



The Cumberland Magazine

Greetings from The President's Corner

Paul Adamowski, President
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Another lousy winter and miserable spring, but Cumberland Riflemen is still functioning. I would like to bring you up-to-date with some of the accomplishments of the winter season and planned happenings to come. Perhaps the most important of all is the fact that we now own the range property outright and still have a good amount of money in the capital fund. The amount saved gives us a good

start on planning and laying the groundwork for a clubhouse which will give us a building to use for training and as a clubhouse/meeting room. We did exactly what we said we were going to do 5 years ago. We said our plan was to undertake a mortgage to facilitate purchase of the property and accrue monies to build a clubhouse.

Over the winter, we normally get our roadwork and heavy equipment work done, but the rainy conditions put much planned work on hold. We did get the covered firing line extended for the 100-yard range. It took a lot of effort and would like to thank Frank Karwowski or his interest in completing that goal. We had scheduled a contractor in for the 600-yard range which involved restoration of a firing line at the 500 yards. We also planned to use the same contractor for the road improvement and shoring up some of the berms and earthwork on the various ranges. Unfortunately, those did not get done, because of the rainy conditions. I've been in contact with the contractor who now has a backload of work. We are anticipating that our earth work will commence before too much more time passes. We are also waiting for pricing to extend the canopy on the 600-yard range. We are talking about 10 x 20 extension of the canopy and concrete an easterly direction which will allow us room to permit shooters to man each of the targets we have the capability to show. That means we will have ability to accommodate more shooters at our various matches. There is also earthwork scheduled for all ranges. We will continue to notify you by email of any range closings or activities affected by contractor activity.

In case you haven't noticed, Joe Burkel, the CMP coordinator for the club, scheduled some Rattle Battle matches. I don't know of any other range (other than Camp Perry) which sponsors a Rattle Battle match. In this match you, and sometimes your team, fire, under time restraint, at each of the 600, 500, 300, and 200 yard firing lines. Shot value is dependent upon distance. This is one of the reasons that we want to reconstitute the 500-yard line.

By now, you should have noticed that we have a new shed on 100-yard

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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

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President's Corner

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range. This shed is there to support various match activities on the 100-yard range, which now includes bench rest and smallbore matches. The leagues are also all in operation. We have room for more shooters who would like to learn fine art of precision shooting. All you need to do is to show up with a good attitude and desire to learn. Various NRA classes are shown on the schedule and serve as a good opportunity for the first-time shooter to learn how to shoot safely, and for the old-timer a chance to hone his skills. Classes are open to all members. If you want to bring a friend you can even do that.

Thanks to Dan Stocks and Dan Farrow for the cleanup of the areas used for bench rest on the 600 yard range. They dug out the dirt under each bench and replaced the dirt with stone. It made the situation safer and cleaner, with a great visual perception.

My thanks also go out to those club members who make themselves available for the monthly unscheduled work party. We get a lot of work accomplished and have some fun doing it. If you're interested in some doing some work to benefit the club, and have a Thurs-

day free, why don't you plan on joining us on the 4th Thursday of the month from 9:30 AM to noon.

I think that our safety practices, on the line and off, have improved. We all have to keep aware of and practice safety first, last, and always. Safety is the most important fundamental in shooting. Remember, that you are all safety officers and responsible for your actions and the actions of those on range with you. You have the obligation to correct and report unsafe activities on the range complex.

I would like to shout out our appreciation to Greg Warde for taking over the pistol range care, the pistol program, and for bringing it back to life! I also think that our officers, and the personnel involved in publishing the newsletter, Rob McKenzie and Nick Frese, deserve a pat on the back for their efforts to put together an interesting newsletter that benefits all our members.

I look forward to seeing you all on the ranges and I hope that you have a safe and happy summer.

Paul Adamowski
President, CRI

American Rimfire Benchrest

The American Rimfire Association sanctioned matches at Cumberland Rifleman has been growing with exposure, and is a way for those serious about competition to get their feet wet. The matches are held the second Monday of the month from April to September. As a sanctioned match, there are points to be earned for national recognition. It also means the matches are opened to all members and non-members alike. The matches start with registration at 5 PM and first target at 5:30 PM. This is a three-card match consisting of 25 bulls per target using the official ARA target. This is an unlimited match meaning there are a few restrictions as to the weight and makeup of the rifle and scope or the use of one or two piece rest. The cost is \$10.00 for the match

For information and rules about eh ARA go to their web site at Americanrimfire.com. Killough (www.Killoughshootingsports.com) is a good source for all rimfire benchrest supplies and information.

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The Mid-Range and F-Class Challenge

What are the F-Class & Mid-Range matches listed on CumberlandMatches.com all about? F-Class and Mid-Range matches, in most cases, are three (3) 20 round matches fired at 600 yards, but could be fired at 300, 500 and 600 yards or a combination of all three.

