



Winchester IWLA Newsletter

Woods, water, wildlife - our heritage, our responsibility.



www.winchester-iwla.org

August 2021

AUGUST HIGHLIGHTS

Family Fun Day

The date is scheduled for September 4. There will be lots of activities for all ages. Details will be coming soon.

BASS ARE BITING

Member Gary Tilley sent in a great report on the fishing in Lake Neff. See more under [Lake and Conservation](#).

BEAR SIGHTING

A sow and her cub were seen wandering near the Rifle and Pistol Range. Read more about this, and general bear safety advice, in [Other News](#).

SHOTGUN NEWS

From updated hours to shotgun ammo for sale to range training and learning to shoot for the ladies and the youth – so much is going on at your Dr Green Memorial Shotgun Range. What are you waiting for?! Read more in [Range Report](#).

NATIONAL CONVENTION

Your President Dan Arico attended the National Convention. Lots of information from membership retention ideas to stream monitoring. Read more in [Board Reports](#).

WHAT KIND OF HUNTER ARE YOU?

Take a test to learn what your style of hunting is. You may have been doing it wrong for years. See [Other News](#).

IKE'S DEFENDER 5K

Just a reminder that September is coming soon. Gear up for the annual Ike's Defender 5k at your Chapter. Details will be coming soon. In the meantime, read about it under [Lake and Conservation](#).





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FROM THE EDITOR



August already!? Holy buckets, people. I've been doing this for a year. I haven't been tarred and feathered; I haven't been hung in effigy; I haven't been run out of town on a rail. Yet.

I did get one correction on June's newsletter. I mistakenly referred to the men from the United States Marine Corps as "soldiers." They are not soldiers. They are Marines. Never having served in the military, I did not respect that distinction. For everyone who served, is serving, or knows someone who served, please accept my apology.

There is a lot going on at your Chapter. Family Fun Day is coming up on September 4th. I don't have any details yet, so keep a weather eye on your inbox. For those without email, I guess we could send carrier pigeons. Though I kinda doubt it. Check the website as the date gets closer.

There was a bear sighting on the grounds a couple days ago. She and her cub were heading to the campsite. Try not to smell too good if you plan on camping. Though to be honest, I'm not sure what smells good to a bear. Read some tips on not being a bear's snack in Other News.

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BOARD REPORTS

The National Convention was held in late July. Among other things, new officers were elected at the national level:

- President: Vicki Arnold
- Vice-President: Jodi Labs
- Secretary: Jim Storer
- Treasurer: Scott Meyer

The National Board of Directors elected new members to the Executive Board. Mike Fuge (Wisconsin), Rick Graham (Ohio), and Dawn Olson (Oregon) were elected to two-year terms. Jack Johnson (Iowa), Jim Piatetski (Maryland), and Herb Pritchett (Virginia) were elected to three-year terms.

Former US Senator David Durenberger (R-Minn) gave the keynote address, advising everyone to get to know people with different viewpoints and do it outdoors if possible. "If you really want to continue building this organization and its influence across America, reach out to someone you may not always see eye-to-eye with, and go fishing, hiking, paddling or bird watching."

LAKE AND CONSERVATION REPORT

Lake & Fishing Report

Gary Tilley caught a half-dozen good-sized largemouth bass out of Lake Neff in late July. Gary fished from 7:30 p.m. until 11:30 p.m., catching his last fish, a 6-1/2 pounder, around 10:30 p.m.



Gary was fishing all along the shoreline from the dock to the dam. He fished with 20lb spider wire, using a black wacky worm or a top water bait. He noted that as the evening progressed, the fish became more aggressive. All the fish he took were healthy and good fighters. All fish were released back into Lake Neff unharmed.

Tight lines, Gary!

Water Quality

Our friends at Winchester Aquarium and Pet Center, "Your Pet Professionals" located at 190 Costello, across from Costco, tested our water sample taken from Lake Neff. You can see them for all your pet needs.

Our lake is, as ever, very healthy and conducive to growing, vibrant, and effervescent fish populations. Ph is a little up but is offset by the alkalinity (Kh).

	Nitrate	Nitrite	pH	GH	Kh	Ammonia
Sep-20	5-10	-	7	30.0	40.0	-
Oct-20	0-5	-	7	30.0	40.0	-
Nov-20	0-5	-	7	30.0	40.0	-
Dec-20	5-10	-	7	30.0	40.0	-
Jan-21	0-5	-	6	30.0	40.0	-
Feb-21	5-10	-	7	100.0	40.0	-
Mar-21	5-10	-	7	60.0	40.0	-
Apr-21	0-5	-	7	65.0	30.0	-
May-21	0-5	-	6.5	100.0	60.0	-
Jun-21	0	-	7.8	75.0	80.0	-
Jul-21	0	-	7.6	75.0	50.0	-

Be sure to always follow the catch regulations to ensure our aquatic populations remain vibrant for years to come.



