

Paringa Archery Club Newsletter

Join in, achieve and have fun.



Target and Field: 201 Reatta Rd, Trevallyn Reserve, Launceston, Tasmania

October 2018

I've been publishing the newsletter since January 2014 and now that the indoor range is finished, this will be my last one. If anyone would like to take over then let me know.

All Newsletter back issues may be found at <http://paringa.archerytasmania.org.au/news.php>

Face of Paringa



Sam has arrived.

Paringa Archers EOFY 2018

Member would have received my email discussing the need to make changes with how the club manages income and expenditure.

As a Not for Profit club all income above our expenses (surplus) is invested back into the club. Of course, if there is no surplus then expenses must be reduced to achieve a breakeven position. There is no magic pot of gold.

Beginner courses don't bring any extra income as they just substitute for the Come N Try income that would have been generated anyway, with the prior membership process.

Volunteers do bring extra income into the club via Come N Trys, Groups and External Events. Volunteer income cannot be relied on but in the past has provided the club with funds to do minor and major capital projects.

2018 was a good year for the club with a major upgrade to facilities and a clearer focus on community engagement with Facebook.

This year I have only included the figures as the Indoor Project skewed the graphs. These are unaudited, but I do not anticipate any material changes.

Paringa Archers Launceston Inc - Profit and Loss - Period Ended 31/10/18				
	CTB	Cash	Total	
Income				-\$ 121,587.92
Advertising	\$ 2,500.00	\$ -	\$ 2,500.00	
BBQ	\$ 25.00	\$ -	\$ 25.00	
Canteen	\$ 115.00	\$ -	\$ 115.00	
Coaching	\$ 2,034.20	\$ -	\$ 2,034.20	
Come and Try	\$ 13,529.08	\$ -	\$ 13,529.08	
External Events	\$ 2,390.00	\$ -	\$ 2,390.00	
Grants and Misc	\$ -	\$ -	\$ -	
Grant - TCF Shed	\$ -	\$ -	\$ -	
Grant - SR	\$ -	\$ -	\$ -	
Group Bookings	\$ 6,045.10	\$ -	\$ 6,045.10	
Income Misc	\$ 1,092.80	\$ -	\$ 1,092.80	
Indoors Project	\$ -	\$ -	\$ -	
Indoors	\$ -	\$ -	\$ -	
Interest	\$ 200.18	\$ -	\$ 200.18	
Member Fees	\$ 5,868.00	\$ -	\$ 5,868.00	
Merchandise	\$ 1,055.00	\$ -	\$ 1,055.00	
Tournament Fees	\$ 1,923.10	\$ -	\$ 1,923.10	
Total	\$ 36,777.46	\$ -	\$ 36,777.46	
Income Difference	\$ -	\$ -		
Expenses				
Accounting Fees	\$ 577.50	\$ -	\$ 577.50	
Administration	\$ 1,633.70	\$ -	\$ 1,633.70	
Bank Fees	\$ -	\$ -	\$ -	
BBQ	\$ -	\$ -	\$ -	
Canteen	\$ 48.45	\$ -	\$ 48.45	
Come and Try Equip	\$ 2,670.11	\$ -	\$ 2,670.11	
Coaching	\$ 365.00	\$ -	\$ 365.00	
Come and Try	\$ -	\$ -	\$ -	
Electricity	\$ 583.92	\$ -	\$ 583.92	
Event Trailer	\$ 81.08	\$ -	\$ 81.08	
Expenses Misc	\$ 100.00	\$ -	\$ 100.00	
External Events	\$ 200.00	\$ -	\$ 200.00	
Group Bookings	\$ 2,899.40	\$ -	\$ 2,899.40	
Grant - TCF Shed	\$ 66,495.00	\$ -	\$ 66,495.00	
Grant - SR	\$ -	\$ -	\$ -	
Indoors Project	\$ 71,980.05	\$ -	\$ 71,980.05	
Indoors	\$ -	\$ -	\$ -	
Insurance	\$ 1,520.00	\$ -	\$ 1,520.00	
Interest	\$ -	\$ -	\$ -	
Internet	\$ 329.75	\$ -	\$ 329.75	
Maintenance Building	\$ 636.66	\$ -	\$ 636.66	
Maintenance Grounds	\$ 2,182.39	\$ -	\$ 2,182.39	
Member Fees	\$ 670.86	\$ -	\$ 670.86	
Marketing	\$ 99.22	\$ -	\$ 99.22	
Merchandise	\$ -	\$ -	\$ -	
Rates	\$ 1,733.85	\$ -	\$ 1,733.85	
Security	\$ -	\$ -	\$ -	
Target Butts	\$ 1,169.09	\$ -	\$ 1,169.09	
Target Faces	\$ 1,119.60	\$ -	\$ 1,119.60	
Taxes	\$ -	\$ -	\$ -	
Tournament AST Fees	\$ 256.00	\$ -	\$ 256.00	
Tournament Fees	\$ 280.00	\$ -	\$ 280.00	
Tournament Participation	\$ 90.00	\$ -	\$ 90.00	
Trophies and Awards	\$ 643.75	\$ -	\$ 643.75	
Water	\$ 332.85	\$ -	\$ 332.85	
Total	\$ 158,698.23	\$ -		158,365.38
Expenses Difference	\$ -	\$ -		
Profit/-Loss				-\$ 121,587.92