F-Class

F-Class has two categories: F-Open and F/TR. The course of fire and the target are the same, but the equipment is somewhat different.

F-Open is pretty much as stated, any centerfire cartridge from .223 thru .35. Front and rear rests are allowed, and there is a weight limit to the rifle/sights.

F/TR limits the cartridge to the unmodified .223 or .308 Win. Bipods are permitted, but no rear rest. The allowable weight includes anything attached to the rifle including

the rifle/sights/bipod.

In both categories the majority of the competitors use bolt action rifles though a few folks are using the AR-15/AR-10 platform in F/TR.

Mid-Range

In Mid-Range, on the other hand, the rifle is supported only by a sling. Any center fire cartridge, between .223 and .35 are allowed. Most competitors use bolt action rifles, though some use the popular AR-15/AR-10 platform.

Target sizes are different with the F-Class being smaller than the Mid-Range target. Muzzle brakes are prohibited in both F-Class and Mid-Range because of the muzzle blast/noise. More details regarding weight limitations, target sizes etc. are available on line on the NRA website under High Power Rules.

If you can shoot an X at 100 yards, come out and try it at 600 yards.

That's why they have elevation (and windage) knobs on the sights !!

Walt Schmidlin
Match Director



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From The Editor's Pen Plinking, and Related Endeavors

Plinking, as I see it, has become a lost art in our home state. Unless you have a large farm or property, you just can't enjoy a leisurely walk in the wild, plinking away at distant rocks, sticks, or other targets of opportunity. We used to "sort of" plink, at blood-spotted eggs or rotting tomatoes on the North Vineland farm back in the 50's, sometimes even standing on the tow bar of the Farmall Cub tractor, with a loaded .22, waiting for the grackles to appear while we plowed. No safety problems there ! But these days, on that same property, we would have the authorities on our case in short order, I'm sure.

My real plinking days go back to the vast open spaces of California in the 1970's. During weekend trips to the deserts, BLM land, and National Forests, there was ample opportunity to roam, plink, and play the firearm equivalent of the basketball game, HORSE. I was fortunate to work for the Los Angeles Co. Museum of Natural History, and we often made field trips into uninhabited country to prospect for fossils and archaeological sites, and I usually carried a sidearm. Plinking, over the years, did lead us into some very interesting situations.

I shot my first man on a plinking trip to the Upper Mojave Desert

one fine spring day. He was standing about 20 yards to my right as we blazed away. During the melee, the cylinder stop spring in my Ruger Single Six broke, the cylinder became misaligned, a piece of lead sheared off a bullet, and it hit my buddy right in the nose. We were eventually able to laugh about that one, but not before he almost shot his first man !!

During a working day, I once convinced an anti-gun co-worker to go plinking with me while our boss was off looking for his geological maps. My co-worker wasn't happy that I had a six inch .357 on my hip, stating that the only thing I could do with that thing was "kill someone from 7 feet away". Well, God's honest truth, he saw me plink a black-tailed jack rabbit at 110 yards with that .357, and reluctantly decided that he ought to try it. So, after our day of fossil prospecting, I set up a few targets in a dry sand wash, gave him some instruction, and he proceeded to fire a couple light target rounds. At that point, a previously unseen Bott's Pocket Gopher lost its nerve, and dashed across our target

berm, with Dave firing the last 4 shots at the little guy as fast as he could ! "Why, Dave !", I exclaimed, observing the huge smile on his face. That weekend he went home and bought his first gun. By the way, we roasted that old jack rabbit buck over an open fire, and we were still chewing 3 days later.

One day four of us stopped near a yucca plant which was still sporting the last year's six foot tall central stem. We decided to play OK Corral, gunning down those insubordinate Clanton and McLauray boys. After several minutes and lots of lead, that stem too was insubordinate, and refused to fall over. We lost interest, as there were more bad guys waiting at the other end of town, and we walked off. Several hours later, tired and hungry, and almost out of plinkin' ammo, we returned to stand, once again, in front of the obstinate yucca stem. It was the ultimate insult ! As we lined up to finish off that last cowboy, it simply fell over !! We all had a hearty laugh. I guess the rumor of

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From The Editor's Pen

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our firearm prowess had preceded us that day.

A favorite pastime, during a work break, was to shoot across a valley at targets on the other side. We once worked our way to the top of a hill in the Coso Mountain Range, and looked back to search for targets presenting themselves on the other side. With pistols it was loads of fun. We were right on the border of the China Lake Weapons Test Range, and the roar of approaching jet engines suddenly got our attention. Turning back to look behind us, we were able to look down

on a gleaming white B-1 bomber making nap-of-the-earth flights in the adjacent valley. He made three passes to our awe and amazement. What a sight ! God bless America !! It was one of only three that existed until President Reagan subsequently restarted the B-1 Lancer project.

