

THE STICKBOW NEWS

TBOF - TRADITIONAL BOWHUNTERS OF FLORIDA - TBOF.org - SUMMER 2016



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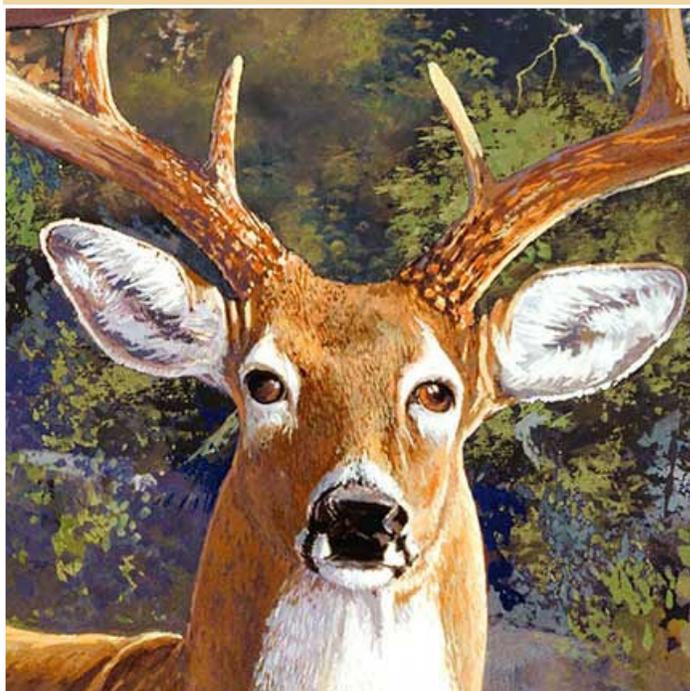
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Traditional Bowhunters of Florida Fall Rendezvous

August 5 - 7, 2016

Ocala Conservation Center
7325 NE 170th Ave, Silver Springs, FL 34488

40 TARGETS
3D Target Competitions

**Longbow, Traditional, Primitive, Bowhunter
Atlatl, Coon Shoot, Iron Man**

Extras
Fun Range, Awards, Raffle, Vendors

**Great Family Fun for all skill levels! Join us and
enjoy the Beautiful Florida Scenery, Friendly Folks
and just a good ol' time. See ya there!**

A/C Cabins and Bunkhouse rental
contact Casey Green caseygreen@embarqmail.com 239-410-6074 for reservations

Free Primitive Camping (first come first served)

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Visit
TBOF.org
for more information

Sorry No Pets or Firearms

PRESIDENT'S COLUMN

Summer 2016

Hello all-

I am happy to report another successful Spring Championship. The weather was unbelievably great, so was shooter turnout with 426 registered. The work party before the shoot was awesome with a lot of volunteers! I would like to thank the forty plus folks that showed up to help. Thanks to these folks for helping before, during and after the shoot; Gary Linn, Wayne Carter, Rik Davis, Ron Waiderlich, Steve Senderovitz, Andrei Zborovski, John Rollen, Don Walker, Michael Besel, George Haseltine, Emmett Pizzoferrato, Tony Romano, Brian Whitman, Bill, Casey, Wyatt and Will Green, Ron Sumner, Brent and Freida Bauer, Brenden Bauer, Kevin Gregorius, Carolyn Bailey, Jodi Finder, Grant Payton, Jeff Hester, Ray Teriela, Ron Miller, Mel Bulger, Billy Gordon, Jessica Covil, Roxy and Nathen Nettles, Cristin Bartlett, Betzaida Gonzalez, Daniel Matias, Rayvon Rodrigues, David and Janine Bielawski, Rob and Amanda Mathews and Bill and Angelia Kuhn. I will go ahead and apologize for the names I misspelled. I likely missed a few as well, sorry for that too. Your help is greatly appreciated. As usual Wayne cooked a low country boil for the workers and vendors on Thursday evening and it was phenomenal....there were absolutely no leftovers!

Everyone appeared to have a great time on the ranges and there were good turn outs for the novelty shoots. I thought it was great that the winner of Men's Traditional was a TBOF member that has been away for eight years! I received a good number of positive comments on range set up as well as the new targets. Please keep the comments coming, good or not, we set the ranges based on shooter feedback.

