



The Official Newsletter for
Southwest Bowhunters, Inc.

25th Edition

April, 2022

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The Broken Arrow

President's Message

Wow, March was an interesting month! Our club made a very positive showing at the Blythe Bowmen's Shoot; they have always supported us, and we were glad to return the favor.

Ken Conway took a 1st place medal at the AZ senior games Olympic Recurve, congrats to him.

The Southwest Bowhunters JOAD also has attracted international attention. One student drives an hour from Mexico to attend class on Saturday. That is the definition of dedication! As more and more people are starting to relax from the last two years concerns about the China Virus, I anticipate more students to come out on Saturdays.

We had a Field archery shoot the 23rd. Just like tuning your bows except you have to walk.

Hard to believe it's April. One quarter of the year has passed us.

As temperatures start to rise, many of our friends and workers will be heading home. I would like to take the time to thank them for all the hard work and arm bending they did to me to get things done. The officers are the core of the Southwest Bowhunters, If you have a suggestion or a comment let one of us know, I can guarantee I'll hear it, (especially if a negative)!

Have a safe month and enjoy the Easter season with your friends and family. Go to the early service on Easter then come out to the range to relax. Remember every hour you spend shooting your bow reduces climate change.

New 3D targets coming - stay tuned.

Shoot straight and often.

Keith Parsels
El Presidente
USA Archery Level 3 Coach



President Keith Parsels



Meeting Minutes

There was no meeting in March.



Debbie's Dissertation

Random thoughts and happenings

What comes to mind when you hear the word “volunteer?” According to Merriam Webster, a volunteer is “a person who expresses a willingness to undertake a service.” Let’s take a moment to explore this explanation. What does it mean to be willing? Being a volunteer means that you are offering something – something that is not required nor is an obligation.

You do not volunteer for the pursuit of a monetary prize or recognition. You volunteer because the optimist inside you, perhaps the idealist, spies a glimmer of hope. You understand that you are helping. You see that your time is worth it. You believe that you are capable of inciting change and making progress. In some way, large or small, you are capable of doing good. Social responsibility is often a driving force when it comes to volunteerism. Empathy and awareness simply come along with the territory.

Most of the time, to volunteer means that you are working side by side with others. This connects you to other human beings as you are working toward a common goal. When you volunteer, you are making connections. You are connected with the community. You are connected with the problem as well as the solution. You are connected to a process – a process in which you believe. Through your actions and involvement, you are benefitting others as well as yourself.

Whether it’s summer, fall, winter or spring, take a minute to think about using some time to volunteer for an organization in your community. We can always use volunteers at the range. Think about what you would like to do and create your own definition for volunteerism. Whether you are clearing weeds for an archery event, helping people in crisis, or walking dogs at the local animal shelter, be sure to be involved with an organization or activity that is meaningful to you. After all, you are freely giving your time to someone or something larger than yourself.

Until next month, stay safe and shoot straight.

Debbie Elliott, Secretary

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Butch Lacey

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Facebook, and Instagram



YVRGC & SWBH Team Up for Youth

On Saturday, March 19th, the Yuma Valley Rod and Gun Club hosted its annual Youth Fishing and Outdoor Clinic at Mitty Lake, and as in years past, invited



Butch Lacey demonstrates proper technique to participants.

the SWBHs to demonstrate and teach archery.

The line of young people waiting their turn at shooting a bow never shortened from daybreak until 10:45. The instructors did an excellent job. Butch Lacey and Phoebe



The line for archery was long all day!

Desposito did the orientation, then everyone worked to have the kids enjoy their first shooting experience safely.

A big "Thank You!" to Ed Bernard, Rick Bielke, Phoebe Desposito, Butch Lacey and Keith Parsels!!



The velociraptor never had a chance.



SWBH Help at Shooting Clinic

The Yuma Desert Doves/Women on the Wing chapter sponsored a Women's Shooting Sports Event at the Gary Ware Memorial Shooting Range in Dome Valley. The Yuma Desert Doves is a group of women who are interested in learning



Success!!

about all forms of hunting, from bird hunting to big game hunting. This event was held on March 19th and was one of a series of events that culminates in a dove hunt in September.



On the archery shooting line.

Twenty ladies were introduced to the safety aspects of shooting any kind of firearm, and then rotated through different stations: Three Position (or 3P), shotgun, rifle, muzzleloader, and archery. Many of the women had never shot any kind of gun or bow before, but all were eager to try.

