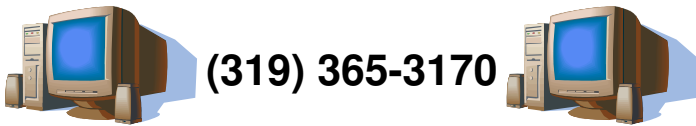




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The Shavings



Waltonian Archer's Newsletter
May 2007

2006 - 07 Club Officers

| | | | | | |
|-----------------|---------------|----------|---------------|-------------|----------|
| President: | Cal Struchen | 393-2448 | Board Member: | Craig Waite | 363-6314 |
| Vice President: | Joe Sherbon | 448-4430 | Board Member: | Scott Mason | 364-5518 |
| Secretary: | Al Perkins | 393-7628 | Board Member: | Ron Teufel | 395-9814 |
| Treasurer: | Randy Beelner | 395-7492 | | | |

Note from the President

Turkey season is about over and I see member Mitch Sherman got a dandy. You can see the picture on our website.

Our Silver Broadhead Shoot is next weekend. I and Jeff Even are the Shoot Chairman for this years shoot and we'll need some help. There is some grounds work to be done to spruce up the place. Al Perkins has made a sign up sheet for Set up, registration, kitchen help and tear-down. He has it broke down into times for the kitchen and registration, so even if you have an hour or two that would be great. The sign up sheet is at the club on the kitchen counter. If you can't make it out call the club house at 393-5693 and have someone sign you up or leave a message. Target set up is planned for Thursday from 4:30 - ? A cookout for those who help is planned.

Thanks to Don Parker for making our registration process easier. Don has put together the registration on his laptop to track the money and scores, saving us a lot of manual work. Also thanks to Al Perkins and Lynn Carter for ensuring that our scores for each shoot get put on our website within a couple days. I've noticed folks are helping out when they can at the club grounds such as the new steps on the orange range, the lights and flowers around the Milt & Lanetta Smith rock, a playground committee is forming and I hear some bulletin boards are being made for in the clubhouse. That's what makes this club work folks and I really appreciate it.

I'll be taking the Alburnett kids to the National NASP tournament in Kentucky in June and I want to thank the Waltonian Archers, Tim Powers of the Whitetails Unlimited and the Linn Fur Fish and Game for donating money to make it possible for these kids to go and compete. They're really excited and I'm sure they will do well.

Shoot Straight,

Cal Struchen

Alburnett Wins State!

Congratulations to Alburnett Elementary school for their 1st place finish at the first "Iowa Archery in the Schools Program" state competition. The group is eligible to compete in the Nationals in Kentucky on June 9th. Nice job to all who participated. That trophy will look nice at the school. Again Waltonian Archers members have stepped up and helped out. I'd like to offer Special Thanks to Waltonian Archers members Vance and Nancy Patrilla for helping run the first state competition. Of course Cal Struchen was helping out as well.

Silver Broadhead Shoot

Mark your calendars folks! Our next shoot is the Silver Broadhead May 19th and 20th. Saturday and Sunday will be our 3-D shoot and Sunday at 9 am is our Field Shoot. First place in each division receives medals that we make ourselves with genuine Silver. We also are giving certificates to each youth shooter who turns in a score card and medals will also be awarded for 2nd and or 3rd place depending on the amount of shooters in each division. We need a good turn out to make sure we make all of our loan payments for the year. So come on out and have a good time.

Silver Broadhead Dinner

Be sure to RSVP for our dinner on the Saturday night of the Silver Broadhead. We're planning a Pork Loin dinner this year so bring your appetite. Dinner usually starts about 6:00 pm. Cost at press time was unavailable. Ask Joe or Dave when you RSVP with them. Everything is provided; just bring yourself and family out for a great time. Anyone that would like to help out, just let Joe or Dave know.

RSVP Contact:

Joe Sherbon at 448-4430; Dave Mason at 435-2612



The Shavings

Waltonian Archer's Newsletter
May 2007



Bake Sale!!!

The Silver Broadhead will have a bake sale with the proceeds going to the Playground Fund. So if you're handy in the kitchen or even if your not, please make some cookies or brownies or cake or a pie... Terry & Al will be out of state for the shoot, so we need someone to help coordinate the sale. Call Terry Perkins @ 393-7628 if you'd like to help

What's a Field Shoot?