The Saturday night trade blanket was a lot of fun and like last year Ron Miller and Mel Bulger did an excellent job running the show. I think it is safe to say that trade blanket attendance doubled from last year. Hopefully as word spreads it will continue to grow!

I appreciate all of you that showed up to participate. When I walk the ranges to take photos and shoot the breeze with people it makes me proud that I seized the opportunity to serve a term as president.

Take care and see y'all in August!
Bryan Finder

TBOF LIFE MEMBERS

Chris Brodeur and Family
Tom Brunofsky and Family
Elvy Carter and Family
Dick Giles and Family
Danny Duboise and Family
Sterling Holbrook and Family
Jack Keener Jr. and Family
Dick Knowles and Family
Jim Knowles and Family
Ron Miller and Family
E. Bruce Selman III and Family
Johnny Smith and Family
David Tetzlaff and Family
Cass Vickers and Family
Ronnie and Barbara Weatherman
Mike Wyatt and Family
Wayne Carter
Nick Coullias
Tami Davern



Douglas Durant
Walter Fussell, Jr.
Joe Galloway
Morgan Gilreath
Sharon Gordon
Gary G. Hooper
Van C. Keebler
Charlie Knoll
Christopher Kuhn
Mike Kuhn
Buddy Manley
Barry Merritt
Lonnie Mills
Ronald R. Moye
Frank Scott
Ivor Undertajlo
Bob Walker
Roger Wilbourne



NEWS AND NOTES

By Bryan Finder

More Fences and Sidewalks

Please do not drive over new sidewalks. New construction at the FWC Conservation Center is reducing the size of the primitive and generator camping areas. If there is any confusion on where to make camp please find TBOF president Bryan Finder or Vice President Bill Green and we will handle these issues in real time.

Vegetation Flagging

Have you noticed the flagging of vegetation and seedlings all over the FWC Camp? This is to keep our big feet and ATV's from flattening their plantings to the ground. They are just about everywhere, so it's hard to avoid them, but do your best, especially at night when they are harder to see.

Leave it better than you found it

How we leave things at camp after we have all gone home reflects directly upon us as a group. We should show by our actions what type of people we are and set an example for others to follow. Please pick up around your camp and the event site in general so that casual observers will see that we are different. If you rent a cabin from us and leave it messy you will not be permitted to rent a cabin in the future.....no exceptions!

Ground Fires

If you want a campfire, either use one of the provided fire rings or bring an above the ground fire proof container. Your container should be dumped in one of the fire rings when you leave. If you dump it on the ground, it looks like you had a ground fire. If you need fire wood, there is wood sold at camp on the honor system. It is in the big bin between the registration building and the vendor area.

New Showers and Bathrooms

There have been several new bathroom and shower facilities constructed at the conservation center. These facilities are constructed at the rear of each big bunkhouse and will be accessible by those renting the bunkhouse as well as the general public through a door in the rear. If you are renting one of the bunkhouse style cabins with one of the new bathroom attached, please leave the door leading from the bathroom outside unlocked. Please...please...please help us keep the new and old facilities clean!

UPCOMING EVENT INFORMATION

2016 Fall Rendezvous

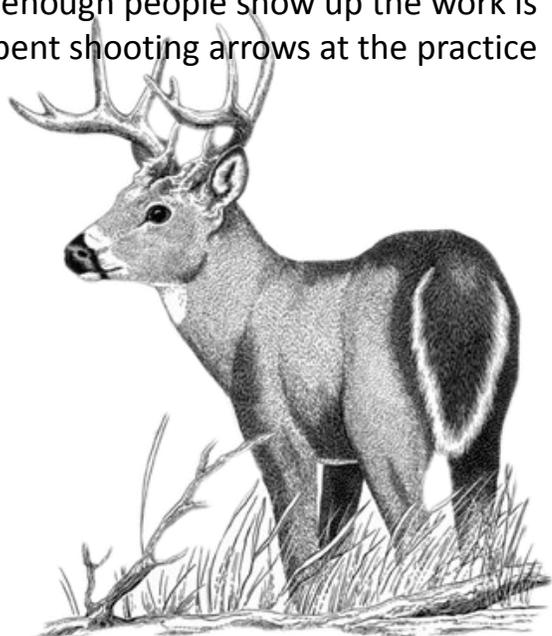
As you all know the 2016 Fall Rendezvous is fast approaching (see flyer for details) and I hope to see you all there. Expect plenty of hot weather and good times.

