



# President's Corner

April 12, 2013

Hi Folks

We got through March, by far our busiest month so far. All went well with decent turnouts for our shoots.

Our DNR grant for the handicapped parking stall has received the final approval. We have to give formal acceptance at the club meeting and begin work. That will be the final piece of work to get the building permit signed off for the shooting range.

We are going to start to work on selling floor ads in the shooting range again. We need to get enough money to start replacing 3D animals. If you know someone who owns a business or has a service they would like to advertise please let us know so we can contact them. Brad Marcus is leading this effort. The cost will be \$1500 for a lifetime ad.

With outdoor season starting it is time to watch out for ticks. My dog was recently diagnosed with Lyme Disease. The veterinarian said that it can be passed by the normal ticks as well as the deer ticks. He probably got it out at the club so watch yourselves and animals closely.

Please remind any of your friends who have not renewed their membership to please do so. And if you have any other friends who might be interested encourage them to come out and join.

So anyway, good shooting and I hope to see you out there.

*Carl Mally*

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### FLOOR ADS

Advertise your business in a long lasting floor ad in our club's indoor shooting range. Thousands of archers will see your ad every year. Each ad sells for \$1500 and is good for the lifetime of the floor. Contact a board member or club officer today!



## The Story of NASP archer Abby Leeper

Abby's story shows that archery youth programs like NASP and JOAD are helping young people, and that is why the Waltonian Archers work with them. Abby's story is told by her mother Joy Leeper: Abby's story starts in February of 2012. During spring break my mother took our two girls to her land (20 acres south of Indianola) to spend the week fishing, swimming and just playing outdoors. We had known that during the past year, Abby had been experiencing stomach pains that would bring her to her knees because it was so painful. We had gone to the doctor a couple of times and they contributed it to certain things and recommended some over the counter drugs to help. During Spring Break though, my mother called me and said that Abby was experiencing some random fevers. I didn't think too much about it at the time (kids get fevers...). The week she came home from Spring Break, she would come home from school, lay on the couch and fall asleep. This was not like her at all. She usually is a bundle of energy. Her fevers would still come and go. I got a call from the school nurse one day and she said I needed to come get Abby. Her stomach was hurting and she had fever. That was it! I decided that we were going to go see our family doctor and get this all straightened out once and for all.

We went in that day and had our family doctor take a look at her. He noticed right away that something wasn't right. Abby was very tired and the blood tests they did on her were showing an infection. I could tell that he was thinking that it was a virus, but he also knew that these symptoms were not new as well. He called a doctor that he wanted us to go see and he wasn't available so he sent us to a pediatric blood specialist and the appointment was scheduled for the next day. They performed a number of blood tests on Abby, basically to rule out leukemia I believe. They were satisfied that she didn't have cancer but wanted us to go see another specialist (Dr. Elliot). They explained that he was the person to go to for diagnosis's. He was like Dr. House is what I was told. We saw Dr. Elliot the next day. He sat and talked with us and examined Abby. He said that he thought he knew what was wrong, but needed the help of a pediatric gastroenterologist by the name of Dr. Beltroy. He wanted us to go and have a colonoscopy and endoscopy performed ASAP. Dr. Beltroy met with us that day and we scheduled the procedures for 2 days later. Abby had her procedures on April 12th. He came out about an hour and a half later and showed us some pictures of Abby's Colon. I am not even a doctor and knew that those pictures were not right. He told us that he was positive that Abby has Crohn's Disease and it was severe. The following day we met with him again and he went through what the rest of Abby's life will look like.

This is what we learned:

1. This is not curable.
2. Crohn's is the inflammation of the intestines and colon. (Abby's is located where the small and large intestines meet).
3. She will have to be on medication for the rest of her life.
4. Even with medication she will have flair-ups. (we just had our first one and Abby is on steroids again).
5. She will need to be on steroids for the next 3 months. Her face will become moon shaped (I have pictures of how extreme that was), extreme mood swings and extreme hunger. Her muscles were also affected and she had a lot of back pain.
6. She cannot eat: spicy food, nuts, seeds (including popcorn), limit her dairy, no raw vegetables and nothing high in fiber (all of these things are hard on the intestine to digest)
7. She may (in the future) have to have surgery to take out sections of her intestine that become so scarred that it is hard for stool to pass through and for nutrients to absorb.
8. She will probably always be too thin. Crohn's patients have a hard time keeping weight on because the nutrients in food cannot absorb properly.
9. She will never be able to play contact sports. Her body wouldn't be able to handle it.

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## The Story of NASP archer Abby Leeper - Continued

After our meeting, we left with a bunch of information and learned that Abby (who was 10 when she was diagnosed) is at THE youngest age that someone has been diagnosed with Crohn's. People are usually diagnosed in their early 20's.

The next couple of weeks, we didn't see a big improvement in her systems and there was one weekend that she had a REALLY hard time. My husband started his new job that Monday and I called Dr. Beltroy about Abby that Monday. He said that he wanted to admit her to the hospital that day. I called my husband. He told his new boss about Abby and they said to go home and be with us. While in the hospital Abby lost a significant amount of blood one night. That morning, her doctor was there at 7:00 saying that Abby needed a blood transfusion and she needed it NOW. That was a scary moment for us when they were explaining the risks. Fortunately it went well and she didn't lose any more blood. She was there for 8 days and left feeling much better!

