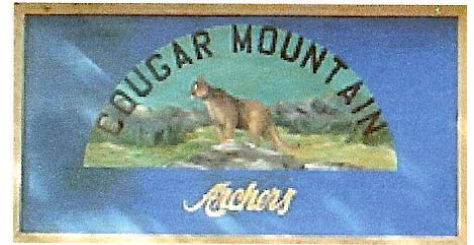


# COUGAR MOUNTAIN

## News Briefs



A Monthly Publication of Cougar Mountain Archers, Inc.

January, 2005

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#### Vice President

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#### Secretary/Treasurer

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Larry Angel

##### Animal Round

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Tracy Albro

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### PRESIDENT'S MESSAGE

We have begun a New Year that I hope will find all of you doing well and eager to attend shoots. Some of you know about the benefits of belonging to NFAA, CBH/SAA, Nor-Cal and the Club. However there are those that may not and this is mainly for them. In order that we as an Archery group or individuals may continue to enjoy our sport there must be an organization that governs the rules and regulations that keep our shoots on an even keel. By belonging to the above mentioned organizations you have a voice in what those rules and regulations are.

The different shooting styles and equipment styles make for a very confusing sport at times. The regulations set forth by NFAA keep the competition on an equal basis, therefore making it much more enjoyable to compete.

By belonging to NFAA and CBH you will develop a handicap which places you in a class where you shoot against others of your style and ability.

Rather than try to explain everything

here I would invite you to ask myself or others in the club who already belong and are aware of all the benefits to be gained by joining the organizations from the Local club up to the National organization.

Well enough rambling from me, just remember we are all in this together and as a group we can keep our sport alive and well.

### SHOOT EM STRAIGHT

Darryl

### CLUB CALENDAR

#### February

01 Meeting

Blueberry Twist

7 pm

13 Club Shoot

#### Reminder:

Club dues are delinquent by February 1. If you have not yet paid for 2005 please fill out the form and **bring it with your dues payment to the February meeting** or mail it to the PO box in Brownsville, early enough that it reaches Ellen before February 28.

## JIM PERRY'S BUFFALO



Taken at Two-Hearts Ranch in South Dakota, November 2004  
480 pounds dressed  
Submitted by Marilyn Perry

### WISHING YOU A SPEEDY RECOVERY

*Ralph,  
Hope you are feeling better soon and gaining  
strength with every passing day.  
And hope it isn't very long at all till the best of  
health returns to you to stay.*

Ralph Thompson is scheduled for surgery on  
January 28.

### JANUARY POTLUCK

#### GREAT TURNOUT!

Some people have a special gift for making sure that everyone feels at home and Paul and Lavonne Harder are those people. Thank you for opening your home to the club for our annual potluck.

This is more than a thank-you, it is a little way of encouraging you to maybe do it again sometime, your hospitality is wonderful.

**CBH CALENDAR OF EVENTS, 2005 — NORTH**

**FEBRUARY**

<b>12</b>	IBEP Instructor Training Update for Bowhunter Education Instructors		
<b>19</b>	Yuba-Sutter Bowhunters Unmarked Money & Night Shoot	Spenceville	530-673-9683
<b>20</b>	Yuba-Sutter Bowhunters 3-D — 42 target	Spenceville	530-673-9683
<b>27</b>	El Dorado Hills North American Animal 28—3D—3 arrow	El Dorado Hills	

**MARCH**

<b>6</b>	NCFAA Regional Indoor Championships — Northwoods Bowmen	Marin	707-795-3955
<b>13</b>	Straight Arrow Bowhunters Cabin Fever/Spring warm-up 3-D	Redding	530-247-0710
<b>20</b>	Yolo Bowmen Oasis shoot	Davis	

**SHOULD YOU LEAVE YOUR KEYS IN YOUR CAR**

This only applies to cars that can be unlocked by that remote button on your key ring. Should you lock your keys in the car, and the spare keys are home, here is the answer to your problem! If someone has access to the spare remote at your home, call them on your cell phone (or borrow one from someone if the cell phone is locked in the car too)! Hold your (or anyone's) cell phone about a foot from your car door and have the other person at your home press the unlock button, holding it near the phone. Your car will unlock. It really works, and saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the trunk, or have the "horn" signal go off, or whatever)!

**IS IT A STROKE?**

Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- \*Ask the individual to smile.
- \*Ask him or her to raise both arms.
- \*Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of

non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

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**HAPPY VALENTINE'S DAY**