For those who have never attended the Fall event the format is as follows. Ranges open on Friday. During the competition you shoot a total of 40 targets spread out over two ranges then you turn in your score cards. You have the option of shooting multiple classes, for example you can use the appropriate equipment and shoot in one, two or all of the following classes; Traditional, Longbow or Primitive. If you compete in all three you are entered into the Bowhunter class and are eligible for a separate trophy for that class.

Aside from the normal competition there will be coon shoots (night time competitions) on Friday and Saturday nights, a fun range, iron man and a long distance novelty shoot.

Last but not least there will be a work party at 9:00 AM Thursday August 4th. If you are available, please come to help us get ready, bring machetes, chainsaws or any other tools that could be helpful. I am extremely grateful for the excellent volunteer attendance lately. We will try and do a better job organizing the workforce by having a work party meeting promptly at 9:00. There will be a range official and target setting team assigned to each of the ranges. I believe this will make the set up go smoother and faster allowing the volunteers more time in the afternoon to shoot and have fun! As usual TBOF will provide lunch and your name will be placed in a drawing for a \$50.00 gift card for either Bass Pro or Cabela's. Work parties are generally a lot of fun. When enough people show up the work is finished early in the day and the afternoon can be spent shooting arrows at the practice butts, cooking out, relaxing or whatever!

Thank you,
Bryan Finder
President
TBOF-Traditional Bowhunters of Florida



FOR YOUR HEALTH

14 Natural Antibiotics

Powerful & More Prominent Than Conventional Medicine!

By Geary Andrew

<http://blogs.naturalnews.com/14-natural-antibiotics-powerful-prominent-conventional-medicine/>

We are all living in a planet that's becoming more and more dependent on chemicals. Antibiotics can have bad side effects when they're overused. Due to over-consumption, treating infections with antibiotics today unfortunately, leads to more damage than good, to our immunity and digestive systems.

People of ancient times were not much advanced in science so they used to treat diseases using natural herbs, food and plants.

Manuka Honey

Bees in New Zealand make manuka honey by pollinating the manuka bush. This honey shows stronger antibiotic properties than other types of honey, and may even be effective in treating MRSA. *Domestic honey is also good for wounds since it too has medicinal properties.*

Garlic clove

Garlic is a antibiotic that destroys gram-positive and gram-negative bacteria. Most of the injuries through World War I were cured with garlic. This herbal remedy was obviously a very useful organic remedy to avoid the infections. Diseases such as throat bacterial infection and also minor ear infections were also cured with garlic.

Horseradish

Horseradish is naturally antibacterial and anti-parasitic, and it stimulates your immune system. It has warming properties and acts as an expectorant, so it's a potent herb for your sinuses and lungs. It helps open up your sinus passages and increases circulation there, which is where the common cold and influenza commonly begins.

Coconut Oil

It has naturally anti-fungal and anti-microbial properties and is packed with antioxidants you can't find anywhere else in nature. It boost your immune system, balance thyroid, cholesterol, and blood sugar levels, and even improve brain function. Safe to use internally and externally. *Use it in place of vegetable oil for cooking, or, take a tablespoon a day for health benefits. It's also good to use on irritated skin, human or pet.*

Colloidal silver

Colloidal silver has been known as an effective antibiotic for centuries. Recent research has also stated that colloidal silver can destroy antibiotic resistant microbes like MRSA, the bird flu, and SARS.

Olive Leaf

Olive Leaf has an amazing property unparalleled by modern medicine, it can inhibit or destroy a wide range of harmful bacteria, fungi and yeasts while allowing beneficial bacteria to multiply. This natural extract can be taken to help fight all types of infection.