Instructors from the GWMSP were on hand to assist the ladies with the firearms, and Debbie Elliott from Southwest Bowhunters manned the archery station.

The event included lunch and a double-elimination shoot off using 22 caliber rifles, with the winner receiving a very nice gift basket.

All the ladies were excited about learning to shoot guns and bows, and all are planning on hunting doves in September.



The end of a very successful day for the Yuma Desert Doves.



Upcoming Events -

- **Sunday Fun Shoots (ongoing)**
Every Sunday 8 to Noon. Members \$5, Non-Members \$8.
- **Bear State Bowhunters – Lake Henshaw, CA**
42-Target 3D Competitive Shoots: **3/27/22 Bear Ass Shoot**;
5/22/22 Oak Valley Challenge. 28-Target Fun Shoots: Feb. 27th,

June 26th, July 24th, Aug. 28th, Oct. TBA. For more info, see Bear State Bowhunters' Facebook page.

- **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.



From the Hunter's Kitchen

Easy Teriyaki Elk

Reprinted from North American Hunter -- by **RICK TRAVIS**

Serves 4 – 6

There is no mystery to the art of game cooking. Too many of us have fallen in the trap that the only game recipe books must have the word “game” in their title. Long before game cookbook authors such as Steve Rinella and Hank Shaw published a cookbook, there were classic cookbooks from the early 1720s that have countless game meat, fish, and fowl recipes. This was true of many cookbooks well into the late 1800s. The fact is that, until agriculture in the late 1800s began moving to industrialization and eventually to factory farming in the 1960s, many recipes were based on game meat.

This is where we can all relax and return to the old school recipes with real meat. This recipe is as basic as they come, and I will even provide you with quick cheat options. I use this on venison, wild boar, and even upland game bird breast meat. In this recipe, I used elk steaks.

This whole meal takes about 30 minutes to prepare and can be sped up using canned ingredients, if you must. I enjoy this recipe because it



Teriyaki Elk with baby corn, pineapple, and green onions gives varying colors, texture, and tastes to the dish. (RICK TRAVIS)

is always satisfying to introduce game meat in novel ways to the table. Guests are always surprised that the meal is simple and comforting.

INGREDIENTS

ELK

- 1 – 2 lbs. of elk, cut into strips
 - 1 cup fresh chunked pineapple or 1 can pineapple chunks, drained
 - 1 bunch green onions
- Options – bamboo shoots, broccoli florets, snow peas and/or toasted sesame seeds.*

SAUCE

- ½ cup low-sodium soy sauce
- ¼ cup brown sugar
- 1 ½ tsp fresh minced ginger
- 1 tsp minced garlic
- 1 tsp honey (I prefer Orange Honey as it imparts a nice twist on the teriyaki)
- 1 tsp sesame oil
- 3 tbsp mirin (rice wine)
- ¼ cup water mixed with 3 tsp corn starch

PREPARATION

ELK

Step 1

If you have time, marinate the elk strips in half of the teriyaki sauce overnight. This helps keep the meat moist, tender, and flavorful. If you do not have time, add the sauce portion above as you brown the meat on all sides.

Step 2A

Take the remaining ingredients and add to the pan and continue to cook for about 10 minutes.

Step 2B

Prepare 1-2 cups of rice (depending on number of people you are serving) per the instructions with the rice.

Step 2C

Place remaining sauce in a side pan and heat until warm. I do this usually when the rice is almost ready to serve.



Elk is lean, and the teriyaki sauce keeps it moist and tender while cooking. (RICK TRAVIS)

Step 3

Place a half-cup of rice in the center of the plate, then dish up the teriyaki elk and place over the bed of rice. Top with a tablespoon, or more, of the sauce and sprinkle some sesame seeds on top.

TERIYAKI SAUCE

STEP 1

Combine soy sauce, brown sugar, ginger, garlic, honey, sesame oil, mirin and water mixed with cornstarch together in a bowl.

STEP 2

Transfer the mixture to a small saucepan and simmer for about four minutes until thickened. The sauce is ready for use.

In the event you are pressed for time, look for Bachan's Original Japanese Barbeque Sauce, Soy Vay Teriyaki, or Kikkoman. There is also low sodium, sugar-free, Keto friendly and other specialty sauces you could use in a pinch.



Surewould Forest by Bob Gonzalez



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 Keith at (928) 750-7620.



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

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