



Presidents Corner—March 2025

Greetings Archers,

Why did the archer bring a ladder to the archery competition? To aim higher.

In February after our Mid-West shoot, we had a bit of a break from main shoots. All those that worked on these shoots were ready for this break. Even though there are not as many shoots going on this allowed us to help up in the pines where Scott and Larry have been working hard to bring this part of our club back. We were able to have a work weekend and had 4 burn piles going on while getting more lanes opened. Additionally, the loggers have started work on a 2 acre area towards the bottom. Thank you to all the help and especially to Scott and Larry for their continued work on this project.

During that same work weekend Rick Rogers and Mike Goudy went over to the boy scout camp and showed over 100 scouts how to shoot a traditional bow and history of primitive archery. Thank you both for your assistance there.

March 14-16, we have scouts out at the club. They asked for some projects to work on outside and we are having them consolidate some piles for burning and mulching around all the trees we planted in the past few years.

At the end of March we are having our first outdoor 3D of the season. I hope to see you all out there for this shoot. It will be 2 arrows per target and a 28 target shoot.

Finally, the first Saturday in April we have our open house from 1-5. If you have some time to stop out, please do so. It is a great opportunity to promote our club and bring in new members.

Shoot straight and take care.

Tom Mally



Mustang Lane, Center Point,
319 343 0269

Waltonian Archers Event Calendar

March

Saturday, 29th	7 AM—2 PM	Cabin Fever 3D
Sunday, 30th	7 AM— Noon	Cabin Fever 3 D

April

Saturday, 5th	1 PM—5 PM	Open House
Sat 12th/Sun 13TH	TBA	Tree Planting
Saturday, 26th	7 AM– 2 PM	Spring Strut
Sunday, 27th	7 AM– Noon	Spring Strut

May

Sat 3rd/Sun4th	9 Am—5 PM	Club Work Weekend
Saturday 17th	7AM—2 PM	Silver Broadhead
Saturday 17th	Noon	International Round
Sunday 18th	7Am—Noon	Silver Broadhead

For full schedule go to: <https://www.waltonianarchers.net/Shoots.htm>

There is a \$5/member fee for Indoor Open Shooting. If you're shooting often, the club offers Unlimited Open Indoor Shooting for \$200/yr. Full list of prices and fees are posted at the club and on the webpage

Steve Lepic—Celebration of Life, April 5 2025, 1-5 PM

Archery Paradise, 4340 Winter Eagle Tr, SE, Iowa City

Steve Lepic passed last November. He was an archer. And his love for the sport led him to develop the Archery Paradise archery course. From the Celebration announcement "In conjunction with the Celebration of Life, please come and enjoy this dream that is Archery Paradise. Range opens at 9 AM. Shoot for fun with friends, or have your own mini tournament. Score cards will be provided. Donations for the Steve Lepic S3DA Scholarship Fund will be accepted."

Area Shoots/Events

Mar 22nd:, IBA Spring Banquet, Ankeny,

Mar 30th : 3D, Mohawk Archery, Mason City

April 12/13: 3D, Washington County Archers

May 24/25—Iowa Traditional Bowhunters Society, 31st Annual Rendezvous, Pine Lake Archers, Eldora

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Shavings Editor Bob Schell, rschell5gmail.com Please keep The Shavings in mind if you a hear of area shoots, have a story, news or a good joke you'd like to share. Pictures are always welcome. Bob

Conservation

Larry Isaacs and Scott Mason have been working to open up the pines. This month, Larry is working with Pat Hoover Excavating to clear about 2 acres of the most heavily damaged pine completely. Some of it will be shipped out to a company that makes animal bedding. The rest will be piled and or burned. We will update everyone once a firm date is set. This area will then be replanted probably in the spring of 2026. The current plans are for a shelter belt planting of low trees and shrubs like dogwood, serviceberry, plum and similar seed-



lings to provide cover for birds and wildlife. This planting is still tentative and subject to discussion and club approval. Scott has been working with Mark Vitoshl(owa DNR) on this.