Echinacea

You may not be familiar with this ingredient, but it is safe and common. Its consumption showed not only reduction in the number of colds that a person suffers from throughout their life, but also reduction of the cold length. It is a great option for taking precaution against viral infections.

Oregano Oil

Oregano has antiseptic qualities as well. For centuries, people used Oregano to treat stomach and respiratory ailments and provide pain relief for sore throats. Oregano also has antioxidant and antimicrobial properties, because of its high content of phenolic acids and flavonoids.

Apple-Cider Vinegar

Apple cider vinegar contains malic acid, known to possess anti-biotic properties. It can assist greatly in preventing and relieving a sore throat helping to kill the germs that cause the condition. *Put 1 tsp of apple cider vinegar (organic preferred such as Braggs) in 8oz. Of water and enjoy the natural health benefits and anti-inflammatory benefits.*

Grapefruit Seed Extract

Some nutritionists claim that, it has antimicrobial, antiviral and antifungal properties and is therefore effective in treating ailments such as candidiasis, earache, sore throats, gastric ulcers and diarrhea. It has also been used to treat dental problems such as gingivitis.

Cinnamon

Cinnamon can help lower blood sugar in folks dealing with adult onset diabetes tendencies. It also contains antibiotic properties and can help treat yeast infections. *Mix cinnamon with a tablespoon of honey for a natural cure.*

Turmeric

It is known as one of the best herbal antibiotics you can find. Turmeric is an excellent choice for destroying bacteria. For optimal results, combine two antibacterial ingredients, turmeric and honey, and apply the mixture to the infected spots on your skin. The higher the curcumin, the better.

Eucalyptus

It is used as a powerful decongestant, has a very crisp, easy-to-recognize odor. Eucalyptus is a natural antiseptic which kills certain funguses, bacteria and viruses. Can be steeped and made into an herbal tea.

Onions

A relative of garlic, onion has similar medicinal properties, and can be eaten to help reduce pain, inflammation, and increase circulation. Onions have also been shown to be beneficial as an herbal analgesia and anti-inflammatory substance, that increases circulation, alleviates angina, and is used in the treatment of the common cold and flu, and for a persistent cough.

Disclaimer, These are alternative methods using natural substances and TBOF is not endorsing the use of these methods as a replacement for modern medicine or medications prescribed or recommended by your physician. Please do research yourself. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or mitigate any disease.



Here's a camping tip:

Use an empty medicine bottle to make a small first aid kit to keep in your pocket or backpack.

THE CABBAGE PALM CHRONICLES

A Good Death

Don Davis

One of my favorite movie lines comes from the film "Legends of the Fall," based on the novella by Jim Harrison. At the end of the film, an elderly Tristan fights to the death with a large grizzly, presumably the one in spirit he fought with as a youth. One Stab, Tristan's Indian mentor proclaimed "it was a good death."

I often think about such things as I sit alone in a stand bow in hand, waiting for the opportunity to kill the game I pursue. While it does not define bowhunting success, killing is what we are trying to do. We must acknowledge that, but we need not apologize, except maybe to the animal as we give thanks.

My predominant game of choice is the whitetail deer. It is no secret to the two people who might read this, that they are beautiful and magnificent creatures, captivating to hunter and non hunter alike.

Non hunters often think that hunters inflict a cruel death upon the animals we kill. It is suggested that the game be allowed to die a peaceful, natural death. A nice thought but hardly accurate.

Deer who have survived hunting seasons to arrive at an old age do not have a peaceful death to look forward to. As they succumb to the effects of aging, mother nature ensures they become food for predators, who do not wait for death to find the deer before they start their consumption of the body. A natural death for a deer is harsh.

This past season, I was fortunate enough to see a great many deer within bow range, nearly every hunt in fact. However, for a variety of reasons, shots were tough to come by. Often there were simply too many eyes on me to draw. We will not mention the two misses..

One evening, late in the season, I had an old doe come in. She was obviously blind in one eye, old, with hip bone beginning to show. She was cautious, so much so, that I suspect the eye injury made her that way, that and perhaps the wisdom of old age. Eventually, she made her way behind me and to my left, her blind side, and I was able to shoot her at a scant 5 yards.