Since then, we moved to Cedar Rapids the beginning of June. Abby and her sister Anna started at their new school, Alburnett. The move was particularly hard on Abby. She had had a rough year so far and being away from family and old friends made her quite upset.

She came home one day though and was really excited about her PE Class! They were starting their archery segment and Abby thought it was sooo much fun! She particularly loved it because it didn't tire her out and it was a sport she could do with her disease! We got her signed up to start the NASP! After a couple of weeks of practice we decided that she needed her own bow since it seemed like her love for it wasn't fading. At her first meet she scored a 149. The coaches really explained things well to Abby and with Abby's natural talent she continued to score personal bests at every meet. At the practices the next Monday they would say, Aaaaaabby Leeper with ANOTHER personal best! She was so happy, and when her elementary team won 3rd at 2 meets she was even more excited that she got medals! J

Her team ended up being able to go to state. Abby was nervous but was able to end the NASP season with another personal best with a 224! She went from a 149 to a 224! Her confidence has improved greatly as well. If she did poorly on one round, she wouldn't give up. She would come back with vengeance and score a great round the next time.

I didn't mention that Abby is more of a reader than a sports fan (saying it mildly). She probably would have never gone out for softball or basketball anyway. She is a very small and VERY quiet girl. So, archery was her saving grace this year. It gave her something that she got to be excited about. I am so grateful for that! She now has something that (even with her disease) she will be able to do for the rest of her life!

Thank you for your time! I hope that Abby's story can inspire other kids too!

Joy Leeper

## 3D Target Fund Started

We are establishing a fund to replace our worn 3D targets, seeking donations and selling floor ads. If you can help us, or would like to buy a floor ad, please contact Carl Mally or one of the board members listed on page 5.



### Joke of the Month

An old boy woke up one morning to the smell of bacon frying, biscuits and eggs cooking, all sorts of good stuff. He hurried up got cleaned up and went out to do his chores so he could get back in and enjoy it. When he got done with the wonderful breakfast he noticed his ear was kind of itching and draining so he told his wife, "I think I'll go see the doctor, something is bothering my ear and I can get there and done before work I think, and find out what is going on." He checked in with the doctor and told him what was wrong so the doctor said "Well let's take a look." While he was looking inside the ear he got a funny expression on his face, looked away and checked again. He said "I don't know how to tell you this but it looks like you have put a suppository in your ear." The old guy says "Huh?" The doctor repeated "You have put a suppository in your ear." The man asked "Doc, can I use your phone a minute? I need to call home." The doctor answered "Sure, sure, just talk to the girl up front." So the old fellow got on the phone calling his wife and said: "Honey, I know where I put my hearing aid." - - Submitted by Carl Mally

### Indoor League Final Standings

#### Sunday Traditional League

- 1<sup>st</sup> Place: Steve Tallman, Gregg Tallman
- 2<sup>nd</sup> Place: Randy Beelner, Ty Krumm
- 3<sup>rd</sup> Place: Dave Mason, Joe Sherbon

#### Tuesday Bowhunting League

- 1<sup>st</sup> Place: Mark Primrose, Keith Primrose, Dave Heck
- 2<sup>nd</sup> Place: Joe & Carrie Wilkinson, Randy Beelner
- 3<sup>rd</sup> Place: Tim & Deb MacDonald, Glen Averkamp

#### Thursday Target League:

- 1<sup>st</sup> Place: Craig Waite & Don Parker
- 2<sup>nd</sup> Place: Don & Cathy Kaplan
- 3<sup>rd</sup> Place: Tim Dougherty & Zack Bisinger





### Ways and Means

Gayla Lewis

1-563-212-3457

Silverbay13@gmail.com

There are various sizes of long and short sleeve shirts: cost \$5.00 to \$10.00

Waltonian Hats: Camo \$5.00 and Tan Summer type \$3.00

Embroided Towels \$7.00

Hand decorated straw purses \$10

Arrow Pens \$2 !!!

### Events Calendar

Apr 17 Club Membership Meeting

Apr 20 Open House 1-5pm

May 4-5 Work Weekend, outdoor target frames

May 11 Work Weekend, prep outdoor ranges

May 18-19 Silver Broadhead

June 2 ISAA State Outdoor Target

June 15-16 Aiming For A Cure

June 30 Field Shoot, 9AM Shotgun Start

### WAYS TO RENEW CLUB MEMBERSHIP

1. If you don't need a key: Print application & waiver at club website. Mail \$75 check & application plus waiver to WALC, PO Box 11121,CR, IA 52410-1121
2. Pay at Apr 17<sup>th</sup> 7pm meeting & get a new key that night.

### Wapsi Warrior JOAD, Update

Wapsi Warriors are doing well this weekend in AZ! (ie: AAE Arizona Cup in Phoenix, April 4-7) Zack and Alex finished near the top of their classes! Zack finishing in the top 10, apparently Alex was in the top 5. Alex was invited to shoot on the US team against Mexico and will be in the Olympic round today for his class. We may have a couple of more archers go next year! Eliana Claps finished well also. She was 2nd in the placement round but have not heard how she did in the Olympic Round. Eliana shoots for a Washington state JOAD club now. Great job by these archers.

Submitted by Coach Vance Patrilla

### 2012-2013 Club Officers

President: Carl Mally-----365-4311-----mallycj@aol.com  
 Vice President: Scott Mason-----364-5518-----scottmason@linncounty.org  
 Secretary: Don Kaplan-----848-7520-----don7521@southslope.net  
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