



The Cumberland Magazine

Greetings from The President's Corner

Paul Adamowski, President
Pauladamowski@Comcast.net



OFFICERS

Paul Adamowski President	Kenneth W. Hignutt, Sr. Membership Chairman
Frank Hignutt Vice President	Greg Warde Pistol Chairman
Tom Wnorowski Secretary	Frank Karwowski Rimfire Rifle Chairman
Kirk Hewett Treasurer	Mike Berezin High Power Rifle Chairman

www.cumberlandriflemen.com

Club Rules

Member ID badges must be worn and visible. Guests must be signed in and out. Guest badges must be worn visible and returned when leaving.

Editor...Rob McKenzie

The Cumberland Magazine is published by Cumberland Riflemen, Inc. of Millville, NJ with the consent of the club's executive committee.

The Cumberland Riflemen is a member of National Riflemen Association; CMP; ANJRPC

Advertising Rates

Business Card - \$ 45.00	2x- \$ 50.00
1/4 Page - \$ 60.00	2x- \$ 70.00
1/2 Page - \$110.00	2x- \$125.00
Full Page - \$250.00	2x- \$275.00



Another year gone ! I wonder if it's just that I note the passage of time, or is it a fact of life that once you pass 60 years of age time speeds up proportionately with each passing year !?!?

This was a good year for CRI. Let me give you an overview:

The State Fire Service accomplished a controlled burn on the facility; we opened up the firing line on the 100 yard range; we added a block wall on the pistol range so as to make sure we keep bullets in the range area; we added crushed concrete on the Practical Range to ensure a solid footing for shooters; we cut in and made a steel range operational; we placed an 800 yard long fence in the front of the property addressing several safety concerns and to minimize attention from non-members; we had several target stands constructed for the plinking range, and the stairs on the 600 yard range were repaired. Early in the season we touched up some of the berms to bring them to a sufficient height to keep bullets where they belong. In addition, we had several administrative changes to facilitate a smoother operation; we got a new treasurer Kirk Hewett (who is doing a tremendous job) to replace Pete Romanik who left this state of confusion to move to Colorado; we commissioned a wetlands survey to find wet land locations (so important when we contemplate range building or expansion); and we are investigating some further changes that will let us operate at increased efficiency. We assisted the electric company in their reconstruction of the electric lines in the right of way behind our facility. Our club shooters outdid themselves at Camp Perry. (See report elsewhere in this newsletter.) Congratulations to Rob McKenzie upon earning the last points necessary for the Distinguished Riflemen Award while at Camp Perry -way to go Rob!

One of the things that I am not happy about is the fact that we had three instances where members were referred to the Disciplinary Committee for investigation and action. One of the incidents focused on a safety violation wherein a shooter failed to notice that another person was down range and commenced fire. Another violation concerned a failure to take direction from a range officer. The remainder of the problems were centered around members not being familiar with range rules, specifically what firearms are allowed at which range. These violations could have been negated if the members exercised good judgement and checked the range rules (posted on the website and on the bulletin board in the toilet

Continued on page 2

President's Corner

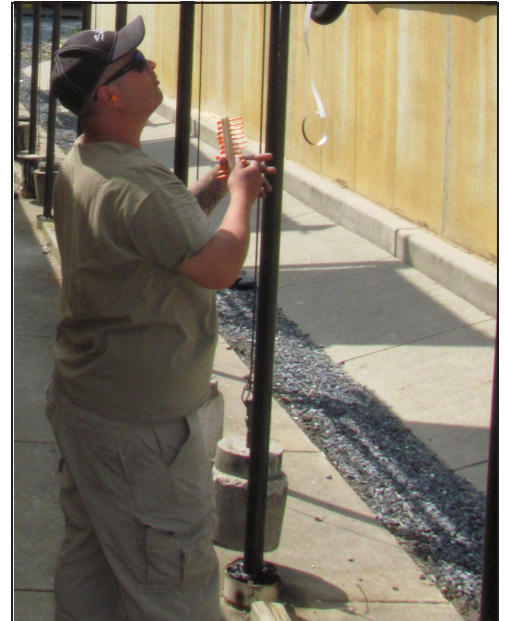
Continued from page 1

facility). Dealing poorly with a range officer is troubling. If a range officer directs a shooter to do or not to do something, that member is expected to comply. Any discussion is not to be with the RO but should be with either me or Jim McGarry. Also, please respect people who take the time to point out that you are doing something contrary to the rules. We are all Range Officers. Our goal is to maintain an accident free range, and I've said it before: one accident and they will be here trying to shut us down. We have come too far to let something happen on the range. The rules were all adopted after someone did something stupid and the club dealt with that incident by promulgating a rule to try to ensure that a similar incident never happens again.

Speaking of closing us down, I think that the next four years are going to be trying for us all. If any of you read that proposed bill that has been winding its way around the web, you know of what I speak. Last governor's term, we had a governor who understood the issues surrounding the Second Amendment. This time we have an antigun legislature and an antigun governor who WILL sign the anti-gun bills sent to him. This is a man who already said he will sign every anti-gun bill sent to him. We are all in this together and under siege — make no mistake. Shotgunners are on the list. However, they haven't

gotten to the point where the antigun people have really looked at them - yet. We must present a united front by joining together all shooters and all disciplines. Go to meetings, send letters when requested. Analyze who is getting your vote! Read the club newsletters and emails and, most importantly, support the other guy (pistol, rifle and shotgun shooter) in his battles. This is going to be a tough year for us. I am told that there are more gun owners in New Jersey than there were voters in the last election. If we all had gotten out there and voted against the anti-gun candidate, it would have ensured a gun friendly governor for the next term. Too late now. If we don't act, NJ will bypass California as the most antigun state in the union. They say that you can't change stupid — well I think we can, provided we present a solid front.

Recently, I have been at the range, when on two occasions, a member was complaining that every time he comes to the range there is something going on that precludes him from shooting. In both instances the member in question was surprised when I told him that the club publishes its activities on two schedules: one a calendar day by day and the other a by shooting discipline. This year, I emailed to every club member on the email blast system a copy of



Working the pits during a rifle match.

both calendars. There is just no excuse for not knowing what is going on — just learn where the schedule is on the web site. Also, I try hard to make sure that two events are not scheduled on the same day so there will be places to shoot — that doesn't always work, but I do try.