I approached her body with a mix of happiness and sadness. Happy that my family will enjoy the meat she will provide. Sad that I have taken her life. But I reminded myself that her end was fast approaching and it was certain to be much harsher than the ending provided by my arrow. She lived a long free life in the woods, eventually giving it to me as sustenance for my family.

In the end, it was a good death.

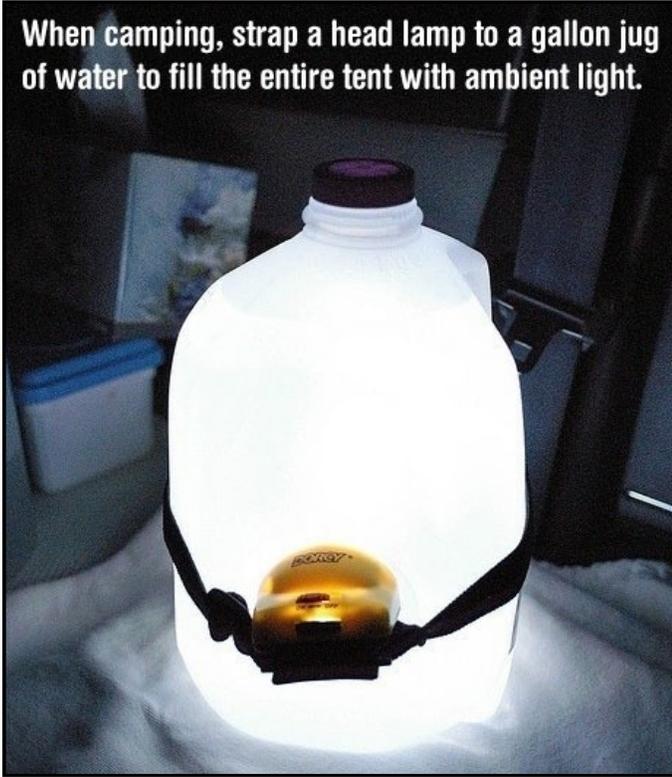
DonD



Don Davis

CAMPING TIPS AND TRICKS

When camping, strap a head lamp to a gallon jug of water to fill the entire tent with ambient light.



Night light

Strap a head lamp to a gallon jug of water to fill the entire tent with ambient light.



DIY Wash station

Use a rinsed out detergent bottle that has a dispenser or get a 2-1/2 gal. water container, strap paper towels to the top and a bucket to catch the runoff

