



The Official Newsletter for  
Southwest Bowhunters, Inc.

21<sup>th</sup> Edition

December, 2021

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# The Broken Arrow

## Secretary's Message

Greetings fellow archers!

Today, I am filling in for President Rick, as he is hunting and is out of reach of cell service.



I just have a couple of reminders for you this month. First, we are having officer elections and voting to approve the re-written bylaws at the December general members' meeting on December 5<sup>th</sup>. I encourage you all to attend this meeting. I also encourage members to ***run for office***. Without new blood, I'm afraid our club is in for some rough times. As much as we all love coming to the range to shoot and see old friends, without our officers and volunteers, there would be no club. I can count on both hands the total number of people who religiously come out to help set up and take down targets each week for Sunday shoots, who clear and set up courses for our big shoots, who help with registration and who run the concession stands. We need new people to step up to the plate to keep our club viable!

Second, we have a couple of big shoots left in 2021: The Swamp-Gobbler Turkey Shoot on November 20<sup>th</sup>, and the Hunt for Charity Shoot, on December 11<sup>th</sup> & 12<sup>th</sup>. These are a lot of fun, and I hope you'll plan on attending and will help spread the word. Portions of both shoots go to local charities. Your participation will help brighten the holidays for those who are less fortunate.

That about wraps it up from here. I wish you and yours a very happy and blessed holiday season!

Debbie



## November Meeting Minutes

**There was no general meeting held in November.**

**\*\*Next meeting will be December 5<sup>th</sup>, 2021\*\***

## OFFICERS -

### President:

Rick Bielke

### Vice President:

Butch Lacey

### Secretary/Webmaster:

Debbie Elliott

### Treasurer:

Keith Parsels

### Range Master:

Ebb Dierdorff

## MEMBERS AT LARGE:

Garth Holman

Zach Slette

Kelvin Drapeau

Bryan Hendon

### Contact Us:

Southwest Bowhunters

### Street Address

Adair Park Road, Yuma, AZ

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85367

### Phone:

(928) 750-6279

### Email:

[Info@southwestbowhunters.net](mailto:Info@southwestbowhunters.net)

### Website:

<http://southwestbowhunters.net>

We can also be found on  
Facebook, and Instagram

**Plan on attending as we will be electing new officers and voting on the updated club Bylaws.**



## DEBBIE'S DISSERTATION

### Haunted Canyon 3D Night Shoot

On the night before Halloween, the Adair Archery Range's Canyon Course became one of the most haunted places in Yuma. There were zombies, dinosaurs, bats, ravens, and a bunch of other scary creatures lurking, just waiting for some unsuspecting archer to wander by. The canyon's utter silence was broken by the occasional sounds of splintering arrows echoing throughout the night air, and an occasional moan from an archer whose arrow had just been destroyed by one of the spooky beasts.

No, this isn't the opening paragraph for a new novel, but a scene from the 2<sup>nd</sup> Annual Haunted Canyon 3D Night Shoot held on October 30, 2021.

Thirty-six brave souls competed for the right to brag that they had indeed arrowed Otis the Steel Zombie, yet only a few were successful. Thank you all for participating!

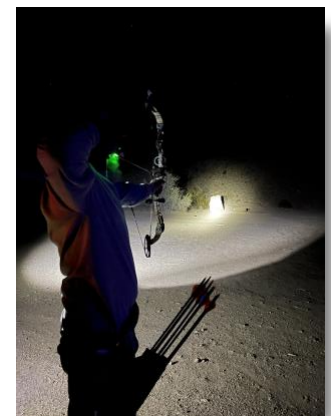


Winners of the costume contest, L to R:  
Silas, Troy, and Nora.

Princess). Thanks to all the kids and parents who participated!

And while I'm thanking folks, thanks to Rick, Butch and Kelvin for their help and expertise in setting the course, Becky for helping with registration and concession stand, Fernando for also helping in the concession stand, and to Keith for always

There was also a costume contest for kids 12 and under. Seven youngsters got dressed up for the occasion. There were three categories: Most Original, Scariest, and Cutest. Most Original Costume: Troy (Sleepy, Creepy, Dinosaur Joe 🤪), Scariest Costume: Silas (Spiderman), and Cutest Costume: Nora (Disney



being there to help me keep my sanity. Southwest Bowhunters wouldn't exist without our fantastic volunteers!!

