



The Official Newsletter for
Southwest Bowhunters, Inc.

38th Edition

December, 2023

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The Broken Arrow

President's Message

As we enter this winter, the holiday season and the new year, I wanted to share with you some of my thoughts and reflections on archery and how it touches our lives.

The archery range and hunting are easily metaphors for life. Take a moment to let in some lessons.

Archery teaches patience. You know when you put that blind up that you will sleep in the wilderness and then see that which you are waiting. It takes patience to endure the bareness around, not fill it for instant gratification.

Archery teaches us the beauty and the futility of making plans. The archer in your mind will never be the archer that exists. Surrender control. Embrace chaos and be surprised when things DO work out.

Archery can teach us profound psychological and spiritual lessons. Whatever can happen on a hunt or tournament range can happen to a soul and psyche – too much water, wind, bugs, heat, storm, flood, miracles. During a hunt or a tournament, we can practice letting thoughts, ideas, preferences, desires, even love, both live and die.

Archery can also be a meditation practice. You can see the time for both fruition and sometimes defeat. You have the ability to infuse energy and strengthen life and to stand out in the way of what you are working with. What I am totally amazed at is when an archer at a tournament has a problem with his equipment, the other competitors will assist in getting him back into the game, in no other sport does this happen.

Winter is the time to draw inward, to rest and nourish yourself, to connect with family and community, to restore and recharge and prepare yourself for whatever hunting season or tournament is next.

It has been a pleasure to have been an officer in the club for so many years, but it's now time for me to welcome and acknowledge my age.

Shoot straight and often,

Keith C. Parsels,

2023 President



President Keith Parsels



OFFICERS -

President:

Keith Parsels

Vice President:

Scott Covey

Secretary/Webmaster:

Debbie Elliott

Treasurer:

Jennifer Wight

Range Master:

Butch Lacey

MEMBERS AT LARGE:

Zach Slette

Kelvin Drapeau

Bryan Herndon

Bryon Green

David Wetherholt

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We can also be found on
Facebook, and Instagram

Scotty's Scribbles

Hello everyone!

Welcome to December, that time of the year we all begin to ready our hunting setups for the O.T.C. (over the counter) tags.

First of all, I want to thank all that participated in our annual charity shoot — there was a great turn out. I also want to thank our neighbors from So-Cal that showed up as well.

We were down one important helper, AKA: Debbie Elliott who is part of the glue that holds our club together. Hope we did her proud as she was out of state, hunting, and could not make it back in time. Congratulations to her on filling two tags – one doe tag in MO, and a cow elk in NM. Great Job!

Thank you also needs to go out to 'T' for holding down the snack shack while we all played shoot 'em up, Kelvin, Becky and Keith held down the registration & prizes, while I filled in where I was needed.

Then, there is Mike Rust. First time I got to shoot with you since the early '80s. Thank you for having me!

Last, but not least, to Butch Lacey and the Target Crew – what a great course you all set up! Everybody commented on it and enjoyed every part of it. Thank you for what you all set up.

To all, get some rest... we have a couple big shoots to get ready for soon. All hands will be needed.

Until next time, Merry Christmas & Happy New Year!!!

Scotty Covey, Vice President



Meeting Minutes

Date: Dec. 3, 2023

Time: 9:00 a.m.

Type of Meeting: General

Meeting Facilitator: Keith Parsels

Attendees: Rick Bielke, Ann Bluhm, Scott Covey, Ebb Dierdorff, Kelvin Depreau, Tanja Eiben, Bryon Green, Bryan Herndon, Fritz Hoff, Uschi House, Jesus Juarez, Bambi Lacey, Butch Lacey, Keith Parsels, Desiree Redger, Zach Slette, David Wetherholt, Jen Wight.

1. **Call to order:** The meeting was called to order at 9:01am by President Keith Parsels.

II. **Approval of minutes from last meeting:** The minutes were reviewed. Bryon moved to accept the minutes as written; Kelvin seconded the motion. Motion Passed.

III. **Treasurer's report:**

Main Club Account: \$6,945.33; Youth Account: \$1, 505.00.