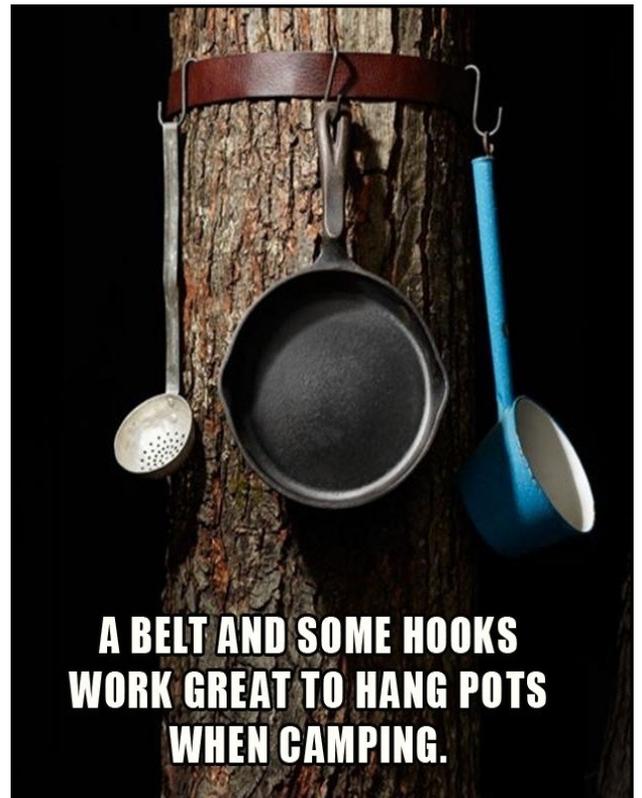


DIY Washing "machine" using a 5 gallon bucket and plunger

CAMPING TIPS AND TRICKS



All the “comforts” of home with these tips & tricks



**A BELT AND SOME HOOKS
WORK GREAT TO HANG POTS
WHEN CAMPING.**

NON-VENOMOUS SNAKES



Garter Snake



Yellow Rat Snake



Black Racer

VENOMOUS SNAKES



Cottonmouth



Coral Snake

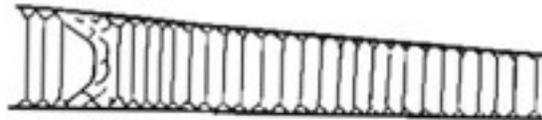


Diamondback

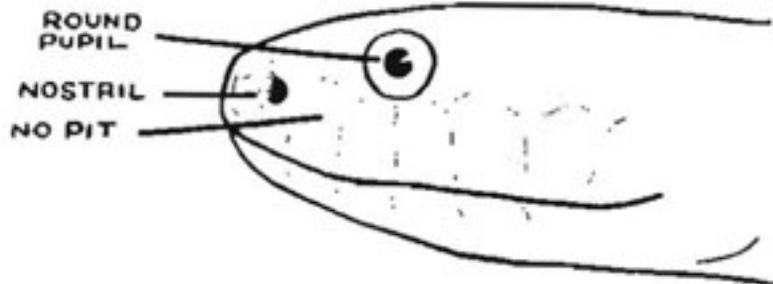
POISONOUS



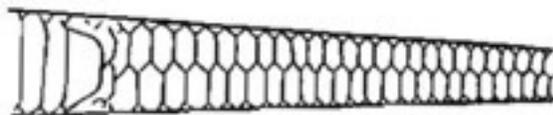
SCALES ON
UNDERSIDE
OF TAIL
IN SINGLE
ROW



NON - POISONOUS

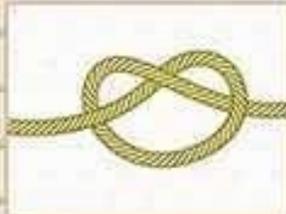


SCALES ON
UNDERSIDE
OF TAIL
IN DOUBLE
ROW

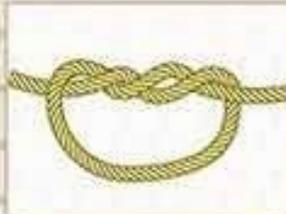


Essential Knots

FOR THE OUTDOORS



OVERHAND KNOT



DOUBLE OVERHAND

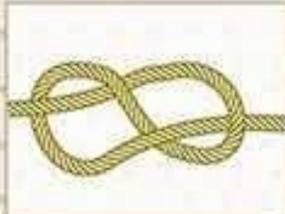
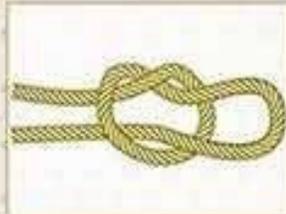
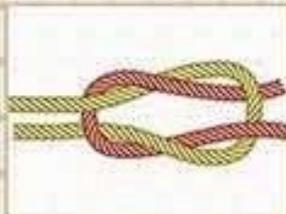