My boss never did figure out how I found so many fossils, when I spent most of my time looking at hawks, falcons, and jets. I believe all my kids, and most of the grandkids, have now seen a B-1 Lancer up close. I walk by the yucca in our front yard every day, remembering

that obstinate plant in the Mojave, but haven't taken a shot at it yet. Roasted one more black-tailed jack rabbit, same result. I stopped shooting people after that day of plinking in the desert, and our grandfather's old 1948 Farmall Cub has been totally restored, proudly owned by my brother, John.

Real plinking was a great pastime. I really miss it. But then, maybe what I really miss are the memories, and avenues of awe and laughter it opened for us.

Rob McKenzie
Editor

Black Powder Target Rifle



By the time this article is published, the Black Powder Target Shooters will have two mid-range matches under their belts. The March shooters were faced with partial sun and shifting winds, and the match proved to be an exciting challenge with winds gusting up to 45 mph. The scores reflected the challenge and Carl Leisinger demonstrated his wind reading skills, winning the match and beating the second-place competitor by two points.

sights – a nice display of classic BPTR shooting!

In June, we will host the BPTR North East Regional and NJ State Championship match. This match is a 60-shot match fired from the 200, 300, & 600-yard lines. The winners in each category are rewarded with beautiful medallions from the NRA, and all shooters will partake in raffles for donated prizes from the many vendors and sponsors who support our sport.

For those not familiar with

The May match was blessed with a 70°F day, sunshine and moderate winds. Shooters from Maryland, Delaware and New Jersey competed, with half of the competitors shooting prone, half shooting position, and all of them using Iron/Open

BPTR, Black Powder Target Rifle competition allows any safe original, modern production, or custom-variety black powder rifle or breech-loading rifle that is designed as a single-shot firearm. Original or modern muzzle-loading rifles, with or without sealed ignitions, are also allowed. There are also special categories for black powder military rifles, muzzleloading rifles and scoped black powder rifles. The course of fire uses the same targets as NRA High Power Rifle competition. Black Powder Target Rifle Competition also complements the existing NRA Black Powder Cartridge Rifle Silhouette Competition shooting program, as most of the guns and gear can be used in both competitive shooting disciplines.

Those interested in exploring the world of Black Power Target Rifle competition are encouraged to visit a match or contact our match director for more information.

Vince DAlessandro
Black Powder Match Director
vinedalessandro@yahoo.com

CMP Program — The Rattle Battle

Individual Rattle Battle Matches are now offered at Cumberland Riflemen !

What is a Rattle Battle Match? It is a rifle match whose aim is to simulate rapid fire combat shooting from 600, 500, 300, and 200 yards. Each stage has a time limit and strategy is required to score the most points.

The Individual Rattle Battle Match is based on the National Team Infantry Trophy Rifle Match (unofficially named Rattle Battle) held each year at the National Matches at Camp Perry Ohio. That Match is shot with a 6 man team and 8 targets (the 2 end shooters have to shoot at 2 targets). There's a lot to be said about the National Match but most doesn't apply to our individual match, so I won't go that far into details.

In the Individual match, each shooter will fire at one silhouette target at each yard line, 60 shots total, 50 second time limit at each distance. The shooter can fire as many rounds as they can get off in the time limit. Hits at longer distance are worth more points than the shorter distance, so the object is to score as many hits at 600 yards as possible and hopefully expend the remainder of your rounds at 500 and 300 yards. There will also be a bonus that will be earned for every target that has 10 hits or more. Each of those will be multiplied by 10 for the bonus score, so, three targets with 10 or more hits would earn 30 bonus points.

The Individual Rattle Battle is a fun match that will not take very long to shoot, once a shooter takes the firing line, he/she continues until their match is complete. Let's talk about what you need to com-

pete. Of course you will need an AR-15 type service rifle, M1 Garand, or M-1A, sling, 60 rounds of ammo, and six magazines (thanks to NJ legislators), or 8 M1 clips. The use of a shooting coat or glove is optional, mats will not be used, and no spotting scopes allowed.

unloaded, magazines removed, bolts locked open and muzzles kept elevated and pointed down range in a safe manner.

All shooters will advance to the pits to perform pit duty for the next relay after their 200 yard stage. Last relay will pull pits for the first relay.

Course of Fire:

Stage	Distance	Position	Time Limit	Scoring
First	600yds	Prone	50 seconds	4 points per hit
Second	500yds	Prone	50 seconds	3 points per hit
Third	300yds	Sit/Kneel	50 seconds	2 points per hit
Fourth	200yds	Standing	50 seconds	1 point per hit

Note: Any unused rounds or misses off silhouette target will be counted as zero points. Targets — E Silhouette at 500 & 600 yards and F Silhouette at 300 & 200 yards.

