel from Roseburg High School will be attending Oregon Tech to study Mechanical Engineering Technology. Her favorite thing about archery is going to 3D tournaments and meeting and hanging out with the people who live archery like her, but are

from all different walks of life. She said, "I have met some amazing people because of archery".



Devan Nasby, a NASP® archer from North Bend High School will be attending Southwestern Oregon Community College to pursue a Bachelor's degree in Arts. Her

favorite part of archery is the process of improving. "It's fun to practice and actually see improvement", said Devan.



Cole Gomes from Enterprise High School will be heading to college to become an Emergency Medical Technician. He said his favorite thing about archery is "making new friends at different archery events".



Alexa Veenker from Cottage Grove High School will continue working at BowTech Archery Proshop and possibly join an electrician apprenticeship program. She said, "My favorite thing about archery is that it is relaxing."



Figure 2 Photo Credit: Audra Terry Photography

Billy Dotson from Junction City High School will be playing baseball and studying business administration at a community college next year. "My favorite thing about archery is being outdoors, whether it's to go shooting at the local Junction City Pond and Archery Range, or to go hunting over in Eastern Oregon", said Billy.



Alejandro Gonzalez, a NASP® archer from Bend Senior High School, will be attending COCC to study computer science and then transfer to Oregon State University for further studies. His goal is to assist in the advancement of robots and artificial intelligence.

“I enjoyed archery because it was more fun to me than competitive. Learning how to shoot an arrow was thrilling, and improving was a great challenge. My favorite part is when you let go of the arrow and watch it fly through the air, such a cool experience”, said Alejandro.



Brady Eiler, a NASP® and S3DA™ archer, from St. Mary's of Medford will be attending Linfield College to major in business and hopefully play baseball for them. He said, “My favorite part of archery is the team aspect and that it is a relaxing sport”.

Words from the Community



To our seniors, here are some words of wisdom from your archery community:

C.W.: Aim small, miss small in life and archery. Don't let people tell you how to think no matter who they are. Learn to think critically, make your own opinions, and stay willing to listen to others.

M.C.: Don't take things personally. Slow down and enjoy the little things.

T.M.: Love you for you.

J.P.: Be who you are and don't change for anyone.

S.R.: You're going to be busy here really quick and for quite a while, so don't forget to say yes to opportunities that you'll enjoy (like shooting your bow). You don't want to look back and realize you missed out on living.

Spring Hunting: Turkey Time

The following images and hunt updates were submitted by ODFW Archery members from Instagram and Facebook. We want to share their experience with either a gun or a bow, and whether or not they were successful. Every opportunity is a chance to learn from and encourage others.

Submitted by JRL.

My oldest son Kade's bird was his biggest turkey yet, although a fairly generic hunt. We roosted the turkey the night before the season opened. We came back the next morning and called it out of the roost, he came running in at around 14 yards. The turkey had a 10" beard and Kade shot it with his bow. The hunt was all over in the first 20 minutes of opener.



Figure 3 Jess P. and her children. Photo credit: Jess P.

Opening day, we camo ourselves and hit the mountain. We have spotted some turkeys the last few weeks and this morning this guy was still there. I let my kids take turns with the shaker call and the slate call, and together we called him in not once but twice! I missed the first time but he came back for the second. My kids wanted to help pack him out and clean him. I am one proud momma.



Figure 4 Ty Hartwig helped his brother get his biggest Tom. Photo credit: Ty Hartwig



Figure 5 Gage's first turkey with a bow. Photo credit: Ty Hartwig



Figure 6 Aimee with her bird. Photo credit Ty Hartwig



Figure 7 The ladies got it done. Photo credit: Ty Hartwig



Figure 8 Brother got this one a couple of days after season opened also. Photo Credit: Ty Hartwig



Figure 7 Ty Hartwig with his early bird. Photo credit: Ty Hartwig



Figure 9 Terrel Hood with his Tom. Photo credit: Terrel Hood

This was a public land mountain bird! My initial setup by a roost was foiled by the fact I set up under the tree his hens and a Jake were roosted on. Ended up following this Tom and a second gobbler about a mile as they moved mid-morning. Multiple setups later, had them wicked close but they were just over a knoll. A couple soft yelps later, this bird came strolling in quiet and searching. After a boom and a bang at 30 yards, it was a good 2.5 miles back to the truck. Second bird for me, but first tom!



Figure 10 Andy Hamilton, ODFW Hunter Recruitment Specialist, with his Tom. Photo credit: Andy Hamilton



Figure 11 Wild Turkey Schnitzel, "Insanely good". Photo credit: Andy Hamilton



Figure 12 Alli D. showing off her bird's 8.5-inch beard. Photo credit: James Dixon



Figure 13 Alli D. carrying out her Tom. Photo Credit: James Dixon.

This was Alli's first Tom, shot at 18 yards with her Athens Summit bow. Harvested in the Willamette Valley.







Figures 14-15 S3DA member, Louis H., tagged out on 3 turkeys this spring. Photo credit: Keegan Hodges

The Prepared & The Lucky

Jesse Kane, Oregon Department of Fish and Wildlife - Hunter Recruitment Specialist, May 2020

Years of hunting have proven to me over and over again that there are many paths to a successful hunt. Sometimes, a hunter connects with an animal through meticulous preparation, years of experience and technique gained through hundreds of practice hours. Sometimes, luck strikes through divine timing and an animal almost seems to present itself.