Enough of my ranting — have a warm, safe and sane winter season. Let me wish you the best of the season with a Merry Christmas, Happy Hanukah, or a fantastic season, whatever you might believe. Let me also wish you a Happy New year — my wish for you is that the New Year is a prosperous, joyous, and healthy one for each of you and your families.

FAX 856 696-4737 856 696-4350

EDWARD A. DIPALMA

1200 SW BOULEVARD • BUILDING 1, SUITE E • VINELAND, NJ 08360

Cumberland Tree Service, LLC

- Tree Trimming • Site Clearing • Tree Removal
- Chipping Service • Stump Grinding

Free Estimates
Fully Insured
— OPERATED BY —
Bill & Bob Truxton

825-2585



WE CAME OVER TO THE

In addition to our full line of high quality handgun brass, we have many rifle calibers available. Now you can shoot the same superior quality Starline brass in your rifles too. We've made America's Finest Brass for more than 40 years.

Our new brass on the **RIFLE SIDE** is made with the same strict quality control standards, and it's available for half the price of comparable cases, so you can get more bang for your buck.

THE RIFLE SIDE



NOW AVAILABLE IN MANY RIFLE CALIBERS

ORDER FACTORY DIRECT
STARLINEBRASS.COM

1(800)280-6660



The Editor's Corner

So, after loading myself down for five trips to the Jeep, already sweating, lugging two or three rifles, my wife finally asks, "Are you moving out?" Not able to interpret the look I see on her face, I thoughtfully reply, "If I were moving out, I would be taking a LOT more guns than this...and that new TV". Assuring her that I would indeed be back for dinner, I head to the range, wondering just how much gear does it take to put holes in a target?

If you're reading this, you likely have an affinity for adult toys. (OK, I'll wait while you with your minds in the gutter can get focused back on adult toys of the firearm persuasion...(Ahem!! Some of you are taking longer than others!)) Having a gun and a couple different loads for it is just not enough! Life would be simpler if we could stop there. Take a look around next time at the range. Sometimes I see the guy who shows up with a gun and a box of ammo. Done!! Fire the gun, pick up the brass, and smile all the way home. If it's a .22LR, don't even

bother to clean it this year! However, the world is just full of toys that complement our toys and make using those toys just that much more enjoyable!

From a competitor's point of view, I envy the pistol folks, even the real dedicated ones. A box. Yeah, a freakin' box! You set it on the bench, open it up, and voila! Your gun(s), scope, ammo, magazines, and data book all appear at hand and ready to jump into action.

I happen to be caught by the competitive rifle syndrome, and try as I might, I just can't seem to whittle down the amount of gear I set up in order to shoot 15 rounds from a Swedish mauser from prone at 200 yards, then pack up and go home. Sometimes I'm not even smiling, and I also know I'll be cleaning a gun! Shooting coat and sweatshirt, shooting matt, spotting scope and stand, Shoot-N-C targets and

Jersey Small Arms Gunsmithing



John Torelli
501 Ireland Ave.
Millville, NJ 08332
(856) 825-5766
JTorelli3@comcast.net
<http://jtjersey.com>

33 years at the same location
Shotgun, Rifle & Handgun work. All makes and models.

pasters, and a cart that contains my data book, stripper clips, ammo, glasses, gloves, hearing protection, sight black, sweat rag, wind chart, and backups just in case!!

I've looked back at the days that I started this journey, at a small local club, shooting a 100 yd. match for the first time, nervous as all get out. A Carhart jacket, a 1903-A3, a piece of old carpet, ammo, and a pair of binoculars. I shot a 373 out of a possible 500, and was hooked.

All this to say that the shooting sport and its enjoyment comes in many forms and with as much or as little gear as you want, or need. Therefore, without judgment or feeling unprepared, you can show up at a High Power, Pistol, or Benchrest league night, and fit right in.

And speaking of all that gear, did you see that new...?

Rob McKenzie
Editor

NRA Grant

Cumberland Riflemen would like to shoot off a sincere "Thank you" to the **National Rifle Association**. With a \$5,000 NRA grant, specifically for the new fencing along our frontage on Route 49, we have been able to enhance our facility, cut down on unwanted access, and make our range safer.



A golf course is the willful misuse of a perfectly good rifle range.



Justin Utley, left, presenting the Distinguished Rifleman Badge to Rob McKenzie during the awards ceremony at the CMP Nationals at Camp Perry, Ohio.

The CMP Program & Matches

For those of you that are not familiar with our CMP matches, we offer events where you can fire your M1 Garand, 1903 Springfield, Vintage Military rifles of US or foreign manufacture, M1A, and Modern Military Service Rifle. It is a great opportunity to have some fun and friendly competition. The club also offers a clinic for those who need some training or insight into shooting the Garand, Springfield, or Vintage type rifles. The clinic takes place early in the season, so check the club schedule on the web site for exact dates for the clinic and matches. The dates should be posted for 2018 sometime in January.

The club also offers Excellence in Competition Matches, fired with the AR-15 Service Rifle. The EIC's are more geared toward the experienced shooter, as there are no sighter shots allowed, but we encourage all service rifle shooters to attend as it is the best way to get the

experience needed to be competitive. Everyone there will be willing to help the new shooter.

We also offer an M1/M1A match and the Governor's Ten Match. The M1/M1A is fired at 300 yards and the Gov. 10 match is the same as the National President's 100 match: 30 shots for record, no sighters, shot at 200, 300 and 600 yards with the service rifle.

Here are some of the highlights of our 2017 CMP Match Season; Individual match winners shooting the M1: Jim Jenkins, Don Zubritsky, Lee Nugent, and Mike Halvorsen. Match winners shooting the 1903 Springfield: Mike Scavelli, James Brower, and Vince Dalessandro. Match winners shooting a Vintage Military Rifle: Rob McKenzie, Kevin Tunney, and Vince Dalessandro. Our GSV State Champion for M1, 1903 Springfield, and 3 gun champ was Vince Dalessandro. Rob McKenzie took home the State Vintage

Championship. Winner of our M1/M1A Match was Tom Foster, and winners of the Vintage Sniper Match were team Tom Foster and Rob McKenzie.