A field shoot is set up on the white and orange ranges. The yardage is marked for each target and range from 20 feet to 80 yards. Round targets are set on the target butts and you shoot four arrows per target. Everyone is assigned a target to start at and at 9 am a horn blows and everyone starts shooting at the same time. Thus everyone finishes at the same time. If you shoot the 3-D course on Saturday, come out Sunday and try the Field Shoot. It should be a fun time!

Playground Committee

Terry Perkins is looking for help and ways to raise money for new playground equipment for the club grounds. We have a good start with the existing swing, but we need to add on to it. It's been decided that the best place to put it would be at the end of the pavilion. Some leveling will need to be done, the fence around the swing taken down and the existing swing moved to the new location. If we have to we could add on a new section each year. It would be great if we could get Menards or someone to donate the lumber and we could put a sign saying that Menards or whoever donated the playground. Contact Terry at 393-7628 if you'd like to help or have any ideas.

Member 3-D Sponsors

As you may know, we're a little short on 3-D's. A new "Member 3-D Sponsorship" has been formed. Any members that would like to donate a 3-D target will get a stake placed with their 3-D bearing their families name. Contact Al Perkins 393-7628.

Spring Strut 3-D

The Spring Strut 3-D Shoot was a pretty good success. We had over 100 shooters and the weather again cooperated. We had 45 shooters on Saturday and 65 on Sunday. The shoot and kitchen raised over \$1200 for our 3-D fund. We currently are planning to buy new vitals for all of our existing 3-D's and hopefully will have enough money to buy a new one. See the results of the shoot posted at the clubhouse or on-line at www.waltonianarchers.net

Camping Fee?

Because of rising utility costs and our tight budget, campers who hook up to electricity will now be charged \$5 per night. Also, we will no longer be able to allow campers to hook up to the water. The electricity to run the well pump as well as the potential cost associated with a pump failure, it was decided that no water hook up will be allowed. Primitive camping is free at the Waltonian Archers.

Safety Committee

We're looking to put together a safety committee for the club. We want to make sure all of our shoots, as well as all of our activities are done safely. If you're interested, contact Al Perkins at 393-7628.

Open Shooting

Open shooting on Saturday and Sundays for the public has ended for the summer. We will of course be open again in the fall sometime. The indoor range is open to members at any time. Just remember to sign in and pay the appropriate fee.

A New Range

Scott Mason, Joe Sherbon and Al Perkins are looking for help to get the Blue range in shape. The Blue Range? The Blue Range is located directly behind the club house. It is in pretty good shape really. If anyone is interested in helping, contact Scott, Joe or Al.



Skin Cancer

Summer sun can be more than just coping with sunburn. Skin cancer is the most common type of cancer today. 1 in 7 people will have it in their lifetime. Too much sun exposure is the major cause of skin cancer. 9 out of 10 skin cancers will occur on the face, back, hands, tips of ears, shoulders, forearms, chests of men and lower legs of women. Skin cancer CAN be avoided by cutting down on the time spent out in the sun and ALWAYS using a sun screen with an SPF of at least 15. Be sure to see your doctor when any mole you have changes color, shape, height, size, sensation or bleeds. Be sure when you see your doctor for a physical to have them check your moles and or freckles. Skin cancer can be deadly so it is important to keep your sun exposure to a minimum, wear sunscreen with an SPF of 15 or higher, check your moles regularly and avoid tanning beds. Tanning beds damage the skin, making it easier to get skin cancer. It is important to remember that early detection is the key to treating a skin cancer. So be sure to keep all of these in mind.

Tick, Tick, Tick

No, that's not a clock I'm talking about. It's those pesky little critters that attach themselves to who knows where on your body. It often only takes one wood tick to give you the heebie geebies and makes you swear off of enjoying yourself in the woods.

Most ticks are relatively harmless, though several types are carriers of dreaded diseases like Lyme disease and Rocky Mountain Spotted Fever. There are many ways to prevent a tick bite and limit your exposure to ticks in general.

Follow these guidelines for a safe outdoor experience:

When hiking in heavily wooded areas, stay on paths and walk down the middle of trails to avoid rubbing against bushes and picking up waiting ticks.

Wear light colored clothing, which will make it easier to spot a tick. Wear shirts and sweatshirts with tight colors and cuffs.

When spending extended periods outdoors, check yourself often for ticks. Many ticks can be captured before biting. Ticks tend to travel toward areas of warmth, such as the groin area, scalp, in skin folds, and under arm pits.

Check outdoor dogs and cats for ticks, too. It is not uncommon for a tick to crawl off an animal and on to you. Dogs and cats should wear flea and tick collars during heavy tick seasons.

