

The ATLATL

"Too long have I hunted mammoth alone!"

Rich McWhorter

Volume 16, Number 4

The Newsletter of the World Atlatl Association, Inc
Margie Takoch, Editor
710 Fernwood Rd, Wintersville, OH 43953 USA
Email theatlatl@1st.net

October 2003

Philippine Atlatl Contest

By Mamerto Tindongan

The first Philippine atlatl contest was held on the grounds of the Ifugao State College of Agriculture and Forestry (ISCAF) campus in Bahawit, Lagawe, Ifugao on August 8 and 9, 2003. It was a successful event as more than 100 people from six Ifugao towns (Lagawe, Hingyon, Banaue, Hungduan, Mayoyao, and Kiangan), one town (Diffun) of Quirino and one city (Baguio city) participated in the atlatl throwing contest. Nearly 50 people competed in the local contest and 23 competed in the International Standard Accuracy Contest (ISAC). In the local competition, 3 darts cast at 5, 10, 15, 20, and 25 meters for a perfect score of 150 points, following the Ohio Atlatl Association accuracy Contest. The standard distances of 15 and 20 meters, with one dart cast five times from each distance for a perfect score of 100 points, is followed in the ISAC. This very primitive hunting tool thrilled everyone who competed. The Ifugaos have proven themselves to be natural hunters and spear throwers as two of the 23 ISAC competitors made it to the masters level of the Ohio Atlatl Association Scores ranking by scoring above 70 points in the adult men's division. Five of the 23 ISAC competitors were women, including Joannah Tindongan from Ohio who is 12 years old. Eugene Tindongan from Banaue scored 81x points (x - bullseye). Jezzer Cayong from Hungduan, a 4th year high school student,

despite one foul which would have been 7 points more, scored 72 points. Tindongan has proven to be the better thrower as he also obtained the highest score in the local competition with a score of 124 points. Tindongan went on to win the Philippine championship award by winning over the other two highest scorers in the local competition in a throw from 15 and 20 meters. The second highest scorer with 105 points was obtained by Joel Nagangi from Hingyon, while the third and fourth were garnered by Manuel Paliha and Daniel Dinamling, both from



Lagawe, with 102 and 101 points each, respectively. The World Atlatl Association (WAA) grand championship award is yet to be determined because the winners of the women's and youth divisions went home early. Marlou Anudon, another 4th year high

school student from Hungduan, was the highest scorer in the adult women division with a score of 67x points. The leader in the youth division was Lemuel Guazon, the lone representative of Hingyon National High School, with a score of 87 points. Allan Tindongan, from Hungduan National High School, was only one point behind Guazon. The officers of the Ifugao Tukab and Atlatl Association (ITAA), co-sponsor of the competition, did not decide yet when and where to hold the throw for the WAA grand championship award. It shall be announced as soon as it is decided.

The five Hungduan National High School team members sacrificed to stay in Lagawe overnight in order to compete on the second day. Their extra effort paid off because one qualified in the ISAC master level, another one led the adult women's division, while one was second place in the youth division. The two representatives of the Immaculate Conception High School (ICS) in Banaue, Arnold and Ambrocio Dulnuan, Jr., were disappointed because their younger brother, Arky - a 5th grader, beat them both in the local competition.

Unfortunately, there were no student participants from Gohang National High School, where we had our first atlatl throw demonstration. It was just after that super typhoon so it was still raining and class was suspended. There were only five students present. Don't worry Mr. Nawew (school principal), by all means the next competition will be held in your beautiful school ground.

Due to time constraint, the Tukab (bamboo spear) throw competition, which was originally planned to be included in the atlatl throw contest, was not introduced. Cynthia W. Tindongan and John Klock, former U.S. Peace-Corps Volunteers assigned in Ifugao in the early 1980s, awarded the first and 2nd highest student atlatl throwers with 5,000 and 2,500 pesos each, respectively.

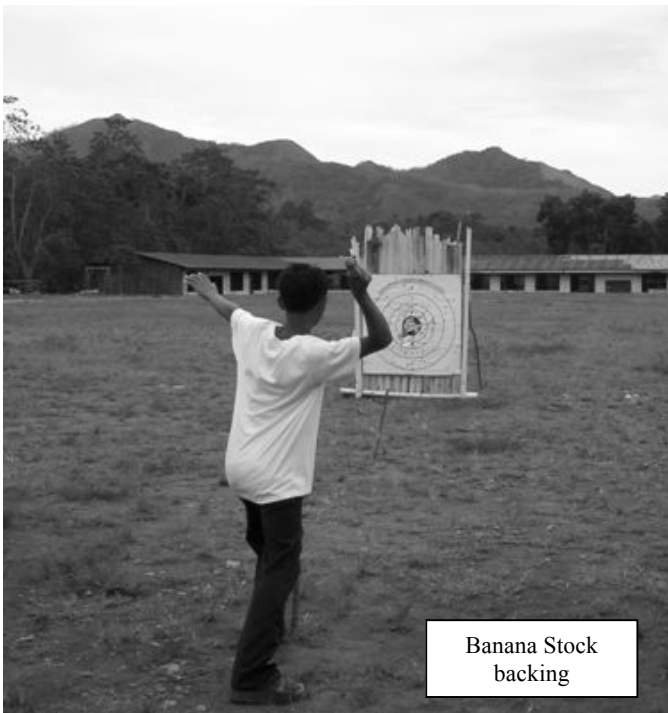
Congratulations to Joel Nagangi and Manuel Paliha from ISCAF, Lagawe for earning your tuition money by enjoying this game. John Klock, who is an associate botany professor at Maryland University in Japan, intends to find a Japanese friend so they could introduce this sport in Japan. He hopes to increase his 32 points ISAC score. Good luck John! And don't forget to get in touch with the WAA.

As an atlatlist since 2001 and a full blooded Ifugao who is now residing in Albany, Ohio, U.S.A., Mamerto Tindongan co-sponsored the atlatl competition in Ifugao. Through the help of Ramon Dacawi, an Ifugao news reporter and Baguio city's information officer, the atlatl competition was published in two national newspapers (Manila Times and Philippine Star) and one regional newspaper (Midland Courier) prior to the competition. Also before the contest, some officers of ITAA and Mamerto demonstrated in four national high schools (Gohang, Hungduan, Hingyon, and ISCAF) and one private school (ICS-Banaue) of Ifugao. Except for Mamerto's alma mater - ICS, all classes were suspended for at least an hour for the atlatl throw demonstration. The principals and school teachers were very receptive and grateful for the introduction of this sport. Agustin Gumuwang, Cordillera Administrative Region's sport supervisor, even wants to introduce this sport as a Physical Education (PE) activity in the elementary and secondary school levels.

As an introducer to this sport in the Philippines, Mamerto was fascinated by how fast the participants grasped the technique of casting the darts. The sour thing, however, was that he was out-pointed by his supposed student by an X (bullseye) in the ISAC. Therefore, he says he did not participate in the local competition because he might just have been humbled further.

The weather in Lagawe during the competition was a typical August weather with some sunshine and rain. Most of the time though was cloudy, which is good because of the high humidity. But the weather was not the problem. The problem was lack of time to prepare target backings and darts. The ideal target backings are rigid foam and hay bales. However, the ITAA is trying to promote resource conservation and the use of local resources, therefore foam is discounted and hay is not available. It was decided then to use either rice straw or banana stocks as target backings. Because of time limit, banana stocks were used due to their availability. The stock-layers were separated, lined alternately, and tied to a horizontal wooden support which were then supported by two vertical and two

diagonal wooden braces. A thick card board was then put behind to act as additional dart stopper. This technique works but the banana stocks can not hold long before they are frayed. Six WAA official targets were used during the two-day event. The organizers plan to use either rice straw or cogon grass next time as target backings.



Many thanks to the officers and members of ITAA for their help in organizing this event. Jimmy Lingayo provided a ride for our first demo. Ambrocio Dulnuan, Sr. provided all of the wooden stakes and braces. The coaching experience of Ferdinan Daguio was useful during the competition. Samson Cabbigat prepared all of the score sheets. And Allan Tindongan's tricycle was very handy. Special thanks is given to Aris Dipia-o, a student volunteer from ISCAF who cut some banana stocks during our hectic first day of setting targets. Special thanks is also due to Joannah Tindongan, an atlatlist since 2001 and WAA member, for officiating one of the ISAC games while all other WAA members were busy.

Thank you Daniel Changpah for making the atlatls and darts that were used in the competition. Due to over-practice, however, Daniel was not able to compete because of an aching shoulder. We would not have survive the heat and pressure of the game without Estela Dulnuan's effort in preparing us food. Agnes Pahigon, who just arrived from Taiwan, and Lani Licayayo helped Estela.

Of course, a million thanks to Leni Clubb (WAA secretary/treasurer), Margie Takoch, Steve Barnett, and Ray Strischek (Ohio Atlatl Association officers) for their advice and moral support. The Ohio Atlatl Association donated five WAA official targets in addition to four targets purchased by me. There are three unused ones that are waiting for the 2nd Philippine atlatl contest tentatively scheduled in November this year. Everybody is invited, so watch for an announcement!

For more information about the contest please contact Ambrocio Dulnuan, Sr. in Iloque, Banaue, Ifugao - tel. 09203493250 or Mamerto at Mamerto Tindongan, 42711 Gibson Road, Albany, OH 45710, tel. 740-698-2622, interwoven@frognet.net



NEW ISAC WORLD RECORDS IN BOTH MEN AND WOMEN DIVISIONS

By Lloyd Pine

Gary Fogelman set a new world record of 98 in the men's division surpassing the previous record of 97XX held by Terry Keefer. Gary was world champion of the men's division in 1998. In August Melissa Dildine threw a new world record score of 87X to surpass her own world record score of 86X thrown in April at Marshall, Michigan.

There were a lot of lead changes in the men's division. On August 1 Scott Van Arsdale replaced Terry Keefer's 93XXX with a 95. About two weeks later at Albany, Ohio, Mike Glenn replaced Scott as the leader with a 95X. This did not last long as on August 24 at Letchworth, New York Mike Waters threw a 95XX and Gary Fogelman threw the new world record score of 98. The remaining contestants are listed in the order that they stand based on the new tie breaking system.