Here are New Jersey's Governor's Top Ten for 2017: 1. Rob McKenzie, 2. Tom Foster, 3. Dave Lange, 4. Lee Nugent, 5. Kevin Tunney, 6. Bobby Hahn, 7. Darrin Montagna, 8. Kevin McCarthy, 9. Don Zubritsky, and 10. Angelo Tufaro.

Cumberland Riflemen also had good representation in the CMP Nationals at Camp Perry, Ohio. In the Oliver H. Perry Match, Rob McKenzie placed 49th with a 293-7x. Team Captain, Joe Burkel, won his third President's 100 award with a 288-6x, placing 90th. In the National Trophy Individual Match, Rob McKenzie earned a bronze achievement medal, earning the final 10 points needed for the Distinguished Rifleman Badge, and received his award on stage at the awards ceremony. Member Tom Foster teamed with Carol Boyd and finished 53rd in the Hearst Doubles with a 574-23x.

Congratulations to all our match winners, State Champions, and EIC match top shooters! It was a very

Continued on page 6



CMP director Joe Burkel, left, presenting the Garand/Springfield/Vintage 3-gun aggregate State Championship plaque to overall winner, Vince D'Alessandro.

The CMP Program & Matches

Continued from page 5

good year and was awesome to shoot with friends and competitors that drive you to succeed! I hope to see some new faces on the range in 2018.

The club is always looking to bring new shooters to our competitions and leagues. We are happy to help new shooters learn the ropes and improve their marksmanship skills. So, keep your eyes on the schedules, come on out, and bring a friend for some fun and comradery. Contact Joe Burkel at j.burkel@comcast.net for more information. Hope to see you on the range!

Joe Burkel
CMP Director



CMP director, Joe Burkel, left, presenting the first place finish award to Tom Foster at the Excellence in Competition Match in September.



Four members of Cumberland Riflemen represented New Jersey at the CMP Nationals at Camp Perry. Back row from left, Lee Nugent, Tom Foster, and coach Joe Burkel, and front row, at the left, Rob McKenzie. Other team members included Joe Wyatt, Bobby Hahn, and Carol Boyd.

Facilities and Safety

I hope all the members who utilized the range since the spring had an enjoyable time. We have continued improvements to the range for your safety and enjoyment, including preparation of the 100 yard range pad and overhang, building up the berms on various ranges, and continued maintenance of the roads. Fencing was also extended from the gate area, to cover the three pistol ranges east along Route 49.

Unfortunately, we had two disciplinary hearings regarding violations and conduct on our ranges. Penalties were imposed, including suspension of the member's access to the range for a period of time. Again the rules and regulation of the ranges are in place for your safety. Please make sure of all the ranges rules which can be viewed

on our web site.

Wishing you all a healthy and happy holiday season !!

Jim McGarry
Executive Officer



CMP director Joe Burkel, right, presenting the Governor's Ten winner's plaque to Rob McKenzie.

29 Years Law Enforcement
Licensed, Bonded & Insured

Expungement Processor
Assistance

MAZZEO

DETECTIVE AGENCY, LLC

John M. Mazzeo

P.O. Box 996
Vineland, NJ
08360-0996

Phone: (609) 476-0228
mazzeopvtDET@comcast.net
Cell: (609) 209-0036
Fax: (609) 476-0044

MANIERO'S

**For the best deals
on TVs, Appliances,
Vacuums, Parts Service,
and Accessories**

1888 So. Delsea Drive, Vineland, NJ

856-692-7900

Serving South Jersey Since 1908!

Mon. & Weds. 9-8

Tues., Thurs., Fri. & Sat. 9-5:30

ManierosAppliancesAndTV.com

3-½% Sales Tax — Free Local Delivery

From the Loading Bench: The Frugal Reloader

With the cost of components (when they are available) rising all the time, I have found that I look for less expensive ways of doing things at the loading bench. Here are a couple of hints that may help you save a few bucks as well.

Tumbling Medium

From Midwayusa, a 15 lb bag of Crushed Walnut is \$16.99, while Amazon.com sells a 13.7 lb bag of ground walnut shells (intended as reptile bedding) for \$6.88. Similar savings can be had at your local Pet store. I find the Petsmart store convenient, and the crushed walnut seems fine enough so it rarely gets stuck in the primer pockets (another plus in my book).

Case lube

No one I know enjoys lubing

cases. It's generally messy and if you rush or get stingy, you get a case stuck in the sizing die. (if you don't have a removal set, I'd recommend you get the RCBS one from Midwayusa for about \$16.00) I hear folks using everything from the nasty RCBS sizing pad (and its sticky lube) to the Imperial sizing wax which is almost as messy. I started using the Hornady One Shot spray lube, and while it was fast and much less messy, I'd get a stuck case now and then. I found that Hornady uses nothing more than pure Lanolin as a lube mixed with Isopropyl alcohol. A web search discovered that both items are available on Amazon. The pure lanolin runs \$8 for 4 oz and the alcohol (use 99% not the stuff in your medicine cabinet) \$7.25 for 16 oz.

Mixing the two together gets you 24 oz of first rate case lube for about \$16. The price is much better than the \$14 for 10 oz Hornady or the \$9 for the 8 oz Dillon spray lube. I picked up a small plastic pump spray bottle to keep mine in and it takes just a few squirts of my home brew lube. I should have enough to last me a long time. This is without doubt the best lube I've ever used. An added advantage is the alcohol evaporates and the lanolin is water soluble. I use the Stainless Steel pin, wet tumbling method, of case cleaning, so cleaning the lube off the cases requires no additional step.

Think outside the box. Just because the major reloading companies supply an item does not mean there isn't a less expensive alternative.

Safe reloading!
Art Snellbaker

Wednesday Night Pistol League



Liz Corson draws down on her target during the Wednesday night Pistol League.

Greetings from the pistol range. Another Bullseye season is in the books. At the awards/pizza party the pistol range recognized three shooters for their accomplishments during the 2017 season. John Nelson had the highest average score of 779 and Gabe DiTamosso had the most Xs with 261. The third was Robert Fowler, Sr. Robert had a rocky start of the season, with some gun and ammo problems. But he hung in there, showed up every week, ironed things out, and really improved down the stretch.