IV. **Old Business:**

a) **Elections** - Ballots were handed out to all present. Election Results were as follows:

President - Fredrick (Fritz) Hoff

Vice President - Scott Covey

Secretary - Debbie Elliott

Treasurer - Kelvin Drapeau

Target Captain - Butch Lacey

There will be a special election to fill a vacancy created in the Board since Kelvin, formerly a board member, cannot hold both positions simultaneously. Nominations and elections will be held at the January member's meeting.

b) **Hunt for Charity** - The Hunt for Charity shoot is on December 9th & 10th. We will need commitments from all volunteers in order to make this shoot successful.

V. **New business:** There was no new business.

VI. **Items from the floor:** There were no items from the floor.

VII. **Adjournment:** Gump motioned that the meeting be adjourned; Kelvin seconded the motion. Motion passed.

The meeting was adjourned at 9:31 am.

**** THE NEXT MEETING WILL BE HELD ON JAN. 7TH ****

Respectfully Submitted,
Debbie Elliott, Secretary



Debbie's Dissertation

Random thoughts and happenings

Greetings fellow archers!

I hope you all had a fantastic Thanksgiving with all the family, friends, and food that accompanies this wonderful time!

Now, we are just weeks away from ‘the most wonderful time of the year’, Christmas and Hannukah. Decorations abound, shopping gets crazy, and more family, friends, and food. What’s not to love about this time of the year?

As I reflect on 2023, I realize just how blessed I have been to have wonderful friends, reasonably good health, and to be able to participate in activities that I love: hunting, archery, and being secretary of the best archery club in the southwest! I’m also very fortunate to have a supportive and understanding husband. We should all reflect on just how lucky we all are at this time of year.

The Hunt for Charity was, again, a big success with proceeds going to Amberly’s Place Family Advocacy Center in Yuma. **Walk The Trails** is right around the corner - February 17th & 18th, and **High Noon on the Gila**, the third leg of the Arizona 3D Championship Series which we are hosting, is April 13th & 14th. As you can see, we will be very busy in the upcoming months! And let’s not forget to support our friends, Blythe Bowmen, at their shoot on March 2nd & 3rd. They’re always here for us, so let’s return the favor!

Until next month, shoot straight, stay safe and have a very Merry Christmas and Happy New Year!

Debbie Elliott, Secretary



SWBH’s Own Mike Rust Earns Gold!

By Michael Rust

The HUNTSMAN WORLD SENIOR GAMES began in 1987 as an international senior sports competition. The games are host to 30 different athletic events over a two-week period each October and are open to men and women 50 years of age and older. For archery, the games ran from October 9-13.

The games consist of a Monday practice for archers and actual competition starts with 2 days of Target action followed by 2 more days of 3-D shooting.

In the Target segment, archers shoot the 900 Round with 30 arrows being shot at distances from 60, 50 and 40 yards. The 3D segment consisted of two shots at targets at 28 stations each day, with distance to targets no more than 50 yards for compound classes and 40 yards for traditional and recurve classes.

The 2023 Games hosted 134 participants in the Target action and 103 shooters competed in 3-D. Disciplines of shooters include Freestyle Limited Compound (Compound Fingers - with sights), Freestyle Compound (Compound Release), Barebow Compound (Barebow Compound - no sights), Freestyle Limited Recurve (Recurve - with sights), Barebow Recurve (Barebow Recurve - no sights), Freestyle Bowhunter (Compound Release), Freestyle Bowhunter Limited (Compound Fingers - with sights), and Traditional/Longbow (Barebow Recurve - no sights).

The youngest participant this year was 50 years old and the oldest was 96 (Jim Ploen of Bloomington, MN).

2023 was my second year to compete in these games and I was very proud and fortunate to win “Gold” in both phases of competition. In 2022, I scrambled to win Bronze in Target and scored a 4th place finish in 3-D... My efforts and countless days of practice paid off!



L to R: Mike Edwards, Ken Conway, Sergey Nikitin, Mike Rust

I'd like to give a big shout to those members who helped me in the journey: Mike Edwards, Ken Conway, Keith Parcels.

Now, we need to prepare for future tournaments in 2023 and 2024:

Arizona State Outdoor Championships; Nov. 4, 2023

Las Vegas Indoor Invitational; Jan 31, 2024

Arizona Cup; April 2, 2024

Go get 'em Southwest Bowhunters!!!



