



Take Your Bow

Newsletter of Cromer Archers

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Table of Contents

| | |
|-----------------------------|---|
| Message from the editor | 2 |
| Indoors we go | 2 |
| Covid safety | 2 |
| Screws | 2 |
| Dates | 3 |
| Top tip: Gorilla glue | 3 |
| Website | 3 |
| (Click to jump to the page) | |

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Message from the editor

Many thanks to Jon for sending out the membership renewal letters. It's a tiresome task. If you haven't already done so please return your form as soon as possible with the money. Note that the amount is lower because of the limited shooting we have had this year due to covid. Obviously that does not apply to new members.

Indoors we go

We start the indoor season on Sunday 3rd October. Don't forget the new start time of 9:00 am. Setting up won't take as long so helpers need not arrive any earlier. 8:30 will be fine. Phew!

Covid safety

According to Archery GB guidelines, based upon government advice, we are back to normal with no restrictions on numbers and no mandatory spacing nor mask wearing. However the government is still advising us to maintain spacing and to wear masks in confined spaces.

Due to the ages and health problems of some members, the committee has agreed these rules:

- Masks must be worn, except on the shooting line to avoid misting.
- There must be one person per target. If numbers are high, family bubbles can share a target
- Only remove your own arrows and hang back if someone else on your target is pulling theirs.
- Use hand sanitiser upon arrival in the morning. There will be stations set up at the academy.

Screws

The metric system was invented well over two hundred years ago and we have theoretically been metric for fifty. Metric screw sizes are now pretty universal. However one country is resolutely staying with the ancient system of weights and measures. I mean of course the United States. US scientists have largely adopted the metric system, though they usually mis-spell the length unit as 'meters'. If you have an American bow and especially if, like mine, it is quite old you might have US threads on it. I recently lost the screw (bolt) that holds my handle on the riser. Nowhere to be found. It was small so I guessed it would be 3 or even 2.5 mm diameter. I tried a 3 mm bolt. It started to go in then stopped. Clearly it was an American thread of the same sort of size.

The most common American thread is UNC, which stands for Unified National Coarse. The word coarse refers to the distance between adjacent threads, also called pitch. Coarse means that the threads are further apart. Fine means closer, in other words a smaller pitch. UNF means Unified National Fine.

This is a table of the equivalent sizes for metric and UNC/UNF screws. Note that they are not replacements. The US size will not fit into the metric thread and vice versa. Metric threads are specified by the outside diameter in millimetres. So a 3 mm screw is written M3. In the reference number for the UN threads, the numbers 1 to 10 are just arbitrary numbers. Once you get to bigger screws the first number is the diameter in inches. The second number gives the pitch in threads per inch (tpi). So 1/4-20 means 1/4" diameter and 20 threads per inch. The equivalent in the metric system is M6.

For those fortunately unfamiliar with the imperial system, one inch was fixed on the length of Henry VIII's thumb. It was all very scientific.

| Metric coarse | UNC | UNF |
|---------------|---------|---------|
| M2 | 1-64 | 1-72 |
| M2.5 | 3-48 | 3-56 |
| M3 | 4-40 | 4-48 |
| M3.5 | 6-32 | 6-40 |
| M4 | 8-32 | 8-36 |
| M5 | 10-24 | 10-32 |
| M6 | 1/4-20 | 1/4-28 |
| M8 | 5/16-18 | 5/16-24 |
| M10 | 3/8-16 | 3/8-24 |

So if you need a replacement screw try a metric one first. If it starts to go in then jams, look up the UNC size in the table and get one of those. The M3 didn't fit so I had to buy some new screws, in this case 4-40 1.25" long. I have looked on Clickers website and not found any listed but I suspect that if you telephone they will be able to help. If not try eBay. It is best to avoid cheap stainless steel screws as they tend to be too soft. John and I have found problems with them burring and being difficult to remove without damage, even with allen socket head screws. And don't forget that metric allen keys are different from imperial ones. If you use the wrong one, even if it fits in, it might damage the socket and make the screw very difficult to remove.

Dates

Jon has now booked all of the dates. Here they are up to the New Year. The dates are also on our website.

2021 Indoor 9:00 to 11:00
October 3rd 10th 17th 24th 31st
November 7th 14th 21st 28th
December 5th 12th 19th 26th

Top tip: Gorilla glue

My couture is always haute as you will have seen at the field, as I am usually dressed by Lidl. However the soles of my Lidl boots are held on tenuously. Sandy suggested Gorilla glue and for a good while that worked. At today's shoot the soles started to come off again. Out came the simian mucilage. However I found that I had got some on my hands so I went through the hierarchy of removers starting with handwash, then washing up liquid, then methylated spirit, then white spirit. All failed and of course spread the stuff all over my hands. I was sticking to everything. Then I remembered my Lidl Baufix solvent, which is mostly acetone. That worked. So there you are. If you are gummed up with Gorilla use acetone, also available as nail varnish remover. That is not something you would want to spread over your skin regularly but OK in an emergency.

Or of course you could have more sense than me and wear gloves. Der!

Website

Type cromerarchers.org.uk into your browser or click the link. You will see the club's website.