We also had a change in the Pistol Chair position. Kim Quigley stepped down as Pistol Chair, and I accepted the offer from club president Paul Adamowski to fill the position. I also filled the position of calling the matches. It was a challenge and I had fun learning. I want to thank the shooters for bearing with me as we went through this change.

Mark your 2018 calendars for

March 28. That will be our bullseye clinic to kick off the 2018 season which begins April 4. I got the

kinks worked out and I am really looking forward to starting the new season.

For 2018 I have three NRA bullseye matches scheduled for April 28, June 30 and October 27. The matches will be 1800 NRA approved matches. Come out and let's make the matches a success.

A rules reminder while shooting at the pistol range. The range is for conventional pistols and paper targets only. Allowed are pistols up to .50 caliber and Thompson Contender pistols chambered for pistol cartridges. No wildcat cartridges or rifle cartridges are permitted. I would like to ask anybody using the pistol range to please use the targets stands on the right side of the range, rather than the turning targets, as much as possible. This will reduce the wear and tear on the equipment used for our pistol matches.

Last but not least, remember your three NRA rules of gun safety. Keep the gun pointed in a safe direction,

Continued on page 9



The firing line at the Wednesday night Pistol League.

Wednesday Pistol

Continued from page 8

keep your finger off the trigger until ready to shoot, and keep the gun unloaded until ready to use. Also, when you are not shooting the gun should be on the bench with your safety flag installed.

Remember, Safety First...Last... Always. Have a great holiday season and a happy new year.

Gregory Warde
Pistol Range Chair



They must all be in the X ring, Liz, from the looks of it!

Monday Night Benchrest

The chill is in the air and the leaves are falling. It's time to close the gate on another year of Rimfire Benchrest at Cumberland Riflemen.

A new Top Gun emerged this season, as Nick Talotta received the honor for 2017! The Most Improved award this season goes to Frank Hignutt, for improving his scores by 33 points. For the last match of the season, Cassandra Crawford, from Cumberland Riflemen's Junior League, honored us with her presence. This young

lady shot the 3-card match scoring a 236-1x, 241-6x, and 246-6x, totaling 723-13x, and winning the match!! She became the Junior Top Gun for the year! I would like to congratulate the top shooters and all our other shooters who participated in in this year's benchrest matches.

Next year's Monday night benchrest league matches will start on April 2, and continue through to September 24, 2018. The cost for each night is \$2.00, which goes toward a party and awards at the

end of the season. Each match consists of three targets, each with a possible 250 points and 25 X's. The 100 yard range closes at 4:00 pm for setup, registration and practice start at 4:30, and the

match begins at 5:30. The match is open to any .22 LR rifle, member and non-member alike. Come early and practice, bring a friend, and be part of the benchrest fun!!

The second Monday of the month, Cumberland Riflemen holds an American Rimfire Association sanctioned match. You are invited to come out and compete or observe.

For additional information, check out ARA's advertisement in our newsletter, or go to Dan Killough's site www.killoughshootingsports.com. Dan is a great source for rimfire benchrest supplies, and links for information, forms, and other associations.

Questions? Contact Frank Karwowski Match Director .22 Rimfire Chairman 609-501-7909



Jennifer L. Truxton
Broker of Record

Cell: 856-297-2357
Email: jennifer@TruxtonRealty.com



201 Buck Street
Millville, NJ 08332

Office: 856.825.1212
Fax: 856.825.1211
www.TruxtonRealty.com

Cumberland Riflemen Junior Program



A great turn out for the end of the year shootout for the Junior Program.

2017 proved a very satisfying year for the **Cumberland Riflemen Junior Program**, right on up to our final shoot of the year on Saturday, October 28th.

Throughout the Season we varied our sessions to include the NRA/ Winchester Shooting Programs, a High Power Session, a Benchrest Shooting Session, a Tutorial on Shooting with Slings, numerous Safety Education Sessions, Fun Shoot's including Shotguns, and finally culminating on October 28th with a Parent/Child Shoot-Off, followed by a Pizza Party and Awards Presentation !!

As with any successful organization, we would not be able to commit to our young members without my fellow instructors and volunteers. Frank and Ken Hignutt, Jim McGarry, Sherman Hartman,



Some Juniors are girls, who are really taking to the shooting sports. Watch out guys!!

Frank Karwowski, Lou Rider, Raymond Verity, and Scott Rhodes. These gentlemen are constantly giving of their time and financial support to help keep our costs to the bare minimum to our members. I would also like to acknowledge

a very special woman, and that is **Janet Hignutt**, Ken's wife. Most weeks she is always in Ken's pickup truck keeping an eye on her "kids". Through her generosity, the **Cumberland Riflemen Junior Program** has been able to purchase firearms rests, and is now in the process of purchasing spotting scopes. **Thank you Mrs. Hignutt! You are a special person!**

I hope this article prompts some interest in whoever has the opportunity to read it ! If you have any children, grandchildren, or neighbors who have an interest and are at

*****Buy / Sell / Trade*****

Colonial & U.S. Old Coins

Indian Artifacts & Arrowheads



Wayne Shelby
(609) 847-1456 (C)
E-mail: dughistory@juno.com
Member: ANS, C4, IACANE

the ages of 10-20 years old, please have them contact me at my information listed below.

My thanks to you all, and wishing you a safe and joyous Holiday Season!

John Patten
 Junior Program Administrator
 Cell Phone: 609-970-1546
 Email: songmangler52@gmail.com
 NRA Certified Instructor #13449145

VFW Brigantine Memorial Post 6964



Commander: Ralph Laltrella
121 31st Street • Brigantine, NJ 08203 • 609-266-9813



Some of the fun targets at the Junior Program Shootout.

The Medical Aspect: Eyes on the Prize

Offhand rifle shooters and precision pistol shooters share a common challenge—wobble. Benchrest shooting packs so much stability into the package, keeping your seat in the chair and your rifle rested fore and aft, that wobble is a pressing issue only during earthquake. There is an equalizer, however. Eyesight !! The things we do to preserve it as we age are the same things we didn't do when we were supposed to do them decades ago. To our happification, though, it isn't too late. But it does take motivation.