Insect repellents, especially those containing 100% DEET, are the most effective means of protecting yourself against tick bites. Apply liberally before dressing and reapply after exposure to water.

The goal of tick removal is to get rid of the live insect in one piece. While the squeamish at heart may be tempted to give the little bugger a quick yank and be done with it, leaving parts of the tick embedded in your flesh will most likely cause an infection. With patience in mind, follow these simple steps:

Wash your hands. Sterilize a pair of tweezers. This can be done with rubbing alcohol and a cotton swab or by running a lit match beneath them. Grab the tick as close to your skin's surface as possible and pull slowly. Do not jerk! You want the tick to help you, by backing out as you're pulling. If the tick does not back out on its own, stop pulling, and add a few drops of rubbing alcohol, cooking oil, or petroleum jelly to the surface of the skin. The added moisture will begin to drown the tick, causing him to back out. Wait. Within five to ten minutes, the tick should begin to loosen its hold. Pull again. Using the tweezers again, gently pull the tick from your skin. Examine the tick. Make sure you both remove the head and body of the tick. If you suspect the tick is a disease carrier, preserve the tick in a zip lock bag for examination by your physician. Once the tick is out, wash the skin area with antibacterial soap or swab affected area with an antiseptic. Any itching, rash or irritation can be treated with hydrocortisone or antiseptic creams.



Tick Diseases

Lyme disease is a serious inflammatory disorder caused by deer ticks. It can affect the central nervous system, cardiovascular system, and joints. Deer ticks are smaller than those normally found and are very dark in color.

Lyme disease symptoms present themselves in two stages. During the first stage those infected will notice a small, raised bump on the skin that grows with time and forms a clear area in its center. Often, several bumps will form around the clearing, giving the rash a target-looking appearance.

Later stages include: Fatigue, Lethargy, Stiff muscles, Headaches, Stiff neck, Backache, Nausea, Vomiting and Sore throat, Joint pain, red, warm joints and Heart-rhythm disturbances.

Early treatment is key to treating Lyme disease and preventing further complications. The skin rash caused by Lyme disease often clears on its own within 10 days of exposure and infection. Providing there are no additional tick bites, doctors can successfully manage and treat Lyme disease with antibiotics, cortisone drugs, and anti-inflammatory over a 2-3 years period.

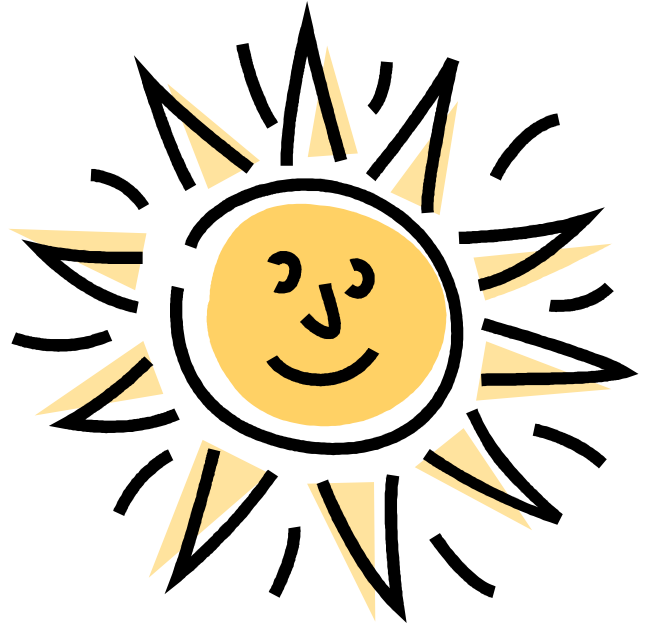
Lyme disease prevention vaccinations are now available in the US for those who spend great amounts of time outdoors. Contact your family physician for more information.

Rocky Mountain Spotted Fever occurs in persons who have been bitten by ticks infected with Rickettsia organisms. This disease is prevalent in 40 U.S. states.

Most symptoms of Rocky Mountain Spotted Fever occur 2-5 days after a tick bite. Symptoms include:

High fever. Chills. Headache. Nausea. Vomiting. Muscle aches or extreme muscle weakness. Severe backache. Red skin rash which begins on feet and hands and spreads. Mental confusion. Coma.

Rocky Mountain Spotted Fever can be fatal, unless treated promptly and appropriately. If you suspect you're suffering Rocky Mountain Spotted Fever or exhibit similar symptoms, see your doctor immediately. This disease is curable with antibiotics, intravenous fluids, and bed



**Walt says,
Now go have a nice safe
summer!**