Ike's Defender 5k

Now that everyone has attained their beach bodies, it is time to keep that momentum and start training for Ike's Defender 5k coming in September. The virtual 5k is a fundraiser for the chapter, includes a cool shirt and will run September 1 - 30th. This non-competitive 5k is a great excuse to get outside, get active and enjoy the outdoors while supporting the chapter!!! More details to follow!

RANGE REPORT

The range rules have been changed concerning violations to the range guest policy. If a member is found in violation of the policy, he or she will forfeit range privileges for 60 days, and the case will be referred to the Disciplinary Committee for further action. The updated Range Rules should be read by all range users; they can be found at <https://winchester-iwla.org/Rifle-Pistol>. Plans call for new signage at the Rifle-Pistol range outlining the Range Guest Policy changes, along with NRA firearms safety rules. John Suter reported that Shotgun range guests can now be registered at the Shotgun range. He also announced the establishment of a new shotgun league. Details may be found on the Chapter website.

Dr Green Memorial Shotgun Range

Ammo Available

Your Chapter now has a supply of 12 ga. #8 shot for the range, available to members for \$8/box for use at the range only. 20 ga. is also available.

Ladies and Youth: Orientation and Basic Shooting Skills

The Shotgun Range Committee plans to conduct shotgun range orientation course for ladies and youth. The orientation will include basic shotgun familiarity and handling skills along with range safety and will include time on the range shooting sporting clays. The course will be approximately four hours in duration with the first two hours taking place in the clubhouse and the remaining two hours spent shooting clays on the shotgun range Five Stand facility.

The course is for ladies and youth to enhance their familiarity with shotgun shooting and encourage their involvement at the shotgun range. The program will be taught by experienced members of the Shotgun Range Committee. The primary goal of the course is to aid ladies and youth in enjoying shooting sporting clays and the time spent on the range will focus on breaking clay targets that will enhance the confidence of the shooters.

More information and registration for the course will be found on the club web site. The coordinator for the training session will be Larry W. Camper, a member of the Shotgun Range Committee. Larry is certified by the National Rifle Association as a Shotgun Instructor and is a National Sporting Clays Association Level I Instructor.

The Shotgun Range Committee invites ladies and youth to register for the class and let's have fun breaking clays!

Practice Tips

Your Shotgun Range Master Rick Hill provided a resource chock-full of information about shooting, practice tips, and safety from the NSSA-NSCA Target Talk LESSONS. (You can find it here: nssa-nasca.org)

An article I, your editor, found interesting in this week's issue is called "10 Sports Psychology Mental Training Tips." (Link: [10 Sports Psychology Mental Training Tips - Dawn Grant Mental Training & Hypnosis.](#)) The article is sports-generic. I modified it slightly for shooting.

- 10. Positive Images:** Visualize success before, during, and after shooting to build confidence and new motivation.
- 9. Power Words:** Replace your inner critic with positive self-statements. Think Stuart Smalley.



- 8. Present Focus:** Stay in the moment. Don't dwell on prior misses or be anxious about missing the next target. Focus on the shot at hand.
- 7. Advantage:** For this one, the author uses the example of a runner drafting behind another. I'm not sure what the corollary would be in shooting clays, but perhaps



recognizing a bird flying away is easier to hit than one traveling left to right.

6. **Chunking Goals:** Focus on breaking your overall goal into manageable, bite-sized pieces. Small successes will lead to the big win.
5. **Body Scan:** Be aware of when you tense up and focus on relaxing. Your shots will be much more consistent the more relaxed you are in the stand.
4. **Pain as Effort:** This, again, refers to more strenuous activities like running, cycling, and weight lifting. I guess just recognize that sore muscles mean you have exerted them, which is a good thing.
3. **Detach from Outcome:** This is like #8 – stay in the moment. Don't worry about how many birds you hit, or how many more until you finish with 25/25. Focus on each bird as an individual; the results will speak for themselves.
2. **Focused Attention:** Be aware of distractions – whether it is spectator chatter or just your thoughts. Follow tips #3 and #8 and focus on the now.
1. **Celebration:** Enjoy your successes. Even if you don't hit your goal, any improvement should be celebrated.

Recently I, your editor, took up the sport of darts. I find it relaxing and enjoyable. I have followed similar tips to these and have seen my game improve dramatically. If you remain focused on the only shot you can control absolutely, you will find dramatic improvements in your score.

