



THE BUCKHORN

Get to Know Your KBH President: Sheila Christiansen



Recently, the KBH PR Team got a chance to sit down with the President of the KBH Board, Sheila Christiansen. We were lucky enough to get to hear about big things coming to KBH in the near future, her passion for KBH, and her hopes for our archery community. If you know of someone you'd like to see featured in our newsletter for an interview or article, please reach out and let us know.

Sheila first became involved with KBH through her colleague Tom Higgins. Tom is the KBH Treasurer and a CPA in Belfair. In 2001, Tom recruited Sheila to help with club documentation and financial reporting. She has continued to assist with this for over 20 years.

After many years of service, KBH awarded Sheila a lifetime membership for her commitment to the club. Eventually Sheila stepped into a larger role, and in 2018 she was voted in as KBH President.

Our President filled us on on current and future KBH projects. Recently trees have been taken down near target 20. Maintenance is ongoing, and KBH is creating a list of tasks that need to be done prior to spring/summer tournaments. Be on the lookout for work party dates soon. Also, another summer social shoot is being planned for KBH members, similar to the potluck last summer.

“The [biggest] current project is Storage Building Replacement,” the president shares. “We have applied for and received a matching grant opportunity from the RCO (Recreation Conservation Office) for Washington

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This Issue:

**Interview with KBH
President Sheila
Christiansen**

KBH Pride - Photos

**Board Members
Wanted**

**Technical Article:
Arrow Selection/Spine**

Upcoming Shoots

Range Schedule

KBH Board

President: Sheila Christiansen
Executive VP: Kim Petersen
Membership VP: Sandra Wilson
Secretary: Christina Davis
Indoor Tournament VP: Tim Davis
Grounds VP: Raymond Quick
Treasurer: Tom Higgins
Public Relations: Mike Whitfield
Fundraising: Sheila Spiker
Range VP: open
Outdoor Tournament VP: open
Hunting VP: open



Interview with Sheila Christiansen continued

State. This [project and the grant] will require varied skills, labor and materials. We are hoping to recruit our membership to help share their skills and help us to meet the requirements of the grant.”

The nature of this grant is such that we do not just get an unlimited budget to do whatever we please, as we learned from Sheila. “With a matching grant we must provide half of the cost for the project. Much of this can be accomplished with skill and labor and hopefully some donation of materials.”

The president of our board shared the sentiment of wanting to get more of our KBH membership involved by putting time, energy, and care into our range, just as our famous “Cardiac Crew” does. Throughout the conversation, she made sure to stress that, as she puts it, “I want the members to realize there will be no club if it’s not maintained and cared for. Just like a garden, it will die without nurturing.” With all the projects coming to the range, there is no reason to hold off on getting involved - your range needs you!

To close the interview, our president shared her excitement about KBH and her vision for the future of the range. Sheila details, “Our members are younger and of a totally different mindset, and we must adapt to the new concepts while maintaining some of the older traditions working towards bringing back a stronger sense of community in archery.” She goes on to further explain that the long term vision for the range is simple, but beautiful, “We are committed to creating a lasting legacy of archery access for the community of all ages and styles.” With a vision like that, every archer can be excited about being a member of our KBH community!

Many thanks to our KBH Board President for her time with this interview and her leadership at KBH. Managing the operational details, securing grant funding, and planning for the future are no light tasks. As anyone who has worked on a grant knows, much of this work is painstakingly detail oriented, requires high levels of time investment, and is away from the limelight. KBH is thankful to have Sheila Christiansen at the helm!

“We are committed to creating a lasting legacy of archery access for the community of all ages and styles.”
SHEILA CHRISTIANSEN

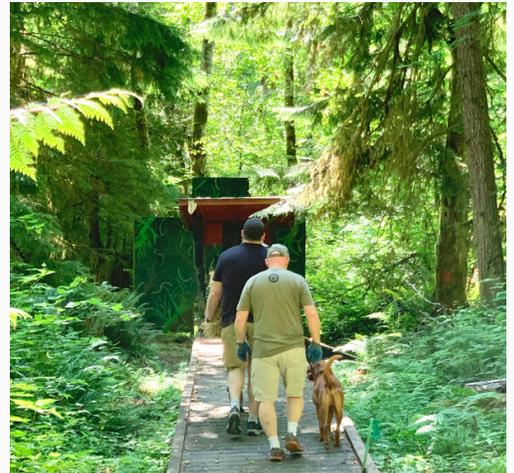


How to Join a KBH Work Party

Fill out the volunteer form at kbh-archers.com/volunteering

You'll be notified of up upcoming opportunities. **All are welcome! No skillsets necessary**, but if you're certified in a trade please let us know!