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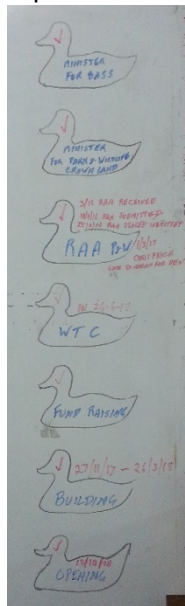
Indoor Range Tas Community Fund Final Return Sent Friday 19th October 2018

Deed Item	Filename (Invoice)	Amount
Shed	9532 Cyclad Manufacture Invoice	\$ 20,395.00
Shed	9629 Cyclad Shed Kit Final Installment	\$ 20,895.00
Shed	9725 Cyclad Slab Invoice	\$ 45,600.00
Shed	9834 Cyclad Erect Wire and Sisa Invoice	\$ 24,474.00
Shed	Go Hard #51 Archery Club	\$ 10,689.80
Shed	Plumbing Inv0227	\$ 2,513.60
		\$124,567.40
Electrical	Inv00000788 Paringa	\$ 10,830.05
Electrical	Inv00000835 Paringa	\$ 10,055.98
Electrical	Inv00000874 Paringa	\$ 1,402.94
		\$ 22,288.97
Fit Out	CC Installations Inv00002467	\$ 5,400.00
Fit Out	CC Installations Inv00002494	\$ 650.00
Fit Out	FPO Group invoice_0000000232	\$ 201.49
Fit Out	Jacksons InvA12424	\$ 445.05
Fit Out	Pure Dev INV016	\$ 1,049.08
Fit Out	Second Office inv5438	\$ 2,620.00
Fit Out	Tas Lock and Key	\$ 176.00
Fit Out	TasNetwork Inv 1800011774	\$ 464.56
Fit Out	Think Big Inv39912	\$ 122.10
Fit Out	Think Big Inv40612	\$ 176.00
		\$ 11,304.28
		\$158,160.65



Indoor Range OPENING 13th Oct 18

Newspaper and TV coverage was a real bonus for the opening. See our [Facebook](#) page for media report links.



The Riverside Lions Club raised just under \$300 for the Drought Relief and wayFM did a couple of interviews at the range with members.

Come N Try was quiet with only 13 archers bring in \$195 for the day.

The raffle (12 Come N Try vouchers) was drawn and won by an elated Bella Malcolm.

Not everyone was at the range and some took an interest via our webcams.

Webcam access peaked on the day. (USA server is -18hrs so stats for 12th or our stats for 13th)



Sally Darke, TCF Chairperson. Its open!

Thanks to all the volunteers and members that made the day such a success for the club. Paringa certainly got some good exposure in the Examiner and on Southern Cross news.

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Club Meetings

Next club meeting: 10th Nov 2018 See [calendar](#)

Organiser: President



No broadheads arrows are to be used on the Paringa leased area. There is a broadhead mark in the stramit wall in the indoors.