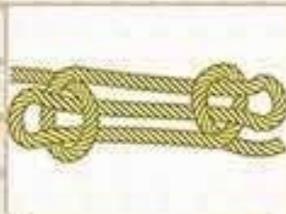
FIGURE EIGHT KNOT



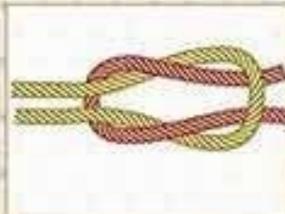
RUNNING KNOT



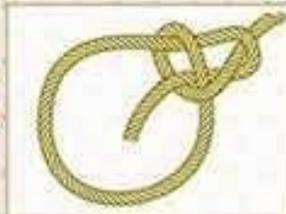
GRANNY KNOT



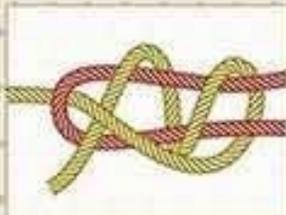
SHEEPSHANK



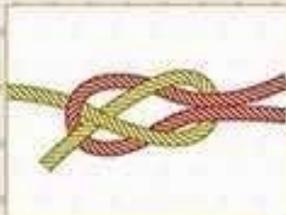
SQUARE KNOT



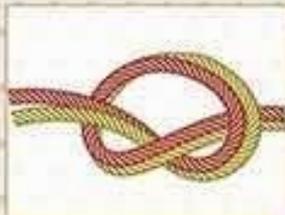
BOWLINE



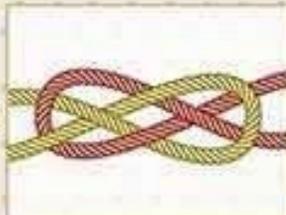
SHEET BEND DOUBLE



SHEET BEND



OVERHAND BOW



DOUBLE CARRICK BEND



BOW KNOT

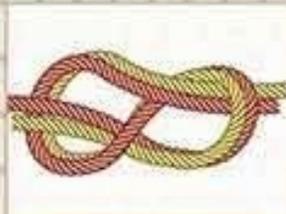


FIGURE EIGHT DOUBLE



CLOVE HITCH



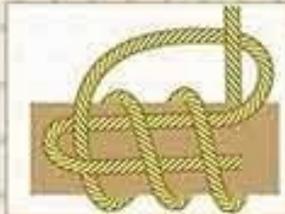
HALF HITCH



TIMBER HITCH



KILICK HITCH



HALYARD BEND



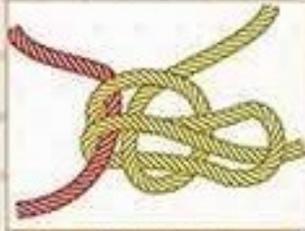
ROLLING HITCH



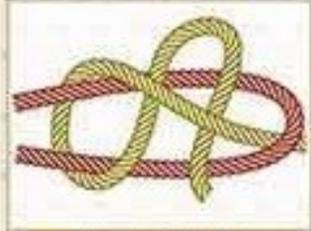
FISHERMAN'S BEND



TWO HALF HITCHES



HITCHING TIE



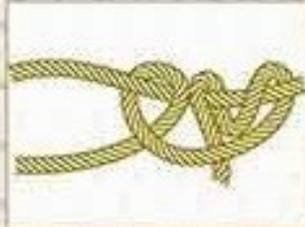
TILLER'S HITCH



CAT'S PAW



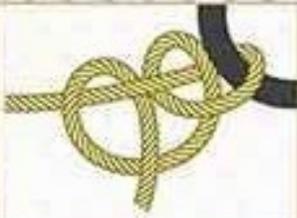
BLACKWALL HITCH



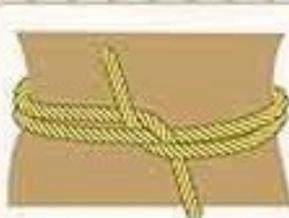
MIDSHIPMAN'S HITCH



LARK'S HEAD



SAILOR'S KNOT



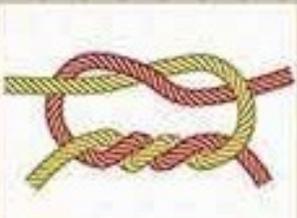
MILLER'S KNOT



MARLINSPIKE HITCH



FISHERMAN'S KNOT



SURGEON'S KNOT



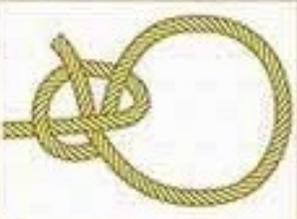
FISHERMAN'S EYE



SLIPPERY HITCH



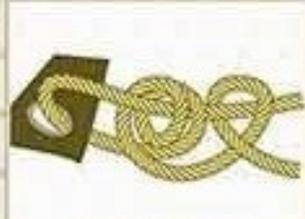
STEVEDORE'S KNOT



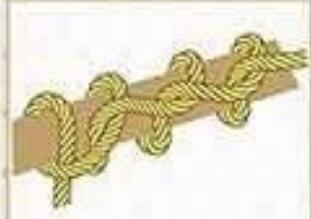
LARIAT LOOP



BOWLINE ON BIGHT



TAUT-LINE HITCH



CHAIN HITCH



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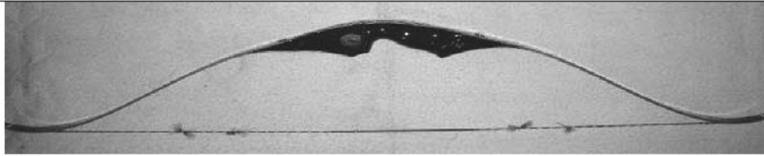
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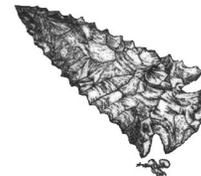


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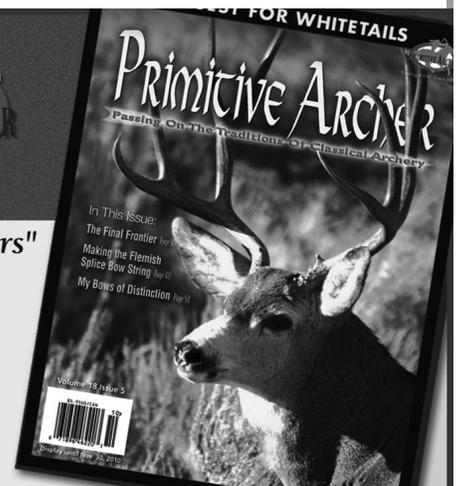
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RECIPES

Camping Mac N' Cheese

Yield: 4 servings

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

INGREDIENTS:

1 1/2 cups elbow macaroni

8 oz prepared Alfredo sauce

1/2 cup grated sharp cheddar cheese

1/2 cup grated Parmesan cheese

1/4 cup mozzarella cheese

1/4-1/2 cup half and half or whole milk