This year, my spring turkey hunt was the perfect example of this duality.

The night before opening day stood out because it was the first time in years I couldn't sleep before a hunt. The potential opportunities and the unknown of what the morning would bring kept me from getting any sleep. I was as prepared as I could be; fully equipped with all of the necessary gear, full camo, decoys, blinds and multiple call types. I had researched, scouted and worked with my bow almost to a level of excess.

I was at the trailhead well before dark with a full pack and a game plan derived from weeks of planning. So obviously, my dreams of the opening morning hunt were shattered as I was outwitted by a bearded hen tactically positioned in her roost. I had been seen and was stuck in my current position but was lucky enough to get three opportunities to draw back on toms. The turkeys were active, moving and calling throughout the morning, but the right shot eluded me.

The true challenge, for me, was drawing my bow without being noticed by the skittish birds. It was my first lesson in the difficulties bowhunters must face.

Success finally came after 4 days and many long hunts. I was able to pattern the birds and put myself in the right place as the birds traveled back to the high ground in the evening. This is a prime example of one's ability to find success through hard work, preparation and dedication.



Figure 15 Photo credit: Jesse Kane

The hunt of my second turkey this year was the polar opposite of the first. I was on the final stretch traveling to my family's home in Southern Oregon. Coming from Portland I was worn out from the drive. Moving slow up our old country road, I spotted two turkeys as I scanned the hillside above me. They were feeding about a quarter mile up the ridge, on a small patch of BLM land, so I pulled over to take a look. Dressed in board shorts, Birkenstocks and a t-shirt I was unprepared for a hunt, but still unwilling to lose a shot at one of these toms.

I grabbed my bow from the trunk and made the hike down to a creek I knew would intersect the turkey's path. These birds popped out of the cover directly above me and worked down to the water's edge about 20 yards in front of me—making for a perfect shot. The hunt was over about 5 minutes after my first glimpse of them.



Figure 16 Photo credit: Jesse Kane

You can try to do everything to be prepared; own the right gear, research, plan, and scout every location. Most likely, these things will increase your odds of bagging a bird. However, sometimes you may just stumble upon the perfect opportunity.

Either way, the key to success is getting out in the woods and having confidence in your skills when the rare opportunity to engage one of these amazing birds does present itself.

Adrenaline: A Bowhunter's Moment of Truth

Bowhunting 360 by *staff writer*, Aug. 16, 2016

You've been pursuing an animal for days and all of a sudden, it's in front of you. Your heartbeat quickens, your palms get sweaty, your breathing is erratic, and your stomach flip-flops. This is an adrenaline rush experienced during close encounters with game animals.

Adrenaline is released into the body during times of fear, stress and excitement. For example, when you're riding a rollercoaster, you'll probably feel a surge of adrenaline. Hunters feel a surge of adrenaline when they're about to take a shot or when an animal gets within range. Adrenaline causes the heart rate to increase, breathing to become irregular, and pupils to dilate.



Figure 17 Hunters feel a surge of adrenaline when they're about to take a shot or when an animal gets within range. Photo Credit: John Hafner Photography.

TIPS TO HELP LESSEN THE EFFECTS OF AN ADRENALINE RUSH:

1. Focus on your breathing. Breathe deeply and slowly and develop a rhythm.
2. Keep your body relaxed. Try to reduce tension in muscles throughout your body. This will make it easier to draw your bow and hold it steady while aiming and shooting.
3. Focus on the spot you want your arrow to hit. Concentrate on a small spot to tune out distractions, such as the size of the animal.
4. After shooting, check the time. Wait at least 30 minutes until you descend from your tree stand or leave your ground blind. Work to restore or maintain the breathing rhythm you had before the shot. Close your eyes, relax and review the



shot. Try to visualize everything at the instant you released the arrow. How did the animal react? What direction did the animal go?

Plan your blood trailing moves. Do not hurry from your tree stand or ground blind. Focus on doing this safely. This helps prevent injuries, since you might still be dealing with the effects of the adrenaline surge.





Figure 18 To help lessen the effects of an adrenaline rush, wait at least 30 minutes after shooting to descend from your tree stand or leave your ground blind. Photo Credit: John Hafner Photography

Editor's note: While this article is written for the point of view of a bowhunter, steps 1-3 are also beneficial for target archers.

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: Our school year was cut short and we were not able to lead NASP® classes, does that affect our ability to keep our equipment kit?

A: We understand that these are unprecedented times and everyone's year was cut much shorter than expected. All schools will be able to keep their equipment kits. Please remember to submit your annual instructor report to www.naspbai.org even if you did not instruct archery this year. This helps us keep track of who is still active in the program.

The requirement to keep your NASP® certification current is to either teach 10 hours of instruction each year or take a refresher course online. This requirement will not be lifted, but the online program is easy enough to get through for those that were unable to teach.

We appreciate your understanding as we work through this together. If you have any questions, please let me know.



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