Next work party: TBA.



KBH is on the lookout for: Plumbers, Carpenters, Arborists, Trail Maintenance, Landscaping, Grant Writers, Construction Experience, Tournament Setup, and more! Questions? Get in touch at contact@kbh-archers.com



Advanced JOAD archers getting ready for tournaments. They will be attending Vegas, WSAA Multicolor, and more.



James Romanchuk with this stunning Montana buck in 2021. Great work, James! Putting in the prep work on the range paid off!



JOAD archer, **Alex Smith**, and KBH Board Member **Tim Davis** bring home the Archery World Championship belt buckles in their brackets. This tournament was shot over 3 different locations, and the win earned them prize money, the buckle, and some serious bragging rights. If you see them on the range, say hello and congrats!





Want to help at KBH but can't fill a board position? Volunteers are welcome and appreciated. Volunteers can earn up to 50% off their yearly KBH membership fees. To learn more visit:

KBH-ARCHERS.COM/VOLUNTEERING



Hunting VP: Do you get excited about the Pope and Young measuring system? Do you have in-depth knowledge about points/scores for big game? We could use your help. The Hunting VP is responsible for the distribution, collection and verification of all awards applications. They assign and chair the Game Awards Committee, which determines the point value on each application according to the Big Game and Small Game and Hunter Recognition Award Point System.

Join the KBH Board

Have you ever wanted to help KBH put together tournaments? Do you enjoy using power tools for trail maintenance? Do you like archery, volunteering, and improving KBH? Join the KBH board!

KBH board positions are unpaid, but board members in good standing receive free KBH membership during their term of service. Board meetings are held on the 3rd Thursday of each month at 6:30pm. Regular attendance and participation is required. For more info email: contact@kbh-archers.com

We all work together to keep KBH running and are looking for more team members. **The following positions are open:**

Range VP (2 positions open)

The Range Vice President is responsible for maintaining the trails, outdoor targets, practice butts/targets, shooting stakes, range signs and markers and indoor range target butts/targets. This position also manages range safety and helps coordinate work parties for maintenance.

Tournament VP Outdoors

Do you like putting together outdoor shoots for all kinds of archers? Do you enjoy making a fun, and challenging 3D course? We want you! KBH has the targets and tools. We need your skills, muscle, and expertise to help bring our tournaments to life. This person would also coordinate with the Indoor Tournament VP (Tim Davis) for scheduling shoot dates, and coordinating calendar bids with WSAA. Additionally, this board position would make sure tournament awards, records, and shoot supplies are kept in order.

Secretary

Are you organized, a good listener, and detail oriented? The secretary keeps records/minutes of the KBH Board Meetings. They prepare and send notices of meetings to the members, conduct correspondence, file all documents as needed, and carry out other duties delegated by the Board of Directors.



Youth and adult archers competing for their very first time at a Pin Shoot, earning pins and ribbons for their high scores. This fun shoot gets new archers ready for bigger tournaments. (Halloween Pin Shoot below)



Dave Rhoades hunting in New Zealand, March 2019. This beautiful Red Stag can be seen on the indoor range (left side). Thank you, Dave!



New KBH members **Greg E.** and **Elen S.** show their brand new compound bows. Welcome!



Tim Davis and Matt Hedrick's son, **Hunter Hedrick**, age 6 after Hunter broke the blue face state record for Peewee BHFS at KBH last year.





Arrow Selection and Building: Static and Dynamic Spine Rating

Anyone who has bought or made their own arrows before can tell you that there are so many factors in building and tuning an arrow. Length, weight, diameter, straightness tolerance, materials, fletchings, nocks, points, FOC... the list goes on. We will talk more about that in later articles. However, one characteristic of arrows that is really important to understand for safety, good arrow flight, and downrange accuracy is a thing called spine rating. Spine Rating is the focus of this Tech Tip article for this edition of the Buckhorn.

In plain terms, **spine rating** is just a measure of how stiff an arrow is when pressure is applied to it. Generally speaking, this rating is expressed as the quantity of deflection (bend) that an arrow experiences under a specific amount of weight. As such, arrows with lower spine ratings tend to be stronger, stiffer, and heavier. Arrows with higher spine ratings tend to be the opposite- lighter, more flexible, and weaker. Matching the spine rating of your arrows to your bow is a critical step of arrow selection in order to maximize your accuracy. Too stiff a spine rating will send your arrows careening off to the side wildly, whereas too weak a spine rating can cause your bow to be noisy and have very wide groups on the target. And if you go really light on the spine rating, you can even damage your bow!