The weekend of April 12th and 13th we will be planting 125 trees. Scott has some pines he will be adding to fill out some of the area he has cleared there. There are 50 birch we will be planting in the low ground below the pines. And there are 50 pecans and chinkapin oaks we will be planting on the blue and orange range. That is of course subject to weather. Watch for an email.

2024 -2025 Club Officers

The Board and Officers of the Waltonian Archers.

President:	Tom Mally 319-350-3722	Tom31678@msn.com
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Strings Of Silence: Taming the Chaos Within

Treinador Nuno Carvalho

Archery is not about the Bow or the Arrow. It's about the silence that comes after the release, a silence that rings louder than applause or chaos. For many, it's this stillness that draws them in—the intoxicating quiet that demands you confront yourself.

There's a strange paradox in standing at full draw. Your muscles tremble under tension, yet your mind must be calm, unwavering. The bowstring doesn't just hold an arrow; it suspends time. In that moment, nothing exists except for the distance between you and the target. That distance is not measured in meters but in self-doubt, overthinking, and hesitation. Every time you nock an arrow, you're facing a battlefield that lives entirely within you. And that battlefield it's relentless, honest, and strangely addictive.

To the outsider, Archery may appear to be about hitting the bullseye. But ask anyone who practices long enough, and they'll tell you it's never about the target. The target is incidental, a fleeting excuse to engage in something deeper. Archery is about learning how to aim at yourself—at your flaws, your fears, your moments of insecurity—and let go. It's about failing repeatedly and realizing that failure is not the enemy. The real challenge is your own reaction to it. Will you throw down the bow? Or will you draw again, quieter this time, more precise in your intention?

What makes Archery magnetic is the vulnerability it demands. There's no opponent to blame, no teammate to lean on. It's just you and the shot. In that solitude, you meet parts of yourself you've been avoiding—the impatient side, the perfectionist, the over-thinker. They all show up uninvited at the shooting line, making you question whether you'll ever master the craft. But then, sometimes, you don't want to master it. You want to wrestle with it, because wrestling with it teaches you to wrestle with life.

And then there's the rhythm—the ritual of it. Drawing the bow becomes a meditation, a choreography of movement where the smallest nuance alters the trajectory. You start to notice the tilt of your head, the position of your fingers, the whisper of wind brushing the fletching. It makes you hyper-aware of the present moment, of every subtle force pulling at your attention. For many, archery becomes the quiet rebellion against distraction, against a world that spins too fast.

But there's more to it. Archery is deeply humbling. There's no faking it, no shortcuts, no instant gratification. It's a patient craft, requiring you to unlearn your need for immediacy. You can't force the arrow to fly true—it demands trust. Trust in your preparation, trust in your form, and, most terrifyingly, trust in yourself. It's the ultimate mirror, reflecting exactly what you bring to it: your confidence or lack thereof, your focus or your scattered mind.

And yet, despite the struggle, you return. You return because, for a few seconds, when the world is reduced to the pull of the string and the focus of your eye, you feel free. You return because, in the tension of the bow, you find the release of your own. You return because Archery isn't just a sport—it's an invitation to rediscover who you are, over and over again.

Editors Note: Mike Goudy sent me this a few weeks back. Thought it would be interesting to members. I found Treinador Nuno Carvalho's Facebook page—here's a paragraph I lifted about his background. BTW—he's in Portugal.

“My adventure began in the world of Martial Arts where I had the incredible privilege of teaching both physical and mentally disabled athletes. This experience was transformative, teaching me the true power of resilience, determination, and the incredible potential within every individual. It wasn't just about the physical aspects of Martial Arts; it was about fostering a supportive community that allowed everyone to flourish, regardless of their challenges. As life led me down new paths, I found myself drawn to the art and discipline of Archery. Transitioning from Martial Arts instructor to Archery Coach I brought with me the lessons learned from working with diverse and unique individuals. Archery, like Martial Arts, is not just a skill; it's a journey of personal growth, self-discovery, and empowerment. “