Salt and pepper, to taste



DIRECTIONS:

- Cook pasta according to package directions. Drain and rinse with cold water.
- Stir alfredo sauce into the cooked pasta with the three cheeses and enough milk to keep things very loose. (This is so your mac and cheese doesn't dry out as it cools.)
- Stir in salt and pepper to taste. Divide between four mini aluminum pie tins (or one large one), sprayed with nonstick cooking spray. Spray one side of aluminum foil with more nonstick cooking spray and cover each individual mac and cheese portion, sprayed side down, facing the food. Seal well. Store in a large plastic food storage bag in a cooler until ready to cook.
- Prepare a fire and let it burn down to the coals. Place a cooking rack over top that would be 2-3 inches above. Place each pie tin over the hot coals and cook 8-10 minutes or until hot. Remove from fire and serve immediately.

*You can also just bake these at home in a glass baking dish at 350 degree oven for 20 minutes



RECIPES

Hobo Meatloaf

Ingredients:

- 1 lb lean ground beef {defrosted}
- 1/4 onion, diced
- 1/4 cup croutons, crushed
- 1 cup tomato pasta sauce
- 1 egg

Directions

- Add all of the ingredients to a large Ziploc freezer bag and mix thoroughly.
- Shape into a loaf and place onto a large piece of tinfoil. Wrap into a package and (depending on the thickness of the tinfoil) re-wrap in more tinfoil to create a sturdy packet.
- Place into the fire (or on the grill) near to but not directly on the flames.
- Cook next to coals for 40 – 60 minutes.



Loaded Campfire Potatoes

Ingredients

- 6 white potatoes sliced 1/4" thick
- 1/2 cup shredded cheddar cheese
- 2 Tbsp bacon bits
- 2 Tbsp diced green onion
- 2 tsp butter
- salt
- sour cream (optional)



Instructions

- Place all ingredients onto a large piece of tinfoil.
- Wrap securely with foil and place onto the cooking surface.
- Cook for 45 minutes on medium heat.
- Top with salt and sour cream as desired.

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