Melissa Dildine remains the leader of the women's division with her score of 86X. Sherry Bracken is still in second place with a new personal best score of 84X closely followed by Margie Takoch and Lori Majorsky both with 78X. Margie is in fourth place based on throwing more nines than Lori, who is in fifth place.

Charlie Bracken still leads the youth division with his score of 91 thrown earlier this year at the Old Stone Fort contest. Mason Miller has moved into second place with a score of 82 replacing Nick Mertz who still holds third place. The big contest at Mas d'Azil the week end of August 12 produced high scores by Julien Lourde and Renaud and Arthur Sauvion to fill out the next three places. Teddy Eyster threw a new personal best for tenth place. The skill level of all these young throwers is really remarkable and would have been considered almost impossible a few years ago. Harold Eyster and Levi Miller are both nine. Marshall Timm is ten and Devon Johns is eleven. Mason Miller, Teddy Eyster, and Elliot Timm are all twelve years old.

International Standard Accuracy Contest (ISAC) Standings

SCORE	Men	Home	Date	Contest	Equip ment
98	Gary Fogelman	PA	24-Aug	Letchworth, NY	P
95 XX	Mike Waters	NY	24-Aug	Letchworth, NY	O
95 X	Mike Glenn	OH	15-Aug	Albany, OH	P
95	Scott Van Arsdale	NY	1-Aug	Hancock, NY	O
93 XXX	Terry Keefer	PA	6-Jun	Flint Ridge, OH	P
93 XX	Richard Lyons	IN	20-Jun	Clarksville, IN	P
93 XX	Mark Bracken	GA	14-Jun	Leavenworth, IN	P
91 X	Douglas Bassett	NY	19-Apr	Waverly, NY	O
91 X	Dennis Lantz	PA	11-Jul	Ft. Loudon, PA	O
91 X	Cyrille Huc	France	14-Jul	Mas d'Azil, France	P
91 X	Ray Strischek	OH	23-Aug	Letchworth, NY	P
91	Ray Madden	MO	26-May	Marshall, MI	O
91	Israel Yahemdi	France	9-Aug	Mas d'Azil, France	P
91	Ron Mertz	MO	18-Jul	Havre, MT	O

WOMEN

87 X	Melissa Dildine		PA	23-Aug	Letchworth, NY	P
84 X	Sherry Bracken		GA	31-Aug	Flint Ridge, OH	P
82 X	Jo Anne Fogelman		PA	21-Jun	Bald Eagle, PA	P
78 X	Margie Takoch		OH	26-Jul	Saegerstown, PA	O
78 X	Lori Majorsky		PA	10-Aug	Sherman, PA	O
78	Sharon Keefer		PA	6-Jun	Flint Ridge, OH	P
77	Toni Roberts		OH	31-Aug	Flint Ridge, OH	O
75 X	Karen Finnemore		NY	8-Jun	Waverly, NY	O
69	Juliette Renouf		France	8-Jun	Tautavel, France	P
66	Sylvie DeGuillaume		France	19-Jan	Les Angles, France	P
66	Anita Lukes		IN	21-Jun	Clarksville, IN	O

YOUTH

AGE

91	Charlie Bracken	15	GA	3-May	Manchester, TN	O
82	Mason Miller	12	PA	24-Aug	Letchworth, NY	P
81	Nick Mertz	14	MO	29-Mar	Valley of Fire, NV	O
78	Julien Lourde	14	France	10-Aug	Mas d'Azil, France	P
77	Renaud Sauvion	14	France	9-Aug	Mas d'Azil, France	P
77	Arthur Sauvion	15	France	9-Aug	Mas d'Azil, France	P
76	Teddy Eyster	12	MI	7-Aug	Bois Blanc, MI	P
74	Levi Miller	9	PA	24-Aug	Letchworth, NY	P
73	Elliot Timm	12	NY	8-Jun	Waverly, NY	P
72	Harold Eyster	9	MI	7-Sep	Chelsea, MI	P
67 X	Marshall Timm	10	NY	8-Jun	Waverly, NY	P
61	Tesha Keefer	15	PA	25-May	Marshall, MI	P
53	Yoann Commenge	15	France	10-Aug	Mas d'Azil, France	P
50	Devon Johns	11	PA	31-Aug	Flint Ridge, OH	O

Did You Know???

By Leni Clubb

Did you know that Jean M. Auel, Author of the Earth's Children® series, including THE CLAN OF THE CAVE BEAR, THE VALLEY OF HORSES, THE PLAINS OF PASSAGE, and THE SHELTERS OF STONE, is a long time member of the World Atlatl Association?

I met Jean M. Auel (pronounced 'owl') at a Society of American Archaeology (SAA) Conference in Las Vegas, Nevada, in 1990. (I was there, not only to attend the meeting, but to also to go later that weekend to the Valley of Fire State Park, Overton, Nevada to talk to the Director about holding an Atlatl contest there someday. WAA had been invited to come and discuss what it would take to hold such a competition. Next year, we will hold the 13th Annual Atlatl Contest at Valley of Fire State Park, so I guess our first discussion and subsequent 1991 contest was a success.)

I was introduced to Mrs. Auel due to my intense, all consuming interest in spear throwers, which appear in her books. Of course, we talked mostly about atlatls and I "just happened to have" a WAA brochure which I gave to her after our chat. To my delight, later I

received her application and check and she and her husband Ray, who live in Oregon, have been faithful members ever since.

Mrs. Auel has her characters making and learning to throw with the spear thrower (Atlatl) and dart in such a way that you know she has had plenty of experience making them herself. In order to be as authentic as possible, she enrolled in primitive skills classes and learned how to do all the things that her pre-historic characters do, before trying to write about them. In THE MAMMOTH HUNTERS, she has depicted the heroine organizing a spear-throwing contest with poles topped by wolf tails as a starting point. So, at an Atlatl contest at Twin Lakes, Colorado, at 10,000 feet, we had our contest from a starting point of 8-foot bamboo poles adorned with fox tails donated by a taxidermist. It was great fun pretending that we were primitive hunters in that beautiful pine and aspen forest setting.



We are proud, Jean M. Auel, to have you and your husband as members of The World Atlatl Association.

.....

Earth's Children® series

For anyone who has lived on another literary planet for the past 22 years: Jean M. Auel's the Earth's Children® series, including THE CLAN OF THE CAVE BEAR, THE VALLEY OF HORSES, THE PLAINS OF PASSAGE, and THE SHELTERS OF STONE is a story about a girl/woman named Ayla, who is the Cro-Magnon child orphaned by an earthquake some 25,000 to 30,000 years ago and then adopted by a band of Neanderthals in The Clan of the Cave Bear (1980). She is eventually banished to a living death by a jealous leader and leaves behind a child of mixed blood. The teenager then learns to survive on her own – tames horses, a large wolf, and an even larger cave lion – and saves the handsome Jondalar from sure death in The Valley of Horses (1982). Finally, in The Mammoth Hunters (1985) and The Plains of Passage (1990), the lovers and their animals take on an arduous year-long journey back to Jondalar's people and a place where the pregnant Ayla can, one hopes, raise a family among her own kind. In the Shelter of Stones, Ayla and Jondalar are in the caves areas of modern day France.....you must read the book to learn more!

There is literally and figuratively a world full of people just waiting for this couple to get on with their lives. The series has sold an astounding 34 million copies worldwide over the years. The story of Ayla and Jondalar has been translated into 28 languages, and every book has been a number one best seller here at home as well as in a number of other countries.

.....

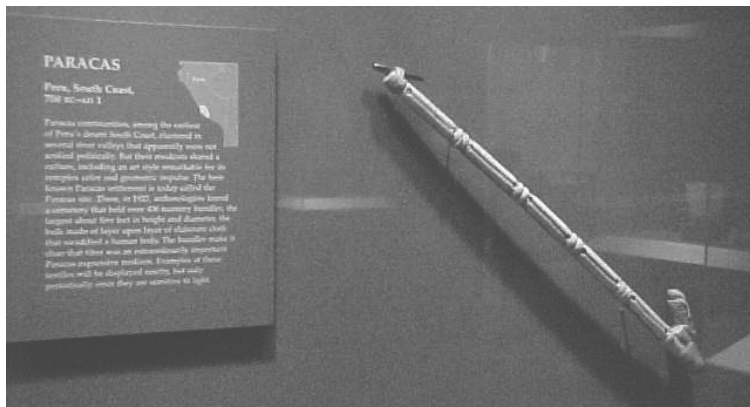
Cave-bear remains such as this skull occur at many European sites, often in Neanderthal caves. A cave-bear bone



from one such cave in Croatia yielded a nuclear DNA sequence, raising hopes we may one day sequence Neanderthal nuclear DNA.

(Courtesy of Vojtech Turek, Palaeontological

Department <<http://www.nm.cz/pm/pal.htm>>, National Museum, Prague, Czech Republic. Skull is from the Palaeontological Collection of the National Museum.)



Atlatl From Peru

By Steve Barnett

Here's some pics from Annie and my trip to the Cleveland Museum of Art, Cleveland, Ohio, this summer.

Also, this is what was written on it:

Spear Thrower, 200 BC –AD 200

South Coast, Peru,

Late Paracas or early Nasca Style

Bone, Hematite,

Cotton Thread, Sinew

The Norweb

Collection 1940.507



Spear throwers improve a spear's range and thrust. The spear was placed against the stone pivot and hurled using the thumb rest, carved as a

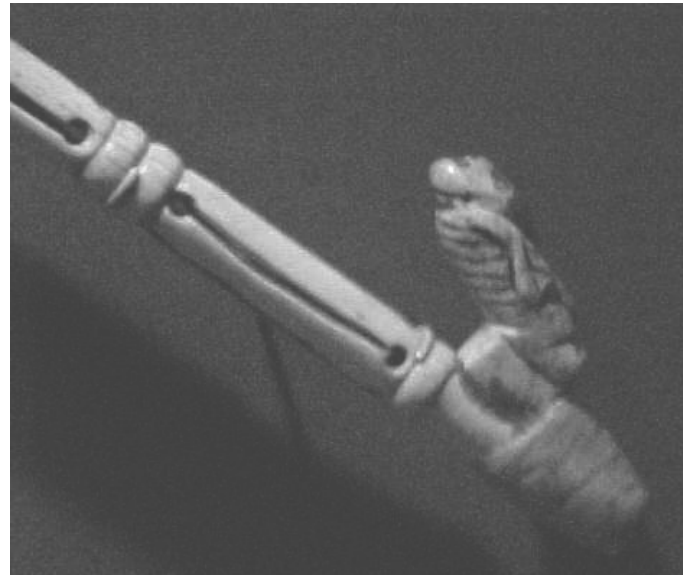
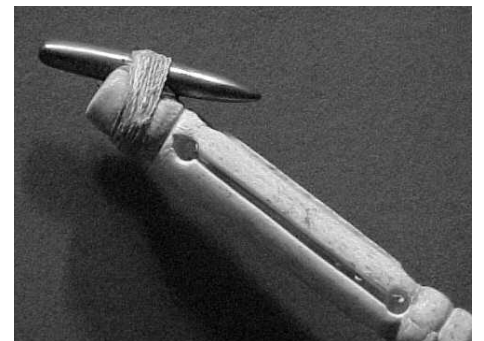


figure with a skeletal chest, back-bent head, and a severed human head at its rear.