Our next event will be on November 20<sup>th</sup>, the Swamp-Gobbler Turkey Shoot. Each of the top finishers will win a frozen turkey! The divisions are: Senior men's and women's compound; Senior men's & women's trad.; Adult men's and women's compound; Adult men's and women's trad.; Young Adult men's & women's compound; Young Adult men's & Women's trad. *That's 12 turkeys up for grabs!!* All top finishers in the boys' & girls' youth, cub and pee-wee divisions will receive pins. And watch out for that crafty Swamp-Gobbler – he loves to eat arrows!! A portion of the proceeds from this shoot will go to the Yuma Community Food Bank.

I will be relying heavily on our volunteers for this and the rest of the shoots throughout the season. Please, if you haven't volunteered for a while (or ever), consider doing so. Help us make this season one of the best ever!

Until next month, stay safe and shoot straight.



## Upcoming Events -

- **Sunday Fun Shoots (ongoing)**  
Every Sunday 8 to Noon. Members \$5, Non-Members \$8.
- **Work Party**  
Saturday and Sunday, November 13<sup>th</sup> & 14<sup>th</sup>, 2021
- **Swamp-Gobbler Turkey Shoot**  
Benefiting the Yuma Community Food Bank  
Saturday, November 20, 2021
- **Hunt for Charity Shoot**  
Benefiting Amberly's House Family Advocacy Center  
Saturday and Sunday, December 11<sup>th</sup> & 12<sup>th</sup>, 2021



## Elections for 2022 Officers

**NOMINATIONS FOR ELECTED OFFICERS ARE NOW BEING ACCEPTED for the 2022 term.**

If you are interested in running, or nominating someone to run, you MUST submit names of nominees to [info@southwestbowhunters.net](mailto:info@southwestbowhunters.net) by **no later than NOVEMBER 29** to be on the ballot. Elections will be held at the December 5th general meeting.

Nominees must be members in good standing to be eligible to run for office. Members must be members in good standing to vote.

Elected offices positions are President, Vice President, Secretary, Treasurer, and Target Captain.



## Tips for Serving Tender Wild Game

By [Jessica Manuell](#) / November 1, 2021 / 6 minutes of reading

Looking for the inside scoop for serving tender wild game?

All animal protein, wild or domestic, has several types of connective tissue in the muscle. The two most common are elastin and collagen. Elastin forms the silverskin, a fibrous tissue that surrounds the entire muscle. It will never break down and the longer you cook it, the tougher and leatherier it gets. Collagen, however, sheaths muscle fibers together making what you can visibly see as the “grain” of meat. Raw, it is quite tough. But unlike elastin, it can be melted away when cooked.



Cooking animal protein you buy from the store is easy. Follow simple instructions and general cooking times and you win every time. This is because these animals are selected based on genetics to provide a uniform cut of meat. These animals are raised in similar conditions, not stressed in their living situations, and are slaughtered at the same age consistently. The perfect cut of meat is repeatable time and time again.

Game meat is different every time. You don't know how that animal's life was until you see it seconds before you kill it. You don't know how stressful this season, or any season has been for it. You don't know exactly how old it is. You don't always know if it is sick. Are there old wounds beneath the hide? What has that animal been eating? And a plethora of other things that could be good or bad for how those muscles will play out on your palette.

The more a muscle is used, the tougher it becomes. They don't call a tenderloin tender for no reason. All tucked up there below the spine inside the guts, never working but a few days in its life. Pheasant breast? They never use them. But those thighs! Tasty for sure but they do take longer to cook.

How do you get great tasting wild game meat each time? It is a process, and it starts the moment you kill an animal.

## Birds

Clean the birds as soon as you can after shooting. If you have the ability to, age them. Age young birds for 1-2 days in an airtight container with a damp towel in the fridge. For older birds, increase this time to 4 days. Then store as you normally would.

In the cleaning process or pre-cooking process, remove as much of the leg tendons as you can before marinating and cooking. These “dark meat” cuts can take much longer to cook than breasts due to the nature of leg and wing muscles being constantly in use.

## Big Game

You do *not* have to hang or age it before you cut and eat it.