Congratulations to the 2024 Officers

Elections were held at the December 3rd meeting for the 2024 slate of officers. The winners were:

President: Fritz Hoff

Vice President: Scott Covey

Secretary: Debbie Elliott

Treasurer: Kelvin Drapeau

Target Captain: Butch Lacey

We will be having elections for Board Members at the next meeting on January



A Hunt for Charity Benefits Amberly's Place

On Saturday and Sunday, December 9th & 10th, the annual Hunt for Charity was held. Sixty 3D targets were set up on three courses: 15 targets on each river course and 30 on the Canyon Course. Participants came from all over the southwest to compete and support SWBH's main charity,



Amberly's Place Family Advocacy Center in Yuma.



Forty-four archers braved the brisk, clear morning to fling their arrows at the foam targets. Everything from bats to birds, crocodiles to dinosaurs, and elk to mosquitos! Our Target Captain, Butch Lacey, and his crew did an outstanding job setting up challenging yet do-able shots. Everyone commented on just how much fun the course was.

Winners received the coveted SWBH Pin and bragging rights for the shoot:

Adult Freestyle, Men

1st - Ryan Lohn - 598; 2nd - Austin Magdaleno - 536; 3rd - Brian (Gump) Herndon - 527

Bowhunter Freestyle, Men

1st - Jeremy Turner - 577; 2nd - Jesus Juarez - 498; 3rd - Todd Bauer - 461

Bowhunter Freestyle, Women

1st - Chrystal Todd - 446; 2nd - Jennifer Wight - 321; 3rd - Desiree Redger - 309

Bowhunter Freestyle, Senior Men

1st - Fritz Hoff - 504

Bowhunter Freestyle, Silver Senior, Women

1st - Uschi House - 446

Traditional, Men

1st - Eric Todd - 345; 2nd - Nick Heatwole - 301

Master Senior, Traditional, Men

1st - Tom Kondrat - 166

Young Adult, Female

1st - Kendra Juarez - 393

Youth, Boys

1st - Oliver Todd - 219;
2nd - Samuel Todd - 161



Congratulations to all participants!!



Upcoming Events –

- **Walk The Trail**

Presidents' Day weekend Feb. 17th & 18th. Sixty (60) 3D targets on three (3) trails. Awards for 1st, 2nd, and 3rd place in each class. Dry camping is available onsite, and motels are just 15 minutes from the range. Saturday night is our BBQ and pot-luck dinner, and awards are presented on Sunday afternoon. GREAT RAFFLE PRIZES, TOO! [REGISTER ONLINE](#) or in person on Saturday.

- **Blythe Bowmen Annual Invitational**

March 9th & 10th. Minimum 30 targets double staked plus hunt trail. Novelty shoots for youth and adults. Lighted practice range. Awards to 3rd place in each class. Register at the range at 8:00 am, or pre-register by February 26th and save \$5. Email: blythebowmen@yahoo.com for more information.

- **High Noon on the Gila**

April 13th & 14th. This will be the 3rd leg of the Arizona 3D Championship Series.

- **Sunday Fun Shoots (ongoing)**

Every Sunday 8:00am to Noon. Members \$5, Non-Members \$8. If you'd like to pay for one or several weeks in advance online: <https://form.jotform.com/232566947773169>

- **Archery Lessons**

Ten-week class \$90.00. Classes are held on Saturday mornings. Price includes the Explore Archery medals. Join USA Archery and JOAD and receive the JOAD awards pins for qualifying scores. Open to all beginning archers ages 7 and up! We also offer lessons by the hour on Saturdays for \$10.00 per hour. Call Keith at (928) 750-7620 for more information or to set up an appointment.



From the Hunter's Kitchen:

The Best Ever Venison Meatballs

These Venison Meatballs are the best ever. They're tender and meaty, but not gamey at all. You can make a big batch of them to use up that ground deer or elk meat.