This figure, frequent in art, is not well understood, but its appearance here suggests a connection to death. The shaft's carving makes clear use of the bone's marrow cavity.



.....

Education is learning what you didn't even know you didn't know.

Daniel Boorstin



SUN MOUNTAIN GATHERING

World Atlatl Association Comes To The Sun Mountain Gathering in Santa Fe, New Mexico

Imagine facing nearly 2000 people eager to know more about the atlatl and the Southwest's ancient history. Well, that is just what six WAA members and a handful of new volunteers did at the second annual Sun Mountain Gathering, hosted by the Museum of Indian Arts & Culture in Santa Fe, New Mexico, on July 12 and 13, 2003. The Gathering celebrates over 12,000 years of human life in the Southwest with ancient craft demonstrations, Indian games, archaeology talks and exhibits, Native arts and crafts, and Indian music and dancing.

The WAA drew the attention of the local community through a series of "Do You Atlatl?" advertisements on public radio and articles that highlighted the WAA in the Albuquerque and Santa Fe newspapers. In the weeks ahead of the event, the Boy Scouts built an atlatl range and large sunshade that was a big help.

On Friday, Arizona WAA members Bob and Carol Sizemore, Emilio, Al, Sherman arrived to set up the ISAC and field range. More members came to help during the event.

The WAA invited everyone to join the fun. Members demonstrated the atlatl and instructed people in throwing. Atlatl competitions were conducted in men, women, youth, and novice categories. The competitions involved the ISAC and field rounds. A flying turkey target added to the challenge. The top winners were presented awards each day and a Grand Champion award was presented on Saturday.

Members of the Zia Pueblo arrived with their newly carved atlatls to shoot and the Museum staff challenged Crow Canyon Archaeological Center of Colorado to an atlatl contest. The official shoot was a tie but Becky Hammond of Crow Canyon went on to achieve the high score for the event in the field competition.

In honor of the ancient weapon and the WAA, the Museum exhibited its collection of atlatls, dart fragments, and dart points. Of special interest are three atlatls and several dart foreshafts recovered by H.P. Mera from the Guadalupe Mountains in the early 1930s.

Besides the atlatls, traditional technology demonstrations for the event include flint-knapping, arrow making, spear throwing, pottery making, weaving, wool dyeing, drum making, bone tool making, stone axe use, and hot rock cooking. Native Seeds/ Search from Tucson talked about heirloom gardens and traditional agriculture. Pueblo field house construction continued throughout the event. Hands-on activities for visitors of all ages included Indian games, tool making, shell bead working, cordage making, yucca paintbrushes, pump drill usage, a nerf atlatl shoot, and archaeological excavations.

During the Gathering, Native performances showed the public both Plains and Pueblo style of dance and music. Other groups at the event included: the Archaeological Records Management Section, New Mexico Historic Preservation Division, Archaeological Conservancy, Archaeological Society of New Mexico, the New Mexico Archaeological Council, the Bureau of Land Management, the U.S. Forest Service, Crow Canyon Archaeological Center, the New Mexico Highway and Transportation Department, the Office of

Archaeological Studies, Santa Fe Archaeological Society, Statistical Research Foundation, the New Mexico State Monuments, SWCA, TRC, and others.

The WAA members pulled out late on Sunday, tired but hopefully happy with their success. Since the event, literally hundreds of people have mentioned how much they enjoyed the atlatl shoot and competition. The Museum wishes to thank the WAA and its great members for a job very well done. WAA is the best!

For additional information about next year's event, contact Chris Turnbow at 505-476-1252 or CTurnbow@miaclab.org.

4th Annual International Horse Archery Festival Ft. Dodge, Iowa By Margie Takoch

It was raining in Ohio...AGAIN! There had been more rain than sun since Spring. Frank was on vacation and we were going to work around the house...but we couldn't in the rain. SO...we said, "Let's go where it isn't raining!" Bob Berg had told us at Flint Ridge to come out to the horse archery/atlatl competition in Iowa. Well, we checked the weather map and it wasn't raining in

Iowa...so off we went!

Bob Berg had some tables set up to sell atlatls and darts. So Frank and I used some of his equipment and did the demo on Friday of 125 school kids along with walk-ins. The kids came around in groups of 25 and we let 3 at a time try the atlatl out. Frank got his picture on the front page of the newspaper



teaching a little girl.

On Saturday, John Whittaker came up from Grinnell to throw an ISAC and we set up the course for it. Scott Burke, a new guy from Iowa came and was very excited to throw his first ISAC! He is starting an atlatl association in IOWA! So any Iowans reading this: there will soon be an Iowa Atlatl Association!

I asked the Director of Korean Traditional Archery, Association of Kyungki Province, Heon K. Kim if he would like to try the atlatl. He was very interested! He had exhibited long distance archery all weekend...so he had a hard time hitting the ISAC target at 20 meters...he kept going over it!

It was a good trip, we got to meet some new friends and see some old ones! And especially...it did not rain!



Brockway PA 4th of July Atlatl Event

By George Miller

The 3rd annual Brockway, PA Fourth of July World Atlatl Association sanctioned event went over with a big “bang”. Three days of activities included atlatl competition, knappers breaking their favorite flint and Bill Hawkers tomahawk throw. Over 300 new people, young and old, tried their hand at atlatl throw.



Douglas Bassett, Geneseo, NY was declared Grand Champion for the Local contest with a score of 114. In the world Atlatl Association (ISAC) sanctioned throw, Gary Fogelman, Turbotville, PA scored a 90X, followed by Jack Rowe, Sayre PA scoring 88X, with third going to Douglas Bassett with 86X.

In the ladies division, Karen Finnemore, Wellsville, NY was 1st scoring 67 followed by Lori Majorsky, Derry PA with 66 and JoAnne Fogelman, Turbotville, PA with 63.

The youth event had plenty of action, having

Levi Miller, age 9, Brockway, PA scoring 73, beating out his cousin Mason Miller (who ranks 3rd in the world) with a score of 64. Third place went to Austin Smith, Jacksonville, FL with 44.

These are great scores considering the wind and rain showers we had on the Allegheny Plateau in North Central, PA.

The atlatl event was introduced to many newcomers, who enjoyed this hand on experience. Thanks to David and Lisa Miller, Kyle Adams, Austin Smith, Gary Miller, Mason Miller and Levi Miller as instructors who taught the newcomers how and why Atlatlers can have fun.

There were 125 contestants in the Tomahawk throw, with George Miller winning the Golden Tomahawk scoring of 6.



Second Annual Perseids Primitive Arts Weekend

August 8,9,10



Torchlight ISAC on Friday Evening



Page Break



I.S.A.C.
By Wayne Brian

I.S.A.C.
I SCHEME
I SEARCH
I SCREAM
I SEEK
I SEETHE
I SULK
I SICK
I SLAM

90 PLUS?
Who gives a d**n?

**CONCOURS DE TIR AU PROPULSEUR A BENASSAY
(VIENNE, FRANCE), 29 JUN 2003**

By Pascal Chauvaux



"The roots of true achievement lie in the will to become the best that you can become."
-Harold Taylor



Cahokia 03
By Ron Mertz

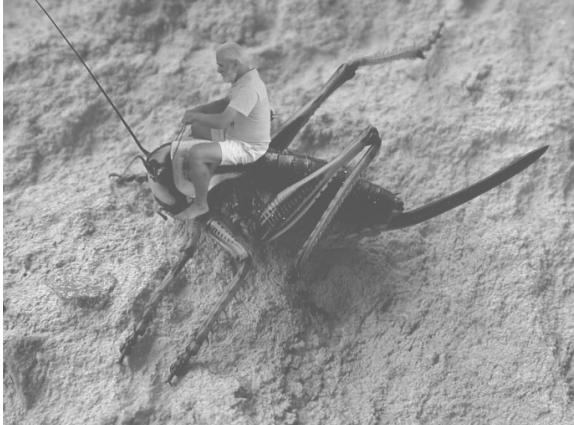
The Cahokia event went fairly well. We had about 30 throwers, with more than half from Grinnell College. Ray Madden won the Grand Champion award and Courtney Birkett won the top women, based on the European style contest. We only had one youth, 12 year old Laura Bro from Iowa. Since she was the only youth, rather than give her a "first place" Youth, I gave her "Second Place" for Women since she did better than any of the female students from Grinnell. Ray and Courtney also won the team TIC-TAC-TOE competition.

Fremont Indian State Park

By Leni Clubb

June 6, 7, 8, 2003

This year we had some unusual visitors join us at the Park ...millions ...hoards... of Mormon Crickets (also called "katydids"). In the morning, tents were black with the little critters, to say nothing of being underfoot, hopping into everything, covering the roads black in places. You couldn't step anyplace without crunching bunches of them. And you should see the mud flaps on our vehicles!! Millions of carcasses and very hard to scrape off. (see picture of Deano Pritchard riding one!)



But the contests went on and everyone had a wonderful time, as usual. Pete Weimer

and his staff keep the target field on Five Fingers Ridge interesting and difficult ... and long! A large group of young people from a Youth Group ventured out with Pete and Ray Madden, gathered material for atlatls and darts, constructed them on the spot, and joined us for the Field Round. Some were a little intimidated by the first target which is 60 meters up at almost a 90 degree angle from the starting line, but they were game to try to complete the course ... and they did!