Diet is pivotal to preservation of vision, especially as we get older... just as we've settled into bad habits. Yes, there's a genetic factor to some eye diseases, but genes account for only a fraction of disease risk and expression. Lifestyle and environment are more significant. Working with Dutch researchers at the Erasmus Medical Center, we found

that specific nutrients can have distinct positive influence on avoidance of age-related eye disease (ARED). Also working with the National Eye Institute, one of the Fed's NIH divisions, we launched the AREDS report early in this century, announcing a list of nutrients particularly adept at preventing age-related macular degeneration (AMD), which results in loss of central vision.

Unfortunately, the AREDS1 and AREDS2 formulae (the second has removed vitamin A, found to be associated with increased risk of lung conditions in smokers) are not effective for treating cataracts. The first formulation contains vitamins C and E, beta-carotene (precursor to vitamin A), copper and zinc. The second replaces beta-carotene with lutein and zeaxanthin. Lutein is a yellow-orange food pigment found in green plants (spinach and the like), and also in the fat of herbivorous animals and in egg yolks. Appearing in the retina and macula, lutein acts as a light filter to protect against (blue light) sun damage. Zeaxanthin contains the same molecules as lutein, but has its atoms arranged in a different order (isomer). Studies in the Netherlands found that these nutrients, readily available as a combination

Continued on page 13




Factory Certified Armorer

Arms Services, LLC

FFL Firearms Dealer
Ammunition and Reloading Supplies
Law Enforcement Supplies
Cleaning Supplies

Karl Stuart
karl@armsservicesllc.com
Haddon Township, NJ 08108

856-685-4208
karl@armsservicesllc.com
Hours by Appointment Only

Special for CRI Members — \$25 transfer fee!
Just show your current Club ID. NICS & Sales Tax additional.

The Medical Aspect

Continued from page 12

supplement, control the factors that may put an individual at risk for macular damage. Zinc was seen to reduce hazard outright by more than 40%; lutein/zeaxanthin by more than a third.

This good news doesn't mean we can live on chocolate eclairs and Dunkin' Donuts and still realize the benefits of nutrients. Sorry, but the Agricultural Research Service saw a relationship of high glycemic (sugary) foods with AMD. Subjects with the highest sugar intake and highest blood glucose levels also had the highest amount of macular pigment abnormalities. In this regard, avoiding foods loaded with added sugars is prudent. [A few of us from Cumberland were invited to the NRA Instructors' Tournaments every fall, going back to the 90's. One

of our teammates was an ophthalmologist from North Jersey. Prior to the competitions he advised that we not eat the donuts that served as breakfast for the unknowing. He told us that sugar is processed in the pupil, therein reducing clarity. He must have had an inside track two decades ago.]

If you never smoked, vitamin A has no association with lung disease, but know that an association is not a cause. Getting vitamin A from yellow-ish foods, as opposed to supplements, is not a hazard, even for smokers. Cantaloupe, pumpkin, spinach, collards, most other leafy greens, peaches, apricots, sweet potatoes, carrots, squashes, red/yellow peppers and even broccoli are good sources. A deficiency of vitamin A causes

night blindness, dry eyes, susceptibility to eye infections and slowed growth in children. In the eyes, beta-carotene becomes a chemical known as retinal, which binds to another chemical called opsin, which is active in rods and cones and carries electrical energy along the optic nerve to the brain.

In the front of the eyeball is the lens, made mostly of water and protein. Its job is to focus images onto the retina by changing shape to accommodate distance. If the proteins clump as we age, they cloud a small area of the lens and form a cataract. Smoking and diabetes are the biggest contributors to clumping, but ultraviolet light also takes a toll. Like anything else, an ounce of prevention is worth a pound of cure, although the current cure is simpler than it was even a decade ago. Sun glasses and shooting glasses that block blue light are available. Some might cost a hundred dollars, but that's a small price to pay to avoid surgery. The nutrients that apply to AMD are not indicated for cataracts (depending on the person), except lutein / zeaxanthin. There is some evidence that three of the the B-vitamins—niacin, riboflavin and thiamine—and chondroitin sulfate (the stuff you take for your knees) are probably effective preventives.

Habits that stress the Cardio-Vascular System likewise burden vision. The retina and surrounding structures are loaded with blood vessels that depend on the CVS. The eyes use about 20% of the body's energy. If eyes have to strain to gather a usable sight picture, they will make the entire body tired in short order. Should atherosclerosis occur, an additional burden is placed on ophthalmic function by



TAHITI INN

A Tropical Paradise at the Jersey Shore

12th & Ocean Avenue • Ocean City, NJ 08226
609-399-0130 • www.tahitiinn.com

Continued on page 14

The Medical Aspect

Continued from page 13

virtue of reduced nutrition and a decrease in waste removal, but more seriously by the odds that a piece of atherosclerotic plaque breaks off and blocks the central retinal artery, causing blindness in one eye.

Try to make your dinner plate one part starch, two parts protein and three parts vegetables. Saturated fat is O.K., but still limit it to about 13 grams a day. Belly fat invites the inflammation behind most chronic problems, so avoiding empty calories is sound science. And stay hydrated.

Dr. Tom Whorowski, BCIM, CNCC
Biomedical Nutritionist
Board Certified in Integrative Medicine



The smoke clears on the black powder cartridge line during a match. Big bullets and lots of smoke!

A gun is like a parachute: If you need one but don't have it, you'll probably never need one again.



MILLVILLE CHIROPRACTIC CENTER, PA

1014 N. High Street
Millville, NJ 08332

Dr. James A. Beebe • Dr. John P. Fresh • Dr. Russell C. Doyle

856-327-0320

Fax: 856-825-4183

Smith & Jackson Military
Antiques & Firearms, LLC

I Want to Buy Your Guns & Military Items!

*Buying single items or
entire collections!*



**Paying cash for the following American, German or
Japanese war souvenirs:**

- Badges • Bayonets • Clothing • Documents • Equipment
- Firearms • Flags • Hats • Helmets • Knives • Medals •
- Optics • Patches • Photos • Swords • Toys • Uniforms, etc.