- **AUTHOR:** MISS AK
- **PREP TIME:** 15 MINUTES
- **COOK TIME:** 25 MINUTES
- **TOTAL TIME:** 40 MINUTES
- **YIELD:** 6 SERVINGS

★★★★★ 4.8 from 13 reviews

Ingredients

- 2 Tbsp. olive oil
- 1 yellow onion, finely diced
- 4 garlic cloves, minced
- 1 Tbsp. red wine vinegar
- 1 Tbsp. Italian seasoning
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 lb. ground venison
- 1/2 lb. ground pork
- 1 egg
- 1/4 cup almond meal

Instructions

1. Preheat the oven to 375 F.
2. Heat the olive oil in a skillet over medium-high heat and add the onion. Sauté for about 4 minutes and add the garlic, red wine vinegar, Italian seasoning, salt, and pepper. Cook until lightly caramelized.
3. Add the onion and garlic mixture to a large bowl with the venison, pork, egg, and almond meal. Mix well (I like to use my hands).
4. Scoop the meatball mixture out into even balls, I like to use a large cookie scoop with about 1 1/2 tablespoons in each ball.
5. Place in the oven for 20 – 25 minutes until the meatballs are golden brown and cooked through.
6. Remove any fat that has rendered off the meatballs.

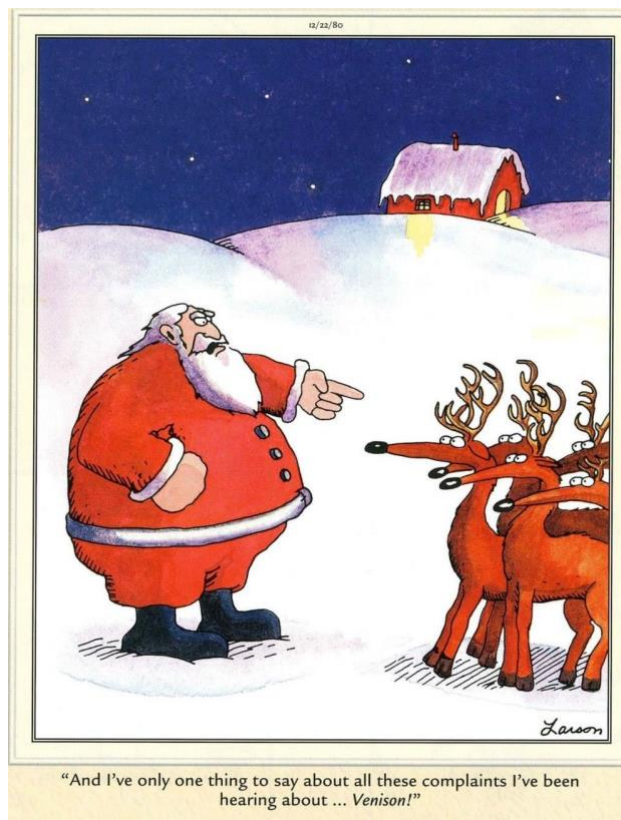
7. Add them to your favorite sauce or freeze them on a flat cookie sheet in the freezer and store in a large bag or container when frozen to use later.

Nutrition

- SERVING SIZE: ABOUT 4-5 MEATBALLS
- CALORIES: 314
- SUGAR: 1 G
- SODIUM: 481 MG
- FAT: 21 G
- SATURATED FAT: 6 G
- UNSATURATED FAT: 6 G
- TRANS FAT: 0 G
- CARBOHYDRATES: 2 G
- FIBER: 1 G
- PROTEIN: 28 G
- CHOLESTEROL: 311 MG



THE FAR SIDE





**NATIONAL ARCHERY
IN THE
SCHOOLS PROGRAM**



11 STEPS TO ARCHERY SUCCESS

- 1 Stance**
- 2 Nock**
- 3 Draw Hand Set**
- 4 Bow Hand Set**
- 5 Pre-Draw**
- 6 Draw**
- 7 Anchor**
- 8 Aim**
- 9 Shot Set-Up**
- 10 Release**
- 11 Follow Through & Reflect**



Volunteers Are Always Welcome

The Southwest Bowhunters Archery Range at Adair Shooting Park would not exist if it weren't for the efforts of our member volunteers. Range upkeep and improvements are made possible by the generosity of several of our club members and many local businesses who donate time, money, and materials.

Please consider volunteering to help maintain and improve our facility, and we can **ALWAYS** use help with setting up and running our fun shoots and tournaments. For more information on how you can help, call Keith at (928) 750-7620.



Merry Christmas & Happy New Year!!



Reminder: Alcohol is NOT permitted on the range at any time. Your safety is paramount. Thank you for your cooperation!

AND...



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