The afternoon was spent socializing, practicing at the ISAC targets in the now two year old Group Camping area (with a HOT shower available, believe it or not). Trena Pikyavit, Volunteer Ranger, cooked and served a delicious supper for the WAA members. ISAC's were held both in the evening and on

Sunday morning. Crickets flying into your face were a little distracting, but only a minor annoyance.

Winners of the Two Fingers Ridge Field Round

Contest were: Men: 1st Place – Tom Mills, CA; 2nd Place – Ray Madden, MO; 3rd Place – Jim Ray, MT. Women: 1st Place – Judy Pritchard, ID, 2nd



Place – Susie Brown, CO, 3rd Place – Trena Pikyavit, UT. Youth: 1st Place Tanner Weimer, UT, 2nd Place Shauma Weilson, UT, 3rd Place Tiffany Weimer, UT. 10 7 under: 1st Place Dominic Boregard, AZ, 2nd Place Dylan Boregard, AZ. The Grand Champion Award was presented to Tom Mills, CA

Green Flats Atlatl Rattle

By Jack Rowe

Chris Pappas and Ray Turner sure put on a nice contest this weekend. Thursday was kind of quite, but being the first day of a four-day contest it really didn't matter. There were some that didn't get their ISAC in until 9:30 Thursday night. You should try throwing at night with floodlights on. It's hard to see the tip of your darts. The rain started around 2:00 am Friday morning and never really quit until all the ISAC's were over with Friday afternoon. Scott Van Arsdale threw his 95 between the downpours on Friday.

Saturday was hot and humid and the Delaware River was up and running brown. We didn't get a chance to build up the eel weir. Each year we would go up to the weir and help Ray build up along both sides of the trap with stones. It's becoming a tradition. It was missed this year because the river was up from all the rain Friday. The dinner Saturday evening was great. Nobody went hungry this weekend. Jeff and Bonny Brady were there, cooking those great deep fried fries and chicken their famous for. Thanks you two for keeping our bellies full. And Ray, I can't tell you how much I enjoyed the meals you prepared for Saturday's dinner. Yum!! There was

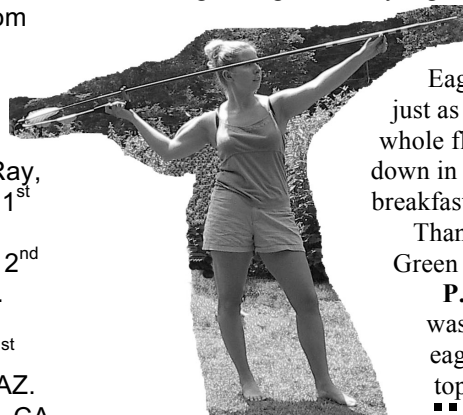


an Ooga Booga Saturday night with about 20 new members.

Sunday was the best. I don't know how Chris and Ray got the Eagle to land in a tree across from us just as an ISAC started and watch the whole flight. Or get an Eagle to swoop down in front of us all and catch its breakfast? I'll never forget that!

Thanks Chris and Ray for another great Green Flats Atlatl Rattle.

P.S. by Lori Majorsky: Scott's 95 was really a highlight, and then the eagle swooping down for his meal topped it off.



**Fort Loudon, July 11, 12, & 13, 2003,
by Terry Keefer**

Finally, a weekend with not so many showers! The major rainstorm came just as Jeff and Bonnie Brady yelled, "let's eat"! They were working on 100 lbs of chicken and 60 lbs of fries most of the afternoon. We all ran for shelter and food.

The local contest was a combination of the European contest which was in the woods, about 1/2 mile one time through if you walked completely around, and the running deer contest which was in the field. In determining the grand champion winner there was a throw off



between winners of the novice, youth, and men. James Geyer, Amber Eicher, and Gary Fogelman. Missy Dildine had already left. Gary won the throw off, but called me Sunday morning to say that he had found a 2-point mistake and didn't think he won. Okay, another throw off next year to determine the winner of the men's local competition and grand champion award for 2003 sounds fair to me.

The high ISAC score for the weekend was Gary Fogelman with a 92xxx. Dennis Lantz had a 91x. Paul Marko had a personal best with an 88x. Congratulations, Paul.

Margie and Frank Takoch set up their atlatl horse race game, which turned out to be very popular. Every time I looked that way about 20 people were in line waiting to try their luck.

A few of us used the European course for shooting the primitive bow competition. Gary came in first Saturday and I came in first



Sunday with Doug Bassett trailing by only a few points. Sharon didn't do so badly, either.

Jim Geyer, Harry Lanehart and Tim Jackson

were available for flint knapping demonstrations on Saturday.

Local pre-historian Gene Nisewander was on hand to answer questions about local pre-history.

Doug Bassett brought his boomerang for tossing, and the Bradys brought a game called washboard.

Chief Dana Klein, his number one coyote, Kay Klein, and their assistants Scotty van Arsdale, Dennis Lantz and Jack Rowe were kind enough to initiate new members into the secret ear of corn ooga booga society. For those that aren't members of this society, Dana, Kay and the other coyotes make this ceremony magical.

After the ooga booga we were given a fantastic fireworks display, donated by our friend, Daren.



We also had a long distance demonstration on Sunday by Steve Pefferley. The distance was 560 feet.

We recruited some new World Atlatl Association members over the weekend, too.

We've learned these past years that hosting your own event can keep you quite busy and you don't get to spend a lot of time with each and every person, but we hope everyone had a good time and will come back next year. Thank you to all those who helped, and to all who participated. What a nice weekend.

**FLINT RIDGE SEPT 03
Demo area**



"They may forget what you said, but they will never forget how you made them feel."
-Carl W. Buechner



The Case of the Arboricidal Megaherbivores

Say that you want to track down -- once and for all -- why all those massive Pleistocene mammals disappeared after the end of the last Ice Age.

What really happened to the mastodons, mammoths, giant bison and other megafauna that had thrived in ice-free areas such as Beringia up until about 10,000 years ago?

Where did the predators go -- the short-faced bears and the sabre-toothed tigers as well as the human hunters, the paleo-Indians with their beautiful fluted stone points?

Well when you really have a mystery, bring in the professionals -- Skylark Holmes and Dr. Janet Watson in this case. These Ice Age sleuths have neatly dispatched the existing theories of climate change and human overkill, and surmised that this case really hinges on arboricidal megaherbivores.

In lay terms, that would translate into "tree-killing big plant-eaters."

And if this mystery story still remains murky, it might be necessary to bring in a more academic angle. "The Case of the Arboricidal Megaherbivores" is an invention of Elin Whitney-Smith, a geobiologist/anthropologist at George Washington University in Washington, DC.

She has used the mystery approach as an entertaining way to explain the background to the Pleistocene extinction story, the problems with the existing theories, and her alternative hypothesis, which she calls Second Order Overkill.

For her more skeptical colleagues, she has also developed a computer model that can simulate the scenarios that she proposes.

Whitney-Smith presented her hypothesis at the annual meeting of the Canadian Quaternary Association, which was held in Whitehorse in 2001. Quaternary refers to the present geologic period and includes the Pleistocene Epoch, the time of the last Ice Age.

Whitney-Smith -- and her two detective colleagues -- have problems with both of the existing hypotheses used to explain why the Pleistocene megafauna disappeared. The climate change hypothesis assumes that mammals could not adjust to the warmer temperatures that ended the last Ice Age, and they disappeared along with the glaciers.

"The reason I'm disregarding climate change is that we know that these animals got through other changes in climate," she says.

Mammoths, sloths, mastodons and other animals that went extinct had survived similarly warm periods during previous interglacials. Also New World horses that went extinct at the end of the Ice Age are thrive in the same climate today.

Her model does address the overkill hypothesis, but with a significant twist. In the traditional version humans sweep into the New World and hunt the herbivores to extinction, and then the carnivores die out because they have nothing left to eat.

Whitney-Smith says this hypothesis flies in the face of everything we know about traditional predator-prey models, in which predators decline in sync with their prey. She thinks that human predators took a cold hard look at the competition, and decided that the only good carnivore was a dead carnivore.

She thinks that *Homo sapiens* kicked off the wave of extinctions by killing the predators that had kept the numbers of herbivores in check. The herbivore populations then boomed, changing the landscape around them by overgrazing and knocking down trees to get at the remaining leaves at the top.

The landscape at this time was park-like with mixed trees and grass. Whitney-Smith points to African studies that prove the huge impact that large herbivores like elephants can have on a mixed woodland environment.

"If elephants can turn mixed woodland into grassland, I propose that mammoths can do the same thing. Classically we have assumed that the environment shapes animal evolution, but I am suggesting that we have it backwards."

As the vegetation changed, the animals started to disappear. Animals such as mastodons that fed on the slow-growing trees would have been the first to go, followed by grass eaters such as mammoths and sloths.

The ruminant herbivores fared the best as they could efficiently extract the maximum amount of nutrition out of the minimum amount of poor quality forage. Small animals that could get by on less food would also have survived.

Generalist carnivores and scavengers such as wolves and smaller cats would have survived while the specialists who depended on the megafauna would have followed their prey into extinction.

And what happened to the paleo-Indians that kicked off this whole chain of events? They entered a sort of dark ages, scattering into small isolated groups, no longer with the resources and the leisure time to make their beautiful fluted points.

Whitney Smith's model simulates the interrelationships between different types of vegetation, different types of herbivores, carnivores and humans. She says it shows that people could have easily set off the extinctions by killing carnivores.

"You do not have to kill a lot of carnivores to set off extinctions," she says. "I'm talking about a rate where a quarter pound of carnivores are killed for every one pound of humans. It would have taken 10 to 12 people to kill a big cat."

Her research is primarily modeled on the Prairie environment, where she thinks bison played a big role in maintaining grasslands once the trees were gone. She thinks that arboricidal megaherbivores could have played the same role in the North, breaking up any permafrost and helping to form well-drained soils that would have maintained productive grasslands.

She expects that holes will be found in her hypothesis, and invites the scrutiny from other scientists and researchers. After all, Holmes and Watson did not always work alone either.

The full detective story can be found at www.quaternary.net. The model can be downloaded from this site, and it is also available on CD. Elin Whitney-Smith can be contacted at elin@quaternary.net.

Column 242, Your Yukon. This weekly column by Environment Canada appears on Fridays in the Yukon News.