OTHER NEWS

Sow and Cub

On Tuesday, July 27, a member reported seeing a sow and her cub walking across the Rifle and Pistol Range road toward the campgrounds. Sows with cubs are the most dangerous to come across as they will stop at nothing to protect their young. Single males or females are not interested in a scrap.

Bear Safety

The National Park Service (NPS) offers a page full of information on being safe around bears and not being a snack (nps.gov/subjects/bears/safety.htm). Identify yourself as a non-food item by talking to the bear so it knows you are a person and not a moose. Remain calm – never run! Running triggers their hunting instinct. The NPS also claims that most charging bears stop short before pouncing. I guess playing dead at that point would not be too hard.

For the record, do not play dead. If the bear attacks you, fight back. There is no guarantee but punching him on the nose may well stop his assault and let you get to safety. The best defense is to remain vigilant, alert, and bear-conscious. Don't pack food in your tent but keep it in bear-proof canisters or hung from a tree. This includes things like toothpaste. Remain in groups. Bears are opportunistic feeders and do not necessarily want to work hard to get their dinner. They'll choose to avoid something that looks dangerous to them, and a group of people is a concern for bears.

A personal anecdote from your editor. Years ago I was on a backpack trip in the Sierra Nevada with my dad and some of his hiking buddies with the goal of summiting Mount Whitney. We were on our second night of a seven-night hike. It's important to spend time at altitude to acclimate. That night, a sow and her cubs came into our camp and raided our food stash. We – meaning me – did not do a good job of securing our food. I had piled it under pots and rocks, thinking it would dissuade a critter. I succeeded in making a game out of it for the two cubs that showed up that night.

Everyone woke up to the clattering of the pots and rocks as the cubs got to our (my) food. I was last out of my tent, and saw a half dozen grown men in various stages of undress throwing rocks at the cubs and sow. Something in the back of my brain said, 'This ain't right.' And then it hit me. If they made her mad enough, if someone connected with her baby and made it cry, we'd be done for. I pushed through line with my arms flailing over my head and yelling my lungs out. The sow and cubs stopped what they were doing and looked at me as if to say, "Something wrong with this one!" She took off across the stream... and her cubs rocketed up a tree in camp.



Great.

Mamma Bear stopped on the other side of the stream and turned back toward us. We backed far enough away to make the cubs feel safe enough to come down and scamper across the stream to their mom, and off into the woods they went.

My Dad and I went through the remains of our food, salvaging what we could. I found one intact Ziploc baggie of trail mix, and one destroyed and sloppy with bear spit. I said, "Gee, Dad, too bad you lost your trail mix."

Hunter Personality Test

This is from a 2019 issue of the IWLA on-line magazine. Sometimes these tests are fun and insightful. Click or browse to this link: <https://www.iwla.org/publications/outdoor-america/hunting-personality-quiz>. It will tally your responses and let you know what kind of hunting you might like. Do you like to stalk big game or shoot from a blind? Do you like to tromp through a field looking to flush a pheasant, or sit in the reeds with a duck call? In case you didn't know, this will tell you.

Winchester Aquarium and Pet Center

The fine folk at the Winchester Pet and Aquarium Center are responsible for testing the water sampled from Lake Neff. They provide this service freely, willingly, and cheerfully.



A.P.C.
WINCHESTER

"Your Pet Professionals"

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If you have a pet, or are interested in one, please consider doing your business with them. They give to your Chapter; we should give back at least a little. They are located at 190 Costello Drive, just down from Costco.

Chapter Facebook Page

I know this same message has been in previous newsletters, but it bears repeating. There are two Facebook

pages for your Chapter. The original was set up, but the password for that page has been lost and so that page can no longer be maintained.

A second Facebook page was created recently and can be found [here](#). It is updated regularly and is your best source to know the latest goings-on with your Chapter.



Sometimes the Chapter will be closed or events cancelled due to weather or other reasons. Be sure to check the Facebook page to check for closures or cancellations.

Amazon Smile

This is another nugget worth repeating. Would you like an easy way to give back to your Chapter? By selecting Winchester IWLA as your charitable organization at smile.amazon.com, a portion of eligible purchases will be donated back. You can read more about this program [here](#).

To select your Chapter, follow these simple steps:

1. Go to <https://smile.amazon.com>.
2. Choose "Winchester Izaak Walton" as your charity. It can be found [here](#).
3. Be sure that when you shop you are at smile.amazon.com. Having the 'smile' at the beginning of the URL makes the difference.