Anything military related is of interest!

Business: 856-300-5288
Cell: 609-204-9734
Email: Shelly1958@comcast.net
21 Peterson Street, Millville, NJ 08332
Federal and State Licensed Firearms Dealer



The Paul Adamowski Range Complex



Art Snellbaker, right, presenting the new commemorative Range Complex sign to club president, Paul Adamowski.

(This text was initially read at the CRI regular meeting on June 15, 2017.)

"It was not all that long ago that we were shooting on someone else's property, solely as a result of a handshake agreement made many years ago.

There was no lease or rental agreement, and any piece of bad publicity or a disagreement between us and the owners could have found us a club with no range to shoot on.

At the same time the facility was little more than a glorified gravel pit. While we had (and still have) the only 600-yard range in the state, our matches were poorly attended in large measure due to the poor conditions of the pits. The berm had eroded down to dangerous levels. The retaining wall was starting to sag, threatening imminent collapse. With any rain at all the pits flooded, and we were forced to use shipping pallets to form an impromptu boardwalk in order to

move about without wading in an ankle-deep water. A later attempt at a more permanent boardwalk failed due to high water levels.

There were no concrete pads on which to shoot from on any of the ranges. There was no overhead cover on any of them either. The plinking range was littered with shot up refrigerators and TVs.

Fast forward a few years and the difference is remarkable. The club now owns the property. A deal that was very beneficial to the club was finalized, and our mortgage will be paid off in a short time. The club now requires an NRA basic firearms course for all new members to lesson any potential liability to the club. A simple thing that may pay huge dividends in the future.

During the panic over the Obama EPA push to close ranges, our club was very proactive in lead remediation efforts as well as lead safety, to deflect the government agency that oversees worker safety.

Concrete pads on the big range,

the conventional pistol range, and the 100-yard range give us safe stable footing. The pits and berm on the 600-yard line have been completely rebuilt. Only the two most recently opened ranges lack overhead cover and I doubt that this situation will last long.

The 600-yard line is receiving rave reviews from nationally ranked shooters from around the region. Participation is up in all the high-power disciplines, and their entrance fees help sustain our incredibly low yearly dues.

The 100-yard range has just recently been enlarged and additional berming has made it a safer place to shoot.

The two new ranges I just spoke of have become very popular, most especially the reactive steel range that has become one of the most active ranges on the property.

All of this has not occurred by accident. While many members have contributed to the actual work of moving earth, pouring concrete, or reviewing relevant legal documents, the leadership and vision for all of this has come from one source, PAUL ADAMOWSKI.

Through his tireless efforts our

Continued on page 16

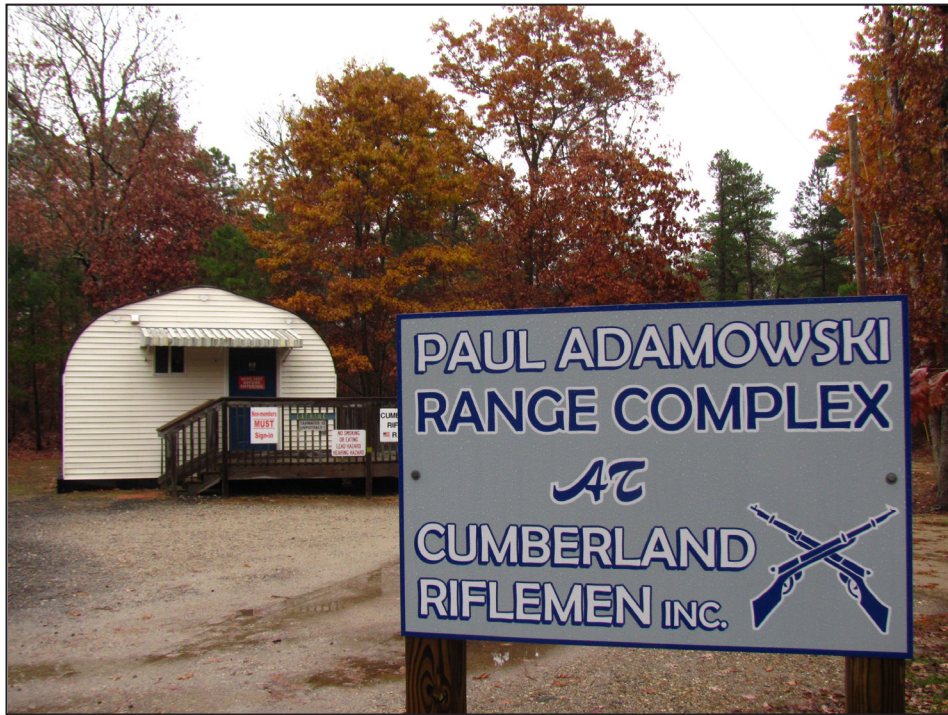
Wallace Supply Company
108 S.W. Blvd
Vineland, NJ 08360
Office: 856-692-4800

Bridgeton Plumbing Supply
756 N. Pearl Street
Bridgeton, NJ 08302
Office: 856-451-3131

BPS Express
319 West Ave.
Ocean City, NJ 08226
Office: 609-938-1398

Paul Adamowski

Continued from page 15



club and its range complex have become one of the finest shooting venues in the region. But it has not stopped there. He continues to be available whenever club business calls. Whether its meeting with the

electric company to schedule wire work behind the big range, meetings with the fire service for controlled burns, or just sitting around waiting for the phone guy to come fix the emergency phone (another

Paul idea), there he is.

Yet, he's sought no praise nor touted his successes. He's more likely to joke about a crossfire he's just committed (yes, even him) then to brag about his score. No one has done more for Cumberland Riflemen. In many ways, he has become the heart and soul of our club.

A few weeks ago, I approached the board with a recommendation on how to honor Paul for his years of extraordinary service. They enthusiastically endorsed it and I speak to you tonight to share the result of the endorsement. The board has declared that the range complex be named the "PAUL ADAMOWSKI RANGE COMPLEX at CUMBERLAND RIFLEMEN"

and that a sign so stating be erected alongside the front gate card reader. It is little enough to do after all that Paul has done for us. This quiet man has led us and guided us to a level no one in the club would ever thought possible. I am proud to call him a fellow shooter, my club president, and my friend."