Working Bees

"We make a living by what we get but we make a life by what we give." Winston Churchill



Karen Neil steam cleaned the kitchen floor.

On Wednesday 9th Karen Neil vacuumed $\frac{3}{4}$ of the Indoor Range before she ran out of time.

Karen also donated a cloths rack for the safety vests that I installed.



On Friday 11th October we had a working bee to do the final touches for the Indoor Range Opening.

Bits of foam off the range, target faces up, indoors swept and vacuumed, toilets cleaned, club house vacuumed and paths swept.

Thanks to Roger Emery, Brian Swinton, Wal and Shirley Morphett, Geoff Dyer, Michael Roberts, Barrie Peers, Peter and Carol Fisher, Paul Korosi and Jeff and Lyn Garner we finished up before lunch.

Next Working Bee: See [calendar](#)

Organiser: All members



Robin Hood (2018) [Trailer](#)

Groups

There were 3 groups for this month, for a total of 27 archers.

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Do you know of a group that would love to have a go at archery (schools, corporate, birthdays etc)?

Organiser: Jeff Garner - m: 0411 878 658

Come N Try (Sat and Wed)

Partner Daycare

Want to go fishing, shopping etc or just get some peace and quiet!

Drop your partner off with Paringa Archers on Wednesday nights or Saturday mornings,

Come N Try Teams

Team 1

Wally Morphett
Shirley Morphett
Richard Barnes
Tim Smallbon

Team 3

Brian Swinton
James Barker
Dean Emery

Team 2

Andrew Fluck
John Dodos
Emma Hutchison

Team 4

Rolfe de la Motte
Geoff Dyer
Nick Heywood

Backups:

Jeff Garner, Caitlin Street, Karen Neil

Thanks to these members for offering their time. A few volunteers still needed (we'd like to have 4 in each group). If you can spare one morning every four weeks please contact Rolfe on 0409 686 911 or rolfe.delamotte@gmail.com

Organiser: Rolfe de la Motte and Teams

Wish List

Some items that may be appropriate for **future consideration** by the committee,

Description	Est \$k
Line marker for range lines http://www.trulineaustralia.com.au/item-details.asp?CategoryID=40&ItemID=83	1.2

Indoor – Carpet tile floor (480 sq m)	11
Tarmac - car park	20
Tarmac – Entry road	20
Permanent Clout range	
Workshop (in container)	2
High speed cameras (x3) for Coaching	6
Safety fence for west side of range	
Ride on 4wd mower with trailer	15
Wheeled leaf vacuum (range/indoor)	1.2
Weather Station (Digital) for tournaments4
Small tools - maintenance	2

Membership

There were 0 new members since 1/10/2018.

Why would there be? No Beginner course in November and the next course February 2019.

Is it only me that sees the insanity of attracting new members with this membership process?

Please welcome no new members over the next four months.

Member Club Coaching



The **Formaster training aid** is a much miss understood device. Most people think it's supposed to force your

body into the correct form for archery. This is not correct. The Formaster is a device you can use to get feedback on your archery form and help correct it.

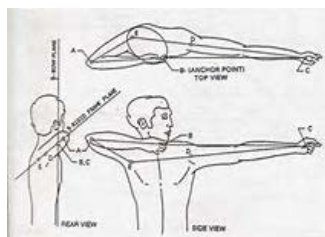
We want correct archery form so that we are in the best position to handle the forces archery places on our upper body. This is not about being an Olympic archer but all about being able to shoot for many years without injury or discomfort.

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Rotator cuff, tendonitis and carpal tunnel syndrome are all injuries that can be associated with bad archery form.

You can be a world class archer with bad form but you will pay the price eventually.

Unless you are confident with what you are doing you should use a Formaster with your coach to get instruction on its application and your form correction.

Feedback with the Formaster comes from shooting an arrow while the device is attached to the bow. Correct form will have the arrow leave the bow in a straight line and land a few meters in front of the bow while the archer maintains their form.

If the arrow goes right/left or your bow arm elbow goes forward, then these are indicators of bad form or technique. With finger tabs you can have good form but still have a bad release causing a bad shot. You could also have incorrect bow hand pressure causing the bow to twist when you release.