If you do hang and age it at the correct 34-37°F temperature for a few days, be sure the meat is in a clean environment and there is no chance for temperature fluctuations. Seven days should be your maximum, but some people will tell you three to four weeks. The longer your carcass hangs, the more meat you lose as the outer layer develops a dry cap that you will just cut off and throw away.

Ambient temperature, humidity, and the region you live in will play a role in how you field dress. Removing the guts does not cool off the meat any faster than using the gutless method where you remove the skin, quarters, and edible portions from one side at a time on the ground. Bone-in quarters will spoil a lot faster than deboned cuts. Your pack-out situation will determine how much time you spend on this process.

If you hunt late summer or early fall when it is still hot, a skinned quarter in the shade, with adequate airflow, is enough to prevent spoiling the meat. Be sure to keep flies and other bugs off the meat with porous game bags.

Back at camp or at home, be sure to remove all of the silverskin. Remember, silverskin is elastin and will not break down when cooking. If it is not removed, this layer can prevent seasoning from getting into the meat. It can also cause uneven cooking.

Remember that your game meat is inherently leaner than domestic livestock and finishes to a medium-rare at a much lower temperature than beef or pork.

## Cooking

If you’ve ever smoked a large cut of meat, you know what meat stall is. Meat stall happens when you cook large cuts at low temperatures over a long period of time. Evaporative cooling takes over inside the smoker or oven and once your meat hits a certain temperature, it stops “cooking” and the temperature will not rise. For domestic livestock, the internal



temperature at meat stall is between 150- and 170-degrees Fahrenheit. On an elk roast, for example, it is between 110- and 120-degrees Fahrenheit.



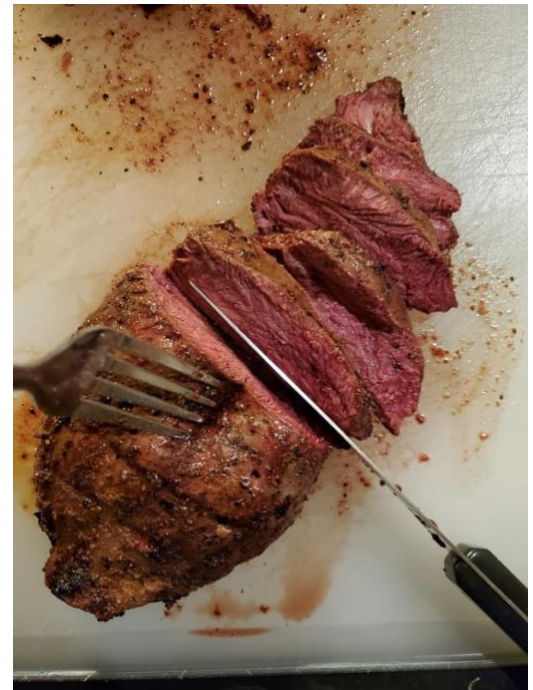
Some people will try to avoid meat stall by cooking hot and fast. If you cook collagen too fast, it will toughen the meat so fast and never get back to that tender meal you wanted. The same

thing can happen with your steaks or tenderloin pieces. Cook them at too high a temperature for too long and you'll end up wearing your jaw out.

Ideally, no matter the cut of wild game you're cooking, you'll want to bring it up to around 130 degrees F, remove it from the grill and let it rest covered with foil. It will rise to the perfect temp of 140 degrees. 160 is the maximum temperature you want game meat. If you have a tough cut of meat to begin with, that collagen will break down at 160 degrees.

Always bring your cuts to room temperature before you cook them. Season them ahead of time, 30 to 60 minutes, and then season again before putting them on the grill or in the oven. If you marinate, an acid-based marinade such as tomato, lemon, alcohol, vinegar, or Italian dressing will help start the breakdown process of all the connective tissue in the meat.

If you don't do the butchering yourself, ask your butcher to either select cuts for you based on how they think your harvest appears and handles.



Try something other than just ground meat. There are so many more ways to enjoy your game when you spend a little time learning how to prepare it.

If you're out of ideas, two of my favorite people to follow and get ideas from are [Hank Shaw](#) and [Jeremiah Doughty](#).

***Remember, cooking isn't a race, and you can't rush a good thing. Take the time to enjoy your harvest long after you***

*return from the field by serving you, your family, and friends delicious, tender cuts of meat.*



## 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 tournaments. For more information on how you can help, call Rick at (928) 750-6279.

*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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