Art Snellbaker

STATE & FEDERAL LICENSED

PHONE: 856-881-7575
FAX: 856-881-8477
www.bobs littlesportshop.com

BOB'S LITTLE SPORT SHOP
INDOOR PISTOL AND ARCHERY RANGE
HAND GUNS • SHOTGUNS • RIFLES • ARCHERY

HOURS:
MON. THRU FRI. 10 A.M. - 9 P.M.
CLOSED FOR DINNER 5 P.M. TO 6:30 P.M.
SAT. 10 A.M. - 5 P.M.

316 N. DELSEA DRIVE
GLASSBORO, NJ 08028

"WE SPECIALIZE IN PERSONAL SERVICE"

Butch's
GUN WORLD
Guns Bought • Sold • Traded
Handguns - Rifles - Shotguns - Muzzle Loaders
Gun Safes - Licenses - Hunting & Shooting Supplies

1025 W. Landis Ave.
Vineland, NJ 08360

(856) 692-1010

JIM'S LUNCH 856-327-1299

Family Owned and Operated
Since 1923
105 E. Main Street
Millville, NJ 08332

Jim Maul

Phone: 856-825-0775

HOWELL HARDWARE
Specialists in Mill Supplies & Tools
Screws & Bolts - Marine Hardware - Stainless Fasteners
Locks & Keys

GREG L. ERBER
Proprietor

26 E. Main Street
Millville, NJ 08332

Cumberland Smallbore

The 2017 season turned out to be a banner year for our fledgling smallbore position program, with record participation pulling in shooters from Maryland, Delaware, Pennsylvania, New Jersey and New York, it was not uncommon to see a full line on the last Sunday of the month.

Last winter we constructed new target stands with backers. This made it much easier to detect those pesky cross fires (not that any of US ever cross fire.....) The new stands also made the transition from 50 to 100 yards easier

Our monthly 1600 point matches were a great training tool, as many shooters used our matches to sharpen their skill set for an upcoming regional or state championship.


A few of our local shooters shot well enough to either advance their NRA classification or achieve a new personal best. Steve Hartley not only moved up to the sharpshooter rank, but in the last match of the year he finished with a new personal best of 1580-95X. That's 98.75% of your shots going in the 10 ring. Charley Groves' new Anschütz helped him to new a personal best as well.

Our traveling team of Steve Hartley and Scott Rhodes did a good job of representing CRI at various local, state and regional matches. Scott finished the year as the New Jersey



The firing line at the Ron Maxwell commemorative 3200 aggregate rimfire match, October 28, 2017.

Continued on page 18





Kennedy CONCRETE
PAVERS & MASONRY SUPPLY INC.

Thomas Tower

1969 South East Avenue
Vineland, New Jersey 08360


Office: 856-692-8650
Mobile: 609-425-6655
Fax: 856-692-6677

Email: ttower@advantagenj.com
www.kennedyconcretenj.com



GET A LOAD OF THIS



Ready Mixed Concrete

- Brick • Stone • Sand & Gravel
- Topsoil • Crushed Concrete
- Landscape & Masonry Supplies
- EP Henry & Techo-Bloc Pavers
- Parking Bumpers & Precast Steps
- Black & Brown Mulch • Rolloff Containers

SATURDAY DELIVERIES
NJ STATE HIGHWAY APPROVED
NJ CLASS B RECYCLING FACILITY

HOURS: MONDAY - FRIDAY 7AM - 5PM • SATURDAY 7AM - 12PM

BDU-styled pants/shirts
Gloves-Outerwear-Footwear-Bags-Socks-Accessories

FirstTactical.com

Products made to serve those who serve others...

First Tactical™ makes functional gear created for professionals. Guided by the principles of innovation and reliability, First Tactical works first-hand with real-world users to create durable products that meet the needs of public safety and citizens like you.

Shop on-line for factory direct pricing and savings.



Michael Smith
Western South Jersey-Northern Delaware Rep.
Cell 856.430.4995

Cumberland Smallbore

Continued from page 17



The line is ready at the rimfire prone match. All ladies are welcome !!

Metric Prone State Champion. He also finished 2nd in the Conventional Prone and 4th in the 3 position State Championships. He took 4th overall in a regional match in June at the North End Rod & Gun in PA., and followed that up in September with a 1st overall at the same club. His 1598-115X in the Ron Maxwell Memorial 3200 set

a new club record. Steve took 4th overall in the Conventional Prone State Championship and took 2nd in the Sharpshooter class at the September Regional in PA.

Our 2nd annual Ron Maxwell Memorial 3200 was again a great success. Ron was responsible for bringing smallbore position back to Cumberland Riflemen. Although

we'll miss his presence at the matches, he'll always be there in our hearts. Unfortunately, we lost Ralph Wer-

ner this season as well. His smiling face and cheery personality will be missed.

Thanks again to the grounds committee and Frank Karwowski for expanding our range to 14 spots. Every new shooter we get to the range comments about how nice a facility we've created. Although we didn't get a chance to fill them this year, you can bet we'll be promoting real hard next season to do so.

I'd like to extend an invitation to all our members to come out and shoot with us. We run a very safe, very low pressure match, perfect for someone looking to break into competition. We're always willing to guide the uninitiated through the process to make their experience as trouble free as possible. All you need is a bolt action, 22 LR that can be single fed, a spotting scope, sling and a mat, and you're ready to go !

I would especially like to reach out to our Junior Shooters. You folks are the future of our club, and we need your participation to keep these matches alive. I'm talking about any of the matches the club puts on, not just smallbore rifle. The only way that you're going to improve in any sport is to compete against people that are better than you.

Now last, and maybe most important, a big thank you to the Kathy's for scoring all our matches. They gave up a lot of valuable beach time this summer to help us out, and we really appreciate it.

We are looking forward to seeing everyone next year for another great season of Cumberland Smallbore.

Scott Rhodes
rhodesandrhodes@gmail.com

Sir Speedy OF VINELAND

Print • Signs • Marketing

Serving South Jersey for over 35 Years!