Charles Swanson
and
The Atlatl Girls
at Flint Ridge.
JoAnne Fogelman,
Toni Roberts,
Charles,
Margie Takoch,
Lori Majorsky

Saegertown/French Creek Report By Gary Fogelman

July 26-27, 2003 Many of the usual faces showed up at Saegertown for this annual event. However the course was full of unfamiliar faces throughout the day as the visiting public took advantage of the opportunity to give it a try. Several formal/informal presentations were given throughout the weekend, along with impromptu advice and instructions as necessity.

The French Creek Chapter of the Society for Pennsylvania Archaeology hosts this event along with their artifact and fossil show. They also provided some practice equipment, as did Dana and Kay Klein of English Pete's Trading Co., and the always helpful and greatly appreciated Bob Marble.

For some reason the weather often makes its presence known at this event and this year was no exception. It was nice, but windy, most of the time, especially when the ISAC time came around...of course!

Twenty-two ISAC's were thrown on Saturday and 18 on Sunday. These contestants, and more, also took part in the local contest and the



quest for the Grand Champion plaque. There were three parts to the local. One part was 5 animal targets set at anywhere from 5-25 meters. Three shots were allowed at each target, one time though constituted a round, thus 15 shots. Scoring per the lines on the animals (groundhog, rabbit, fox, turkey, and deer); 5 for a vital area hit, 3 for a solid body hit. The deer scored 5-3-1.



Part two was a standard local round, 5 distances 5-25 meters, two shots from each distance from the ISAC target. Only two attempts allowed. Part 3, lob em in, was added this year. An ISAC target was placed flat on the ground at about 38 meters. Contestants took 3 shots for score, and could do this 14 times...if they wanted. This was probably the most frustrating part of the contest!

When all was said and done, Doug Bassett, who's been making his presence known this year on the circuit, did so again, placing first in the men's division. He had a very good round on the animals, did well on the local and picked up enough on the lob em in to keep ahead. He was followed closely by Ray Strischek, Gary Fogelman, and Terry Keefer.

In the Women's division, Lori Majorsky was tops, putting together solid rounds in all events to outdistance Margie Takoch and Sharon Keefer, who finished second and third respectively. The Youth division was won by 10 year old Shelby Zomcik, followed by Ethan Johns and Devon Johns.

Thus it was that Doug, Lori and runner-up Ethan (Shelby had to leave). Assembled for the Grand Champion Round, which was: 5 shots each, the youth starting from 10 meters, the woman from 15 and the man from 20. Lori and Doug made a game of it., Lori starting with a couple of tens, putting the pressure on Doug, and she never let up.

At the end, Lori had scored 44x to Doug's 41, so she captured the Grand Champion award!

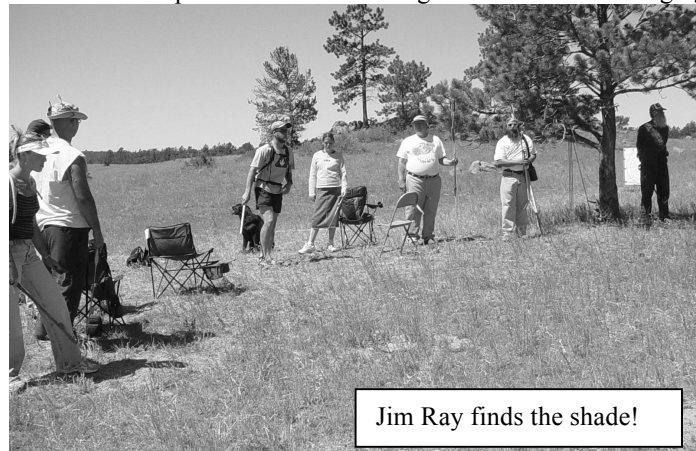
ISAC scores of note for the weekend: Ray Strischek once again hit the 90 plateau with a 90. Paul Gleckl scored a personal high for the year so far with an 85x, James Geyer crossed the 70 plateau for the first with a 72. Margie Takoch moved up in the standings with a 78x. Don Roberts made the score sheet with a 73 after not throwing since last Sept.

Thanks to the French Creek Chapter for the great event and gold, silver and bronze medals for winners in Men's, Women's and Youth.

Fifth Annual Foothill/Mountain Atlatl Event By Regina Dodson

The Fifth Annual Foothill/Mountain Atlatl event got underway on July 4th, after a little reorganizing. We ran into a snag with the original contest site at the 11th hour, which gave us a few trying moments, but took it all in stride and proceeded to change the location to the nearby Medicine Bow National Forest.

This new site offered a panoramic view of the mountains around the Vedauwoo recreation area just east of Buford. Twenty targets were set up amongst the pines and rocks, including the ever-popular flying turkey. The locations of the targets provided for some close-up and distance throwing and for some challenging



and unusual perches to throw from. For once, the stalking of these targets did not involve steep climbs (some of us were mighty glad of that) or thoughts of broken bones. Okay, so maybe a few had those thoughts, as they were perched upon rocks that didn't allow for much foothold (admittedly I was one). The weather cooperated fully, with not too much wind (unusual for Wyoming), just enough for a little kite flying.

It was good to see old friends, (Jim Ray, Charlie and Susie Brown, the Kimball Family, Eduardo Vega) and to meet some new ones. Some of Russell's coworkers showed up to hone their newfound skill in atlatling and to provide an opportunity for some flintknapping. These new atlatlists were fun and enthusiastic and we easily got caught up in their excitement as they became better and better in their use of their atlatls.

We also had the pleasure of teaching and watching the youngest participant at this year's event. Six year old A.J. came from Casper to

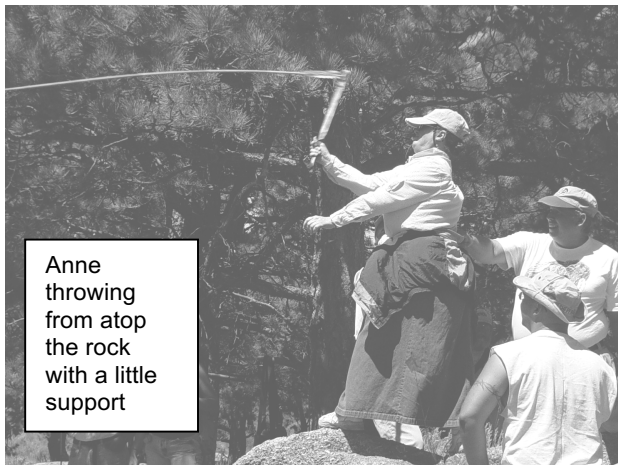


visit his grandmother (Rose) and to have fun with the rest of us. His ability to throw far and accurately had many of us older atlatlists hanging our heads.

The ISAC event brought out a "best" score for Jim Ray (86xxx).

For others it was a time to try and try again for that personal best score. During these three days together, we again had the opportunity to laugh, have fun and catch up with those we don't see often enough. We enjoyed a celebration banquet on Saturday night that was livened up with sparklers and marshmallow roasting. What more could a person want, but to be among friends and bask in the feeling of goodwill that encompasses such an event as this.

We look forward to planning the Sixth Annual Foothill/Mountain event and have tentative plans of changing the date to the Memorial Day Weekend, which will accommodate some conflicts in dates with the Mammoth event in Montana. Russell, Gary, and I would also like to acknowledge and thank the people behind the scenes who make



Anne throwing from atop the rock with a little support

putting on this event possible each year: Mariah Cummings, David Sheppard and Rose Clark. We couldn't ask for a harder working team.

Mark your calendars and plan on throwing with the Wyoming Atlatlists in 2004.

**Hunting With Spears
By Gene Morris**

The Greatest Living Spear Hunter in the World.
126 Big Game animals with spears.
Over 300 pages, hardcover, 105 color photos.

\$29,95, no P&H.

Visa & M.C. 877-869-7170

or check or MO to 7150 Wolf Field Rd, Elberta, AL 36530

NEWS_NEWS_NEWS_NEWS

Vice President Sharon Keefer took over duties as President in August for resigning President Tom Mills. As President, Sharon's first duty was to appoint Ron Mertz as Vice President.

Thank you Tom Mills for a good job getting us through the last year as President! Hope to see you on the atlatl field, Tom!

The ATLATL Via E-Mail ?

By Ron Mertz

Some members have expressed an interest in receiving this newsletter via e-mail rather than through regular postage. While there are advantages such as the inclusion of color and a reduction in mailing costs, there would be costs for software and additional work for maintaining the e-mail file and preparing the copy for e-mail distribution. As part of the decision making process, we need your input regarding interest. Please respond to Ron Mertz at the e-mail address below indicating that you would/would not prefer receiving the newsletter via e-mail: devoemertz@sbcglobal.net

Jawbone of Early Human Found in Romania

AP WASHINGTON - A jawbone found in a cave in Romania may be evidence of the earliest modern humans in Europe, living at the same time as the last of the Neanderthals.

Erik Trinkaus, an anthropologist at Washington University in St. Louis, has dated the bone at 34,000 to 36,000 years ago. His findings are reported in this week's online edition of Proceedings of the National Academy of Sciences.

The jawbone was found by recreational cavers who gave it to Oana Moldovan, director of the cave research institute in Cluj, Romania. Moldovan, Trinkaus and Ricardo Rodrigo, a Portuguese archaeologist, returned to the cave in June with the cavers and found a facial skeleton, temporal bone and other pieces that are now undergoing analysis.

The early date for the jawbone makes it the oldest from a modern human found in Europe, though Trinkaus said it retained some earlier characteristics, including extremely large wisdom teeth. The date places it in the period during which early modern humans overlapped with late surviving Neanderthals in Europe, Trinkaus said.

It has characteristics similar to other early modern humans found in Africa, the Middle East and Europe, but certain features, such as the unusual molar size and proportions, indicate their archaic human origins and a possible Neanderthal connection, the researchers said. That suggests the possibility of interbreeding with Neanderthals.

Q: How did cavemen and cavewomen make wooden tools?

A: A whittle at a time.

Albany Ohio Atlatl Contests Produce Good Throws By Steve R. Barnett

Atlatl throwers, the public and the press combined to make the Albany Ohio area atlatl throws a great success. Our two Albany throws this year were the August 15 - 17 throw at the riding club and the September 13, 14 throw at the 5th annual Ohio Pawpaw Festival.