It's not always one thing and informed feedback from a coach can go a long way to understanding what you need to work on.

For a simple explanation on back tension and form have a look at this [YouTube video](#).

Email coaching@paringa.archerytasmania.org.au to arrange a free member coaching session.

Organiser: Club Coach

**PARINGA ARCHERS / ARCHERY
SOCIETY TAS (AST) EVENTS
CALENDAR link**

Longbow Shoot - 20/10/2018

'Fortune favoured the Brave' and the forecast for rain proved to be wrong.

There were seven shooters and an enjoyable time was had by all, ending up with a tied score by two

archers, which caused a three arrow shoot-off. Exciting stuff!!

Score 50 – 40 – 30

R. del la Motte	422
A Fluck	232

Score 30 – 20 – 10

W Morphett	435
R Barnes	435
J Clark	433
D Clark	413
B Swinton	371

Shoot Off (3 arrows at 10 metres)

R Barnes	27
W Morphett	25

The **Sherwood Golden Arrow** was presented to Richard Barnes (who held up in front despite the heckling). By Brian Swinton

**Loxley Traditional Archers**

GOLDEN ARROW TOURNAMENT

Saturday 17th November 2018
Closing date for registration: Monday 12th November 2018 (Details below)

A medieval styled archery tournament for archers of all ages & experience (Basic experience required). Enjoy traditional targets and tests of skill in a fun and safe outdoor archery environment.

Venue: Havenview Primary School, Cnr. Old Surrey Road & Marriott Street, Havenview, Burnie
Start time: 10am.
Divisions: Open Men, Open Women, Junior
Targets: A selection from Popinjay / 5 ring colour Target / Wand / Hole & Split in Wall / Castle with knockouts / Spinning targets / Knights / Bug's Eye



What You Need: (Compliance with these conditions is essential for competing.)

- **Bow:** Longbow / Bare bow recurve / Horse bow (Strictly no Stabilisers or Plunger Buttons)
- **Arrows:** Wood or aluminium points fletched with feathers (Wooden Blunts supplied)
- **Equipment hire:** Bows, Arrows \$5 - Please advise if required.
- **Some form of MEDIEVAL STYLE CLOTHING IS ESSENTIAL** - to get into the spirit of things! We are more than happy to help with ideas and have some **lower clothing for hire at \$5 if required**
- **A plate of food** to share for lunch - approximately 12pm
- **Entry Fee** - \$10.00

For more information: Contact Peter Starr
Phone: 0402 783 158
To register: Email: loxleyarchers@gmail.com

*Bows with metal, painted or cut-out risers must have the risers covered so as to present an appearance more in keeping with medieval archery equipment

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Launceston Challenge

Michael Hinds and Damien Clark shot this month with Damian just getting ahead 704 to 698.5.

The brothers, Damian and Justin meet up in the next round. Go Clarky, just to be fair.

Rabbit of the Month

For things members occasionally do but probably wish they hadn't.

Dad jokes are alive and well at Paringa.

Jeff: *Scoring sucks*

Rolf: *That wasn't a six, that was a seven!*

Or was it just a senior's moment?



We have finally found something to stop compound arrows. Hagar looks familiar?

The Final Say

Several members have been busy of late, doing bits and pieces around the club for the benefit of all.

Karen Neil steam cleaned the kitchen floor and vacuumed the club house ready for the Indoor Opening.

Barrie Peers and myself put up some fencing, donated by Paul Malinowski, along the path.

Brian Swinton came up one Wednesday and repaired all the Come N Try arrows that have been let go over time.

Michael Hinds stuck on some 122cm replacement centres while waiting for the Friday night indoor shoot.

Ever stopped to think how the rubbish gets removed, the toilets get cleaned or the grounds get tidied up. There are no magic fairies or umpa loompas.



"And this is why we don't have nice things"



Do you think these contributes to increased target fees? Why shoot a \$60 replaceable centre when you can shoot out a \$600 target butt!

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And see

<http://paringa.archerytasmania.org.au/advertising.php> for available advertising spaces.