Range flow/commands: Shooters will take their position on the 600-yard line as directed by match officials. Only shooters and match officials are permitted on the firing line. A 3 minute preparation period will precede the 600 yard stage only. After the prep period ends, the command to LOAD AND BE READY will be given. Targets will appear between 10 & 40 seconds after the command is given. Shooters may start firing as soon as targets appear.

After scoring, every competitor will advance with the relay to the next stage, moving forward line abreast, rifles

Score Recording: All scores will be relayed from the pits to the firing line to be recorded on score sheets

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CPM Program

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at the end of each stage. Hits outside the silhouettes are not scored or marked. Ties are broken according to the highest score at 600 yds, then at 500 yds, etc.

Competition Conditions: Ammunition. Each competitor will start the match with 60 rounds, round count will be verified by match officials prior to relay start.

Safety: Eye and ear protection are required in pits and on line.

NOTE: The NJ ASSAULT RIFLE BAN IS STILL IN FULL EFFECT. Any NJ classified ASSAULT RIFLE on the range does require a NJ TARGET ASSAULT RIFLE PERMIT. Assault Ban does not apply to Military Shooters firing issued guns. 10 round magazine restriction is also in effect, all must be in

compliance.

I think I covered everything, I know the 10 round mag limit may be tough for everyone to have 6 mags on hand, I personally have enough to lend out to those who need them, it shouldn't be tough to cover everyone as we will only be running 2 or 3 shooters per relay.

Come out and give this new match a try. It is a unique, tactical type experience. I am sure everyone will enjoy this match. You can find the scheduled matches in the CMP section on the Cumberland website, when you open the "Match Information" section. If you have any questions you can contact Joe Burkel at j.burkel@comcast.net or 856 725-1813.

Joe Burkel
CMP Program Director
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Target loads are most likely to be accurate with a bit less than maximum load. Even within this framework, examination can be fruitful.

Competitors often use the winter months loading ammo for next season. The cool, controlled environment of the loading room, however, is a far cry from the heat and humidity of a midsummer firing line. It is becoming much easier to find heat insensitive powder from several manufacturers but it is still a consideration. I load bulk batches of ammo, and it is not unusual for me to load up 100 rounds of a deer hunting caliber and then shoot it over a couple of seasons. If my loads had been compressed charges there could be a possibility of bullet creep (powder uncompressing and pushing the bullet forward) which could create function problems if the creep is bad enough. None of my hunting rounds are compressed for that reason, even if I have to use a less bulky powder producing less velocity.

There are lots of burn rate charts on the web for just about any powder. They are not intended to indicate direct replacement between powders, but will give you a starting point when changing from a known powder to a new one. For instance, Varget, IMR-4895, IMR-4064, and Reloader15 are all pretty close and will perform well in the .223 Remington. For different applications of this caliber any of these will do, but, as in all reloading, **a quality source of data is required.**

Examine the two questions every time you start to develop a new load. It is too easy to just go with someone else's recommendations, but half the fun of reloading is experimentation!

Be safe out there!

Art Snellbaker

The Reloading Bench

Powder Selection

The start of any load development should be "What do I want this load to do, and how will I use it?" While these two questions are closely related, they really ask two very different questions.

"What do I want the load to do" asks things such as:

- 1) What velocity range do I need?
- 2) What is the size of my cartridge case, and will one powder give me better case density than another?
- 3) Is average velocity more important than shot to shot consistency? Is recoil an issue?

There can be more than just those questions, but they lead one to examine just what is expected from any one load. A high velocity may be important if a hunting load will likely be shot at unknown ranges and trajectory is an issue. Some

powders give higher velocity than a similar powder, but are bulkier and either won't fit in a given case or require a compressed charge. It has often been said that the most consistent loads are generally below max. However, if the target is minute of deer perhaps that extra bit of velocity will make a hit more likely, even if it's a couple of inches off from the group center. If the load is to be used for plinking, especially by small framed folks like kids or wives, a powder that is bulky may be just the ticket to keep velocity (and recoil) low while still giving a decent case fill.

"How will I use the load" is equally important.

- 1) Is it to be a hunting load?
- 2) Perhaps it will be a competition load?

Hunting loads, as stated above, may need maximum safe velocity.

Cumberland Riflemen Junior Program — 2019

Every year is a little different from the previous one regarding number of kids, ages, and experience of young shooters. 2019 started no different than previous years, and we had more Juniors than ever enrolling in the program for the new year. Included in this year's group were many younger kids in the 10-12 age group, with little or no experience.

We started our program on Saturday, March 23, 2019 at 10:00 am with a **Firearms Safety Course**, followed by a range tour. All the kids were anxious to start shooting, but our first session is always about firearms safety. We start our shooting at the second session, upon completing the Safety Course. This is the first year we have been able to

fill the shooting stations on the 100 Yard Range, as well as setting up two additional tables to accommodate four new shooters. Because of changes