The August throw was highlighted by Mike Glenn's 95X thrown on August 15 on the dam of my pond. We had a short downpour, which sent us to drier ground on that Friday evening but after the rain disappeared we headed to the dam to throw our ISAC's. The wet grass didn't deter Mike as he threw 5 9's and 5 10's for his 95X. When asked about his throw I overheard Mike tell someone, "I could have done better." And yes, he could have done better. Watch out atlatl world. After throwing at the

riding club on Saturday we returned to my house to swim in the pond and have our usual tasty potluck dinner.

That evening botanist Hank Huggins from the Plant Reformers joined us and took us on an herb walk to identify some of the many medicinal herbs that are native to southeastern Ohio. On Sunday Ben



Brauchler threw an 86X with the new darts he had just purchased the day before. We can't tell you where he got his darts because if we do



everyone would have good scores. Our Grand Champion was Mike Glenn who beat out Margie Takoch and Debbie Reynolds by one point.

The annual

pawpaw festival is a highly successful event with lots of foods, treats,

drinks, educational presentations and crafts featuring the pawpaw fruit. By the way, the pawpaw tree (*Asimina triloba*) is the only native tree fruit from this area. It contains cancer fighting agents known as acetogenins.

I will write more about this amazing tree in the next issue of The Dart, the newsletter of



the Ohio Atlatl Association. Many of the 2000 or so people that came through the gates at the festival came over to either throw the atlatl or learn about this ancient craft. The highlight ISAC throw of this weekend was Mamerto Tindongan's 92XX. By the way, Mamerto, of Albany Ohio, told me he was aiming for a 92 that weekend. Also, a few of our regular throwers finally made the masters list. Kevin Geiselman of Pittsburgh threw a 70 and Randy Wood of Rutland Ohio threw a 72X. Mike Glenn of Lucasville Ohio was once again our Grand Champion, beating out Margie Takoch, Cynthia Tindongan and Johanna Tindongan by a few points.



The Ohio Atlatl Association held its annual

elections at this event. The officers are President Steve R. Barnett, Vice-President Mamerto Tindongan, Secretary Connie Harse, Treasure Eve Dawes and Newsletter Editor Ray Strischek.

We also had our usual atlatl and artifacts display at the local library (a big hit by the way) and both events received major publicity by the local newspapers. At least four different newspapers had feature articles with pictures and both events were



followed by front page pictures of atlatlists on the Monday after. See everyone next year.

.....
 "One learns by doing the thing, for though you think you know it, you have no certainty until you try"
 Sophocles

**15th ANNUAL EASTERN SEABOARD ATLATL CONTESTS –
Letchworth State Park, New York Aug. 22-24, 2003**

By Gary L. Fogelman

This event wasn't much different from the ones before: fun, frustrating, record setting, and a whale of a good time. Anywhere from 32 to 47 people took part in the ISAC during the three days, making this, I believe, one of the most participated in events in the Northeast. The reason is this isn't just an atlatl event; there are Mountain Men, the Scottish Brigade, flintknappers galore, and lots of vendors and visiting public.

There are several notable things about this event. The first is that it has remained popular with the public. Hundreds and hundreds of people attend for the various aspects presented, and a lot come by and give the atlatl a try.

The second is this event has a history of producing record setting scores. It was here in 1999 that Terry threw his awesome 97xx. This year was no exception. More on that in a moment. First, a rundown of the winners of the local contest. The local consisted of three part, and in retrospect, probably too much. There was a European Round, a 5-position local and another thing involving three piggies. The best score of each part was taken for a grand total. The top man, woman and youth would vie for the Grand Champion plaque.

For the youth, Charlie Bracken emerged with the best score. Levi Miller and Mason Miller followed him closely. In the women's division, JoAnne Fogelman put the best three scores together, followed by Pam Johns and Sherry Bracken. For the men, Mark Bracken and I went back and forth and we didn't pay attention to Doug Bassett, not that it would have mattered. He put three good scores together and emerged as the Men's champion. So, Doug, Jo and Charlie went to the Grand Champion Round, which was: 5 shots each, Charlie and Jo from 15 meters, Doug from 20 meters. Youth would normally go at 10, but Charlie is quite an accomplished youth, so we moved him back to make him work for it. And he did! Charlie stayed near the middle on most of his shots. JoAnne hung in there and could have won or tied with a good last throw, but she faltered, and Doug never did get his rhythm.

The wind is often a problem at this venue, and this year was no exception. It blew pretty good most of the day Saturday, keeping participation on the course down. Too, although a few got up and threw early, most waited, hoping the end of the day would bring calmer conditions. It did, but by then dark was setting in and at least one group finished in the waning light.

However, we need to go back to the night before, Friday evening, because that's when the record setting began. I was privileged to be scoring when young Mike Waters began his game, nothing special, he began with an 8. But then, he strung four 10s together, one of them an x, to end with a 48x at 15m. Not a bad start, but Mike is quite capable of good scores, he could be on the way here. And he was. He began at 20m with a 9. Then he came in with an x. Oops, out to an 8 on his next throw, but he finishes up with two more 10s! for a whopping 95xx, the best he's ever done in competition.

I wasn't aware that Scotty Van Arsdale's 95 had been bested until I got up to Letchworth and Scotty informed me that Mike Glenn had thrown a 95x to move ahead. Now here was Mike Waters putting another x to that and taking the lead in the men's division for the year. Other scores of note on Friday, I had a 91xx, and Missy had a 79xx.

A few people got up early Saturday and threw their ISAC before the winds came. Others waited, and waited. In the evening the wind did die down some, so now everyone wants to throw, and we got everyone in, the last couple of groups ending in the twilight. However,

before that, we had some more fireworks, this time from the Women's Division. Melissa Dildine continues to up the bar. She has (had) the Women's World Record at 86x, and was currently atop this year's leader board with an 85x. I was also privileged to be a part of this, as I was throwing in Missy's group when she threw a 45x at 15m, followed by a 42 for a record setting 87x! She's got her eye on that 90 mark! Also this day, Mark Bracken throws a 93x, Ray Strisczek does a 91x, I had a 90, and young Mason Miller (12) threw a 77x.

And now, it's Sunday morning. Folks are getting up and around to get the final ISAC in before doing the local a little more, and then heading out. We finalize the local at about 2 o'clock and then hold the Grand Champion Round, but there was a lot of excitement earlier in the day as the Men's Division saw a new World Record throw. I'm proud, and fortunate, to say it was I. Here's my story.

It was the middle of last year actually, at Alder Acres, when I must have finally fully recovered from the shoulder injury that plagued me since 2000. I'd had to adjust my hold and delivery trying to compensate for a lack of strength during the final stages of my delivery. Now, for some reason, I tried my old style. And it worked! I was able to go back to my old stance and hold, and the power was back. I can't imagine that I gave it enough rest, after all I am a man, but I must have lain off enough, or not strained certain muscles for enough time for them to heal. Or something. I wasn't going to question it. I finished the year strong, won a few tournaments and was able to achieve a 92x in the ISAC; enough for a top 10 finish. I was happy with that.

Then came 2003. In February Terry Keefer, Jack Rowe and I made our annual pilgrimage south to harvest cane for our darts. We had a great time and will do it again I'm sure, and we each came home with a lot of cane to work with. Well, we thought it was a lot but a month later we all wanted to go again! At any rate, I made some darts, a couple of which were a mite longer, and a mite heftier, than I liked, but the flex was right so I thought I'd give them a try. While throwing them, it seemed if I stretched out my step a little, it brought my whole delivery into synchronization. I began popping a lot of 90s. A LOT of 90s. My confidence level was extremely high as the year began.

I might add that another thing I did was I began to concentrate more on the little things. Each throw is treated like an important competition throw. I review the things I must do, the things that work to make a perfect throw. Then I see myself doing that throw. Then I try to make that visualization happen.

It was two years ago at Green Flats, the year Tommy Goble shared in the World Championship. There was a visiting guy there, a champion skeet shooter. Tommy at the time had a routine at the line, where he took his time, and I believe he was doing the same thing I'm doing now. Tommy to that point hadn't thrown a really good score I don't think, but the skeet shooter was observing him and said, "That guy's going to be a World Champion." Later, Tommy's concentration and efforts paid off, and I remembered that man's prediction, made upon observation of a measured, thoughtful approach.

So the year begins, and it wasn't long before I had a 90. Then another. Then a 90 with an x or two. Then maybe an 88 or 89. I was fairly consistent. Down at Terry's I managed a 92xxx, a possible 94 had I hit a 10 on the last throw. I'd never seen scores like this, but they continued to come along as well as good opportunities for a real good game. In Brockway, I began with a 49x.... and ended at 90x. In Michigan I came into the last two

throws only 4 down...but ended with a 90. At the Persied's throw, I began with three straight x's, ended 15m with a 49xxx and ended the game with...90xxx.

All this time folks, at home in the yard, I continued to throw not just good scores, but really good scores. One hesitates to mention this, because everyone throws better in the yard, but I know I never threw like this before. In the month or so previous to Letchworth, I'd thrown at least three games of 98, one with 4 x's! Several games were 97 with various x's, tying or equalling the World Record. Then there were double that of 95s and 96s. My average at home was probably 90. I believe in the week or two leading up to Letchworth, it maybe even crept up a point or two, as most games were now in the 90s.

So now it's Sunday morning at Letchworth. I had two 90s games under my belt at this time, a 91xx on Friday, and a 90 on Saturday. And yes, I must tell you, several of those 90s games throughout the year I needed 10s on my last throw or last two throws, but did manage to do that. I believe this comes from staying with my game plan and treating each throw the same. Too, sometimes when a game goes south, tension eases and coordination is easier, but there's still pressure there not to let the game get completely away.

Back to Sunday morning. I signed up with Jack Rowe, Melissa Dildine, Dave Santos and Doug Bassett, people I knew well and have shot with many times before. There was Melissa again, and she would figure in this thing. I'd been in her record setting flight, and scored for Mike's effort, though I wouldn't think of these things until later. I was fourth in the order, right after Missy, and the game began.

Believe it or not, I begin thinking about the game on the way to the event. Even at that point, I'll take the time to mentally review all that I have to do: stay calm, use the stick, stand erect, hold that tip still on my aim point, step straight toward the target a little further than normal, and to send that dart down range with some force.