SIGNS • BANNERS • POSTERS & MORE

856-691-0741

sirspeedyvineland@gmail.com • sirspeedy.com/vineland

NRA High Power

High power rifle competition, is not only alive and well at CRI, it's flourishing. We just finished an extremely successful season for both the prone and the across the course (XTC) matches. In fact, as long as we had good weather, the matches sold out !! We have competitors traveling in from all over New Jersey, New York, Pennsylvania, Delaware and Maryland to attend our matches. Approximately, 16 junior shooters from Central Jersey were regulars. They are the future of our sport, and the shooting sports in general, especially the young ladies!

Cumberland Riflemen members are very competitive. Joe Fogg won N.J. State Mid-Range Match Rifle Championship. Bob Schultz and Vince D'Alessandro won the State Championships in F-class. Tom Foster won the Match Rifle XTC State Championship.

This is truly exciting days for

High Power Rifle competition at Cumberland Riflemen. The 2018 season will be soon upon us, so plan to be part of it. Especially, come out to the Tuesday night league. Folks there are more than willing to answer questions, and talk about equipment, methods, and all things related to accurately shooting a rifle, from offhand, sitting, and prone, at 200, 300, and 600 yards. Take the challenge ! We'll be happy to see you.

Mike Berezin
High Power Chairman



Willing the bullet into the 10-ring. Tom Foster, on his way to winning the NJ State High Power Rifle Match at Cumberland.

NOW OPEN

FULL SERVICE RETAIL AREA

- Indoor Climate Controlled
- 25 Yard Shooting Lanes
- Gun Rental
- Archery Range and Rental
- NRA Gun Safety Training
- NRA Home Defense Training
- Family Gun Safety Classes
- Archery Classes
- Proper Gun Handling

**Range
Rental**

**10%
OFF**

**Range
Lessons**

3018 Route 9 North
Seaville (Upper Township), NJ
609-427-6774 | fmjgunrange.com



Politics

I want to make sure everyone has taken to heart the words penned by CRI President Adamowski. The results of the last gubernatorial election revealed that not only are NJ gun owners not unified and some not even interested enough to get out and vote, but that NJ will be in the hands of gun-hating politicians for the foreseeable future. What gets done in the next four years will take a generation or more, at best, to undo. If ever.

I believe that our opposition is made up of those that are truly on the gun ban wagon, those that vote party line, and those that have no idea what a magazine even is or who we are as gun owners. Those last folks, and a few others, will be our focus shortly, because you know those gun bills have already been written, and waiting. They need to be inundated with respectful calls, e-mails, and letters at the appropriate time. Those that have the power to pass a bill on to committee may need to start hearing from us now. I already have one such letter in draft form, and wouldn't it be wonderful if every CRI member and our friends did the same.

I also believe that a politician may have some pause if they realized how many folks shoot their "assault rifle" in completion, in the hunting fields, and for simple recreational purposes. Not understanding the reason the 2nd Amendment exists,

they may give thought to the sporting aspect of semiautomatic rifles, shotguns, and pistols. This will, I guarantee, be the fight of a lifetime for this generation of NJ shooters. Even if you don't own a semiauto, you are not off the list of the progressives who long to control every aspect of our lives. If the AR goes today, your gun may be next. I would sincerely encourage many more of us to be able to say what we take part in some kind of competition, and that we use those very guns that are on the chopping block.

Please, be a part of the resistance, encourage your friends to do the same, and never give up.

Rob McKenzie
Editor



"If guns kill people, all of mine are defective."

Elections

The terms for President and Secretary are ending. Elections are in June/July, upon issuance of the next newsletter. Both incumbents (Paul Adamowski and Tom Wnorowski) have stated that they wish to remain in office, and will stand for election if necessary. If you are interested in running for either office, contact Jim McGarry at (609) 703-3306, not later than December 31.

Advertising Opportunities

If you would like to advertise, or know of a 2nd Amendment-friendly business that can fill one of our advertiser voids, please contact Rob McKenzie at 609-805-7849.



CUTTING TECHNOLOGIES

101 Washington Avenue
Gloucester City, NJ 08030
Office: 856-456-2255
Fax: 856-456-8070

Rob Frazier
Project Manager
Rob@CuttingTechnologies.com
Cell: 609-685-8751

www.CuttingTechnologies.com

WE MAKE YOUR SELECTIVE DEMOLITION PROJECTS SUCCESSFUL™

- Core Drilling
- Wire Sawing
- Slab & Wall Sawing
- Curb Sawing
- Robotic Hammering
- Floor & Surface Prep

Free demolition information at
www.CuttingTechnologies.com



856.462.6250

Medical Alliance

OF SOUTHERN NEW JERSEY, P.C.

*Innovative Modern Medical Care.
With Dedicated Old Fashioned Values.*

1206 West Sherman Ave., Bldg. 1
Vineland, NJ 08360

<http://medicalalliancenj.com>

Visitor Passes??

It appears that several of our visitor passes have passed their way home with a visitor. We know they are really good looking, and really won't do as Christmas gifts, so they need to be returned. If you can ask around, maybe one of your buddies has one.

A gun and the Bible: two things every American should know how to use, neither of which are taught in school.

AmericanRimfire.com

.22lr Unlimited Benchrest Competition



Cumberland Riflemen

Match Director: Frank Karwowski
Phone: (609) 501- 7909
email: frankkar@verizon.net

Matches at Cumberland Riflemen are held the second Monday of the month from April through October. As a sanctioned match there are points to be earned for national recognition. It also means the matches are open to all members and non-members alike.

Registration & Practice: 4:30PM - 5:30PM
Match Start Time: 5:30PM
of Targets: 3 (25 bulls each)
Type of Match: Unlimited ARA - 22lr Rifle @ 50 yards. There are few restrictions as to the weight and makeup of the rifle, scoped or not and the use of one piece rests is allowed.
Cost: \$10 match fee per competitor

SCHEDULE & SCORES
AmericanRimfire.com

American Rimfire Association



20 Minutes



25 Bulls

Shot per bull

Shoot This →
(with your phone) to easily install "Benchrest Buddy" FREE mobile app.