While you might be thinking “Great! This is easy- I find my spine rating and then I’m set for life and can buy any arrows I want!,” the truth is much more complicated than that. As a product of both the secret nature of the various companies’ manufacturing processes and the fierce competition in the archery space, **almost all of the dozens of arrow manufacturers have their own spine rating chart.**

What that means is that a 300 spine from Easton is not the same thing as a 300 spine from Gold Tip! As such, please remember that any time you buy a new set of arrows, check your spine rating charts to be sure you have the right ones.

Above and to the right is an example of a spine rating chart that you can use to select your arrow shafts from a company called Black Eagle, just to give you a feel for how companies lay out those charts.

RECURVE BOW WEIGHT	COMPOUND BOW WEIGHT	ARROW LENGTH									
		23"	24"	25"	26"	27"	28"	29"	30"	31"	32"
10-15		1000	1000	900	900	800	800	800	700	700	700
15-20		1000	900	900	800	800	800	700	700	700	700
20-25		900	900	800	800	800	700	700	700	700	800
25-30		900	800	800	700	700	700	700	800	800	800
30-35	15-20	800	800	700	700	700	800	800	800	800	800
35-40	20-25	800	700	700	700	800	800	800	500**	500**	500**
40-45	25-30	700**	700**	700**	800**	800**	800**	500**	500**	500**	500**
45-50	30-35	700**	700**	800**	800**	800**	500**	500**	500**	500**	400
50-55	35-40	700**	800**	800**	800**	500**	500**	500**	500**	400	400
55-60	40-45	800**	800**	500**	500**	500**	500**	500**	400	400	400
60-65	45-50	800**	500**	500**	500**	500**	400**	400	400	400	400
	50-55	500	500	500	400	400	400	400	400	350	350
	55-60	500	500	400	400	400	400	350	350	350	300
	60-65	500	400	400	400	350	350	350	350	300	300
	65-70	400	400	350	350	350	300	300	300	250	250
	70-75	350	350	350	300	300	300	250	250	250	250
	75-80	300	300	300	300	250	250	250	250	250	250
	80-85	300	300	300	250	250	250	250	250	150	150
	85-90	300	250	250	250	150	150	150	150	150	150
	90-95	250	250	250	150	150	150	150	150	150	150

** The UL 30-50 shafts are also available for use in this spine selection, depending on the shaft selection and your setup.

Please visit an authorized dealer for proper selection or call 678-208-3429

These are based on a 100 gr. point. If using a 125 gr. point or more you may need to use a stiffer spine. If using a 85 gr. point or less you may need to use a weaker spine.

Spine Rating (continued)



Now once you have your arrow shaft's spine rating selected, then comes the tricky part: That spine rating you are reading on the chart does not tell the whole story. What you see on the chart and the side of your arrow is the arrow's **static spine** rating. That term static spine is used to describe how that arrow bends under the standard weight at a certain length, with no other factors involved on the arrow shaft. Static spine is an important number to know, but as we mentioned earlier, there are TONS of other factors involved in building and tuning a complete arrow.

The changes you make to the arrow, from cutting the shaft down to adding point weight or rear weight, alter the **dynamic spine** of the arrow. Dynamic spine is simply a way to describe how the spine rating of that arrow performs under the pressure of a shot. The dynamic spine and static spine of an arrow can match depending on your build, but will often vary slightly from each other due to all the factors involved in your arrow build. So, you buy the shafts based on static spine, but you must also consider your arrow build's dynamic spine rating to have good accuracy from those arrows.

Ways to WEAKEN Dynamic Arrow Spine	Ways to STRENGTHEN Dynamic Arrow Spine
<ul style="list-style-type: none">• Increase point weight• Buy a slightly longer arrow shaft than needed• Shoot higher poundage on your bow• Reduce rear weight on arrow (wraps, fletchings/nocks)	<ul style="list-style-type: none">• Increase weight in the rear of the arrow (fletching and nock)• Add wraps to the arrow• Cut some inches off the arrow• Shoot a slightly lower poundage• Lower point weight

Here is a table that lays out some ways we can alter the dynamic arrow spine of a specific arrow shaft to create the performance we are looking for, be that a stiffer, stronger arrow or a more flexible one.

Now quiz yourself! Based on what you see in the table above, if you imagine that both of these arrows have the same static spine rating, which one would have the weakest dynamic spine rating? Which would have the strongest dynamic spine?