Now I'm on the line for the beginning of the game. I go through the routine it settles me. I concentrate. Happenings around me are no longer happening. There are voices I no longer hear. I see myself happening, doing the perfect throw. I hear myself, reminding me what to do: every little detail. My first shot is a 10. Each shot is important, none have any greater significance than another, but that first shot is a confidence builder if nothing else. For some reason, I'm relatively cool. I've been here many times, and have to have a good 15m score if a serious challenge is to me made.

Up for shot number two. I do the routine, aim, shoot, it feels good, but misses the 10 by less than an inch. I'm not too bummed out. It was close; I'm still in the groove, no need to dwell on a minor negative. Shot number three is back in the middle, I'm groovin' em, and shots four and five follow suit and I end the 15m with a 49. But then, I've done that before.

Briefly, I wonder where, or if, I'll falter. But no, let's not go there. Stay with the game plan, concentrate on the mechanics. And now Missy enters the picture. I'm following her in the order. I get the feeling she's doing ok with her game, but I'm not paying that close of attention to how any of the others are doing except on their individual shots. Missy falters on her first shot at 20, and I follow suit with a second 9. It too was close, it felt good, so I know I'm ok with the mechanics. That first shot at 20 is also a confidence builder.

Now I'm up for shot number two. There's Missy, scoring an x. Alright! I tap her stick and approach the line, feeling good, and confident. I let it go...back in the middle, a 10! Shot number three is almost a repeat. Missy hits the 10 again, we tap, I'm ready to go. And I do the same! Another 10!

And now, I'm in a spot I've envisioned many times. Entering territory where few have been. Two points down with two shots to go. Man, I need number nine to be there. But, amazingly, I'm still fairly calm. Too much thinking like that lets the game get away. I stay focused, concentrate on the routine, and visualize myself doing the routine, what I have to do to have a good throw. Missy does it again! Another 10, and I feel like I can keep it going to. I do the routine. Again, it settles me. I aim, throw, it falls into the 10!

And now, I've got to stay more focused than ever. I'm in a position I've only dreamt about, but I don't want to think about that. But what I do think is that nine shots are behind me. If I just keep the last one on the board I have a higher score than I ever shot in competition. I KNOW I can do that. I'm not about to let this last shot be anything but the best I can muster.

I've lost track of Missy, we don't tap on the last shot, and it bothers me not. Nothing will bother me now. I go to my routine. Forget the final score. Grip that stick and make it work. Up to aim, steady, keep it down the middle. I throw. It feels good, it's going to be somewhere near center...AND IT IS...A TEN!

Holy Cow! I collapse amongst my flight mates, who are all over me with their hugs and congratulations and...I get chills thinking about it.

Will the score hold for the rest of the year? Everyone thinks so, but it's not over until it's over. It's been five years between record scores, but scores keep moving up, equipment keeps being refined. That 98 could be vulnerable yet this year. There's certainly people trying, like Mike Glenn, whom I sat and watched throw a 50x at 15m on a Sunday at Flintridge.

There are many fine people who deserve recognition and thanks for the wonderful weekend at Letchworth. First, Dana and Kay Klein, who organize the thing and are kept so busy they don't even have time to shoot ISAC's! They also provided the ISAC targets, score sheets and other odds and ends that kept things flowing, and act as mediators between the activities and the park, and between participants.

Next, Letchworth State Park, for supplying the place, camping areas, bathrooms and showers, and not being too much of a bother. Actually, I hardly saw or heard much of them all weekend.

Mark and Charlie Bracken helped me set up the course on Thursday evening, and Melissa Dildine and Charlie Bracken helped gather things up on Sunday. Steve and Syd Stekl were employed by Dana to act as safety officers, and they were invaluable in manning the table, making sure people signed the park waiver, and directing people to the practice area.

At the practice area, they met Ray Striscek! Ray was great as usual. He brought his tent and all his equipment and had people all over him all day long, and he seemed to love it! He handed out a lot of instruction to what had to be a couple of hundred people. Later, Bob and Cheryl Berg were on hand to do the same thing, and I know I saw James Geyer and Sadie Jay taking part in instructing as well.

As usual, Bob Marble and Joe Hewitt were on hand, often helping Lou Hillman with the food or whatever and wherever needed. Thanks again to all of you, and also the Miller Family from Brockway, who came en masse all three days, and Bruce, thanks for the photo!

.....

Top Ten Reasons to Hire a Personal Trainer

Many people automatically equate personal training with gyms full of hard-core strength trainers and body builders. This is only part of the picture. More and more atlatlists are working with personal trainers because they offer a practical and affordable means of getting a high score in atlatl contest along with the ISAC. Here are the top ten reasons why you should hire a personal trainer.

- Motivation.** Personal trainers wear many hats, serving not only as coach, but also as an educator, confidant, role model and a major source of motivation and encouragement.
- Consistency.** Do you find it difficult to stick to your program? Scheduling regular appointments with a personal trainer helps eliminate any excuses you may come up with for not throwing.
- Safety.** Are you unsure about how to use the atlatl or how to throw and hit the target? A personal trainer will show you how to throw safely, and instruct you on the proper and safe use of the atlatl and dart.
- Individualized instruction.** An atlatl position that works for one person may not work for another. A personal trainer will show you the most effective way for you to throw based on your needs and personal goals.
- Effective practice sessions.** Today's hectic lifestyles mean you don't have time to waste on ineffective throwing. Personal trainers help maximize your time by providing practice sessions designed to meet your goals quickly and efficiently.
- Supervision.** Personal attention during throwing is the primary function of personal trainers. Your personal trainer is there to observe, assist and if necessary, correct as needed.
- Atlatl specific training.** Many amateur and professional athletes work with a personal trainer during the off-season to prepare themselves for in-season competition. Whether you want to add some points to your ISAC score or beat your friends in a local competition, a personal trainer can tailor your program to your atlatl competition of choice.
- Injury rehabilitation.** Injuries and accidents can prevent you from participating in atlatling. An experienced personal trainer, however can make the road to recovery a smooth one by recommending exercises that emphasize overall muscular balance to prevent future injuries.
- Special-needs training.** Research confirms that individuals with health challenges such as diabetes, asthma, osteoporosis or heart disease benefit greatly from regular activity. These conditions, however, can make throwing safely a challenge. Many trainers are experienced in designing programs that address the special needs of these and other conditions.
- Ego boost.** It's a fact-feeling good makes you look good, and vice versa. Not only can personal trainers help you achieve your atlatl goals, they provide you with positive feedback on your performance and bolster your confidence to take on new atlatl challenges.

OFFICERS

City ,State, or Country, **TERM OF OFFICE: Phone + email.**
President, Sharon Keefer, Ft. Loudon, PA 2004
 (717) 349-2262 terrykeefer@mrisc.com
Vice President, Ronald Mertz, Town & Country, MO
 2004
 (314) 822-2514 devoemertz@SBCglobal.net
Executive Secretary/Treasurer, Leni Clubb, P. O. Box 56,
 Ocotillo, CA 92259
 Unspecified
 (760) 358-7835 waaleni@earthlink.net
 (619) 462-4638 (summer residence May 31-October 1)

BOARD OF DIRECTORS:

City ,State, or Country, **TERM OF OFFICE: Phone + email.**
 Pascal Chauvaux, Cerfontaine, Belgium 2005
 32 71 34 68 58 pascalC@swing.be
 Terry Keefer, Ft. Loudon, PA 2004
 (717) 349-2262 terrykeefer@mrisc.com
 Dennis Lantz, Ulster, PA 2006
 (570) 358-3000 dennislantz@hotmail.com
 Richard Lyons, Jeffersonville, IN 2005
 (812) 246-9987 atlatlin@theremc.com
 Russell Richard, Buford, WY 2004
 (307) 772-0550 coyoteclow@aol.com
 Robert Sizemore, Arizona City, AZ 2005
 (520) 466-6104 bobandcarolathome@yahoo.com
 Margie Takoch, Wintersville, OH 2004
 (740) 264-1755 theatlatl@1st.net
 Editor of THE ATLATL, Official WAA newsletter
 Bill Tate, Aurora, CO 2005
 (303) 755-5591 atlatling@msn.com
 WAA Official Agent
 John Whittaker, Grinnell College, Grinnell, IA 2006
 (641) 269-3447 whittake@grinnell.edu
HONORARY DIRECTORS (Past Presidents)
 Charlie Brown, Arvada, CO 2005
 Jim Ray, Belt, MT 2007

Advance Notice of 2004 Atlatl Events

March 26, 27, 28: 2nd Annual Atlatl Contest, V Bar V Ranch, Sedona, Arizona
 April 2, 3, 4: 13th Annual Atlatl Contests, Valley of Fire state Park, Overton, Nevada
 June 4, 5, 6: 12th Annual Atlatl Competition, Fremont Indian State Park, Sevier, UT
 June 18, 19, 20: 17th Annual Meeting of the World Atlatl Association, Meadowcroft Rockshelter, Avella, PA
 Additional information and contacts will be published in the January 2004 Newsletter.

Community Zero Atlatl Discussion Site

<http://www.communityzero.com/atlatl/>

To all of you who have enjoyed Communityzero this past year. It is hard to realize that it has been almost a year that The World Atlatl Association has subsidized this site on a trial basis of one year. If you wish to have this site continue and possibly expand to the next level, we will need your support. For those that want to help with a donation, please send it to Leni Clubb (PO Box 56 Ocotillo, CA 92259) . Please note on the check that it is for the CZ fund. THANK YOU!

LETTERS..LETTERS..LETTERS

Dear Leni Clubb,

The newsletter is quite amazing! Current knowledge of anthropological discoveries is concentrated there, and mammoths as well. The April edition was out on the coffee table when visitors showed up on two occasions! Neither had any idea of the atlatl concept; this alone makes it all worth while.

From 1968-1970, I did field work in Mexico, but didn't have the chance to see the device in action. I have one used by the Tasascans on an island in Lake Pazcuaro. There is, I am told, a festival (November when the devout are required to feast on the flesh of ducks killed on-the-wing by darts. The missiles used also used for fishing and are propelled by the "Fisga" as they call the atlatl. They measure about 3 meters in length.

My own interest is in the technical aspects of the atlatl---- and it's effectiveness in warfare. I recall Bernal Diaz Del Castillo stating that darts could pierce any armor. (Therefore they "Spanish" shucked their hot and heavy 22-pound breastplates and adopted the quilted armor of the Aztecs).