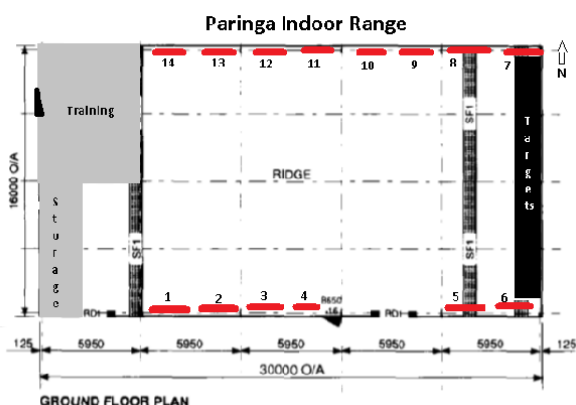
Paringa Archers Committee

President	Rolfe de la Motte
Treasurer	Jeff Garner
Secretary	Caitlin Street
Vice President	Tim Schwabe
Recorder	Geoff Dyer
AA Club Coach - Compound	Jeff Garner
AA Club Coach - Recurve	Jeff Garner
Public Relations	Jeff Garner
Schools Prog Coordinator	Jeff Garner
Group Bookings Coordinator	Jeff Garner
Tournament Coordinator	Andrew Fluck
QRE Official	Geoff Dyer
AST Delegate	Jeff Garner
Public Officer	Caitlin Street
Member Protection Officer	Caitlin Street
Web Administrator	Jeff Garner
Auditor	Cameron



Advertise - Paringa Indoor Range

Do you know anyone that may like to advertise in the Indoor Range?



Each **signage space** (1.2m(h) x 2.4m (w) max) is priced at \$500 per year. Advertiser supply the sign and have the option for one or multiple years of advertising.

For more information please contact the Treasurer treasurer@paringa.archerytasmania.org.au

Clint Freeman

Strings

Clint Freeman strings are made from the highest quality products from BCCY fibers. With over 20 years of string making experience, Clint Freeman strings have accumulated in excess of 50 National titles, 2 World titles, multiple international podium finishes, 13 World records plus countless National and State records.

To help reduce any annoying peep rotation or stretch, Clint Freeman strings are constructed under incredibly high tension.

STRINGS and CABLES

RECURVE - \$40 (made from "8125")

COMPOUND - \$40 (made from "X" and "8190")

Mathews solo-cam compound string - \$80

COMPOUND STRING/CABLE SET (\$ total)
(please allow one week)

\$115

STRING/CABLE FITTING

(This includes cam timing, draw length set and centre serving to suit nocks)

\$80

Colours currently available in "8125": Black

Colours currently available in "X": Black, Flo Yellow and Flo Green

Colours currently available in "8190": Black, Blue and Buck Skin

Please contact Clint Freeman by

[email: freemanclint@hotmail.com](mailto:email.freemanclint@hotmail.com) or mobile: 0467299051 to discuss your string needs.

Paringa Archers **recommends you do not** buy equipment off eBay, similar

Editor: Jeff Garner

Comments/Submissions: treasurer@paringa.archerytasmania.org.au

Club Website: www.paringa.archerytasmania.org.au

Event Results: archersdiary.com

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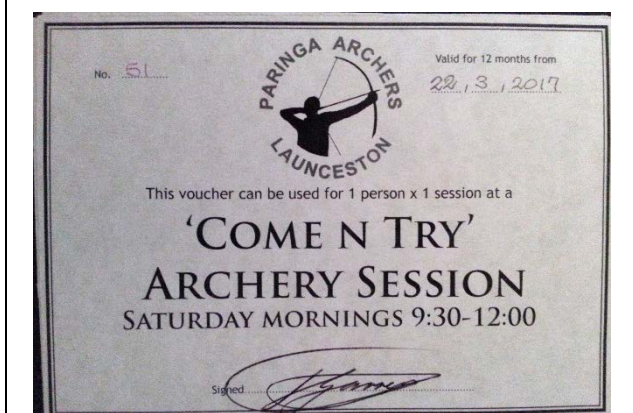
sites or Sports Stores, as bows need to be matched to the archer and arrows need to be matched to the bow.



Looking for that special gift?
Look no further!

Yes, the **Paringa Gift Card** says it all.

See Shirley at the club of a Saturday morning and secure one (bargain price of \$15) or more for that special someone.



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