The only difference between them is the **number of fletchings in the rear of the arrow**, which means that the 4-fletch arrow on the left will have more rear weight. That means even though they are the same static spine, the same length, the same point weight, etc., the arrow on the left will perform as though it is **stiffer** because it has a **higher dynamic spine** rating.

We will leave you with one little pro tip on this whole spine rating conversation: For all those archers who are right on the edge of a category on a spine chart, or who are stuck on a few options, remember that generally recurve bows tend to “prefer” lighter spine on the arrows, and compound bows tend to shoot better with a stiffer spine on the arrow.

Use that knowledge to help guide your static spine selection, and then fine tune your dynamic spine from there! Good luck and we will see you on the range! - Mike Whitfield, USAA Level 3

*Do you have a technical topic you'd like to see in the next newsletter?
Send your ideas to: KBHarchersPR@gmail.com*



Upcoming Tournaments at KBH

Blueface League at KBH & WSAA Mail-In

Feb 2, through March 11, 2022

Weds and Fri at 6pm.

\$14 for 7 nights of shooting. 1 practice and 6 scored.

For KBH League, archers participate in handicapped scoring, allowing all bow styles to be competitive with each other. WSAA members may opt to send in their (non-handicapped) scores for the state mail-in tournament.

Further info: kbh-archers.com/leagues

WSAA Blueface Championship - In Person

Feb 25 – 27, 2022

KBH is one of three locations hosting this state shoot.

Indoor Blueface (20 yards, 40 cm or 5-spot face)

Must shoot two rounds (on two different days) for awards. See WSAA website for details.

Registration deadline: Feb 14.

Register online at www.WashingtonStateArchery.com or by mail.

Good luck to everyone shooting in Vegas!

We are glad KBH could help you prepare! If you have any tournament photos you'd like to share in the next newsletter, send them to KBHarchersPR@gmail.com

Tournament Results

Congratulations to KBH Archers who shot the WSAA Multicolor Championship, we took 15 podium spots and a few state records! Great work!

Hunter Hedrick - 1st PeeWee M BHFS

Elle Broughton - 2nd Cub F BHFS

Hunter Krause - 1st Cub M BHFS

John Smith - 1st Youth M BB

Alex Smith - 1st Young Adult M FSLR

Gene Hildebrandt - 3rd Adult M BB Recurve

Tawni Broughton - 2nd Adult F BHFS

Rylan Broughton - 1st Adult M BHFS

William "Scotty" Bevan - 6th Adult M BHFS

Justin Janke - 13th Adult M FS

Rory Janke - 3rd Silver Senior M FS

KC Krause - 16th Adult M FS

Tim Davis - 1st Senior M BHFS

Christina Davis - 1st Senior F FS

Keith Sekora - 1st Senior M FS

Chet Mainwaring - 3rd Senior M FS



Outdoor Tournaments & Events at KBH

April 9 & 10 Safari (marked distance paper)

May 21 Spring Fling 3D

June 4 Trad Shoot

June 12 KBH Member Potluck

June 18 & 19 WSAA Field Championship

June 25 & 26 Access Freedom 3D

August 6 Rendezvous 3D



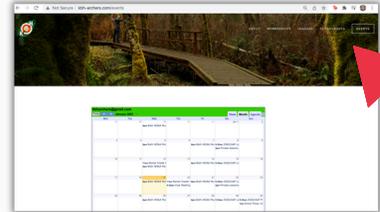
When Is The Range Busy?

The indoor season is prime time for enjoying our warm, dry facility. How can you tell if the indoor range will be busy when you want to shoot?

Start by checking the KBH Event Calendar. This is found online at www.kbh-archers.com/events. You can click on any event to see when the range will be occupied. This calendar is printed and posted throughout the club, but the hard copy may not have the most recent event listings. Check online for the most recent updates.

Please note our regularly scheduled indoor programs:

Wednesdays	6:00 pm - 8:00 pm	KBH League
Fridays	6:00 pm - 8:00 pm	KBH League
Saturdays	9:30 am - 1:30 pm	JOAD/AAP Lessons



In addition to our regularly scheduled groups, you may have noticed Scout troops camping and using the indoor and outdoor ranges. In preparation for tournaments, the ranges may be closed for setup. KBH is also occasionally rented by private parties for events. It can be a busy place, depending on the day!

If you're looking for an especially quiet time to practice, you can find it. Just check the event calendar before you head over. Questions about range rentals? Contact Kim Petersen: kbharchers@gmail.com



KBH Archers

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