I recall asking Loring Brace (then at U.C. Santa Barbara) how spear throwers Length related to the user stature. (Woomeras of the tall Australians are longer then the atlatls of the 5'2" Aztec warriors). Later research suggested that for accuracy, the equipment had to be a function of forearm length.

I've designed some fair sized hand-launched model gliders and have attempted to propel these with a dart-thrower like contraption. The results were ludicrous.

Thank you for the work that is obviously being put into the newsletters.

All the Best,
Ron Raymond
Indiana

Dear Leni Clubb,

I am very glad to receive your letter and my membership card and WAA patches.

I have read the article of the World Atlatl Association and it is very interesting and challenging to be a part of it. I am very thankful also to Mamerto Tindongan who introduced the atlatl sport to Ifugao

Again thanks and maybe see and meet you soon.

Sincerely,
Ambrocio G. Dulnuan
IFUGAO TUKAB & ATLATL ASSOCIATION
Banaue, Ifugao, Phillipines

Dear Mr. Gilligan,

This is Marc Blainey (I wrote you last year). I just wanted to inform the World Atlatl Association that the University of Western Ontario Anthropology Society will be holding our 2nd annual atlatl competition on Friday, Oct. 3rd this fall. It was very popular last year and we are expecting an even larger turnout this year. We are competing for the Purple Nelson trophy (an atlatl painted Purple) and are very much appreciative of the advice you provided us with last year.

All the best in the coming fall and winter,
Marc

Margie and Frank

I've been trying to research a way to make a target backing for the ISAC target. I have not found any adequately sized target backing at any of the atlatl or archery web sites I have researched. What do clubs use (other than hay bales) to place their targets on? Any ideas on how I can make an adequate target backing?

Scott

EDITOR'S note: I told Scott about the big foam squares in Coldwater, Mich...anyone have any others ideas for him?

Hello Margie.

I'm living in Mexico and heard just recently about atlatl as sports activity.

I'm really interested in building a training ground in my hotel for this sport. Could you give me a hint, where I can find rules and regulations for this topic? Have you heard from club-activities in Mexico?

Thanks for your reply.

Regards,
Klaus B. Meyer

Bienvenido a nuestra página:

Welcome to our page:

Besuchen Sie uns bitte:

<http://www.eco-lodge.com.mx>

EDITOR'S note: Leni is addressing the answer to WAA rules and regulations for this. I thought maybe someone would be interested in the information on his web site!

Primitive Technology web pages dealing with atlatls.

By Ted Bailey

Flight Toy's Atlatl Web Page:

<http://www.flighttoys.com/atlatl.html>

Old WAA web page (backup to official page):

<http://www.flight-toys.com/atlatl/WAA.html>

atlatl throwers: http://www.flighttoys.com/atlatl/atlatl_throwers.html

atlatl manufacturers:

http://www.flighttoys.com/atlatl/atlatl_makers.html

MAA: <http://www.flight-toys.com/atlatl/MAA.html>

Great Lakes Primitives: <http://www.flighttoys.com/atlatl/GLP.html>



THE WORLD ATLATL ASSOCIATION YEAR 2003 SCHEDULE OF EVENTS

- Sept 28 1st Annual Massachusetts Atlatl Field Day & ISAC, 1:00 to 4:00 pm Rebecca Nurse Homestead, 149 Pine St., Danvers MA. Throwing Demos & ISAC Accuracy Competition. Glenn Mairo (978) 580-9437 gmairo@bunkerhillrarecoin.com
- Sept 28 Chelsea Rod & Gun Club, Chelsea, MI 3-D course & practice ISAC
primitive1@chartermi.net Jim Gilligan (810) 59-6881
- Oct 11, 12 Annual Candor Fall Festival/Fallow Hollow Deer Atlatl Contest and Hunt. ISACS and local contests and a hunt. Contests 10 am to 4 pm each day, Hunt will start at 6:30 am at Judy's Loft, Candor, NY Bob or Cheryl Berg (607) 659-3854 or 1-800-836-4520 bob@thunderbirdatlatl.com
- Oct 4, 5 European Championship, Saint-Marcel (Creuse, FRANCE)
Christian Lepers christian.lepers@swde.be
- Oct 4, 5 Opochtli's Challenge, Luther College Campus, Decorah, IA ISAC Sat. PM, Field Course & Local Events & ISAC Sunday
Colin Betts (563) 387-1284 bettscol@luther.edu
- Oct 4 & 5 Lake Atwood PowPow, Lake Atwood, Ohio ISACs & Ohio Standard Accuracy Contests both days, Public Demos and atlatl & dart Instruction for public both days
Ray Strischek (740) 592-3455 db8947@dragonbbs.com
- Oct 11 Holiday Park Atlatl ISAC, Indiana Atlatl Contest, & Public Throws, Indianapolis, IN
Don Fisher (317) 475-9770 atlatlguy@yahoo.com
- Oct 11, 12 European Championship, Bougon (Deux-Sevres, FRANCE)
Christian Lepers christian.lepers@swde.be
- Oct 17 - 19 Clinch River Primitive Skills Knap-In and Atlatl Throw, SW of Knoxville, TN. Near town of Lenoir City. ISAC throws each day. Flintknapping and other primitive skills demonstrated daily Phillip Davis (865) 8064 or James Gibson (865) 577-4430
- Oct 21 Ann Arbor Indoor Atlatl League & practice ISAC Ann Arbor, MI
Jim Gilligan (810) 599-688 primitive1@chartermi.net
- Oct 25 Rural Ohio Appalachia Revisited (ROAR) Days, Local Contests & ISACs, Lake Hope near Zaleski, OH Zaleski National Forest .Steve Barnett (740) 698- 6553 barnz@juno.com
- Oct 31, Nov. 1, 2 All Hollow's Eve Atlatl Contest, ISAC all 3 days Halloween Contest on Sat., 14560 W. 58th Place Arvada, CO Charlie or Susie Brown ssazzi@earthlink.net
- Nov 1, 2 European Championship, Berck-sur-Mer (Pas-de- Calais, FRANCE)
Christian Lepers christian.lepers@swde.be
- Nov 1, 2 Annual Tioga Park Icicle Contest, Tioga Park Racetrack, Rt. 17, Nichols, NY.
Local Contests And ISACs indoors, Nov. 1, 9 am to 4 pm, Nov. 2 from 9 am to 4 pm.
Bob or Cheryl Berg (607)659-3854 or 1 (800) 836-4520
- Nov 18 Ann Arbor Indoor Atlatl League & Official ISAC Last league meet of 2003 capped with Official ISAC.Jim Gilligan (810) 599-6881 primitive1@chartermi.net
- Nov 28 Turkey Toss & Last Gasp ISAC, Brighton Recreation Area. Brighton, MI. Last MI event of the year with Official ISAC.
Jim Gilligan (810) 599-6881 primitive1@chartermi.net

YEAR 2004 ATLATL EVENTS SCHEDULED

- Mar 26, 27, 28 V Bar V Ranch, Atlatl Competition & ISACs, Sedona, AZ
Bob Sizemore (520) 466-6104 bobandcarolathome@yahoo.com
- Apr 2, 3, 4 13th Annual Atlatl Contests & ISACs, Valley of Fire State Park, Overton, NV
Leni Clubb, (760) 358-7835 waaleni@earthlink.net
- Jun 4, 5, 6 12th Annual Atlatl Contests & ISACs, Fremont Indian State Park, Sevier, UT
Pete Weimer (435)527-4631 peteweimer@utah.gov
- Jun 18, 19, 20 17th Annual Meeting of the World Atlatl Association, Meadowcroft Rock Shelter, Avella, PA
Margie Takoch (740) 264-1755 theatlatl@1st.net

I am learning to live close to the lives of my friends without ever seeing them.
No miles of any measurement can separate your soul from mine.
John Muir.



ON TARGET
by Leni Clubb

Let's make year 2004 our banner membership drive year. Our membership hovers around 450 to 460 members at the beginning of each quarter. Let's make it to 500 or more next year and keep it that way and possibly surpass that figure. If at every contest held in 2004 at least one person was signed up as a WAA member, look how we could grow! So far in 2003, there have been only 43 new memberships the in the U.S.....and several reinstatements.

Each quarter, I drop from the membership list from 20 to 30 persons due to non-payment of dues even though they have had two notices in two newsletters and a letter urging them to renew and offering an update. Often, at least five or six and sometimes more, when they miss a newsletter, hurry up and send in their fees and are re-instated. Your renewal date is printed alongside your name on the mailing label so you can keep track of when to renew and won't have to receive those nagging notices. Our WAA

Tee shirts, WAA lapel pins, plus several articles on atlatl construction, but they are offered at just above cost to our members. As a Non-profit Organization, we are restricted as to how we may obtain funds. All of our Officers and the Board of Directors are unpaid volunteers.

It is important that we keep up our membership. I have just received a new printing of our WAA Official Brochure which has a membership form included. The brochure states our objectives, a short history of WAA and the atlatl, etc. As organizers schedule contests for 2004, I will send them several of the new brochures and urge them to encourage people to join WAA and join in the great experience of an interesting sport, a chance to make new friends and learn a new skill. If any of you would like to receive a few to have handy to sign up your friends, just let me know. Let's do every thing we can to increase our membership in 2004.

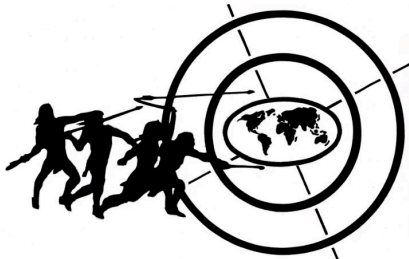
Organizers: *It is not too early to schedule your atlatl events for 2004 with me to go on the Official List, and Web site and the newsletters. Also remember, the deadline for listing in the newsletter is the 15th of the month Prior to the publishing dates of January, April, July, October. Early scheduling means less conflict of dates.*
My email: waaleni@earthlink.net , phone # (760) 358-7835...Address below.

Membership in the World Atlatl Association is \$15.00 per year; family membership is \$20.00.

Send all inquiries and dues to WAA Secretary:

Leni Clubb
P. O. Box 56
Ocotillo, CA 92259 USA

First Class Mail



The WORLD ATLATL ASSOCIATION, Inc.

World Atlatl Association Web Site:
www.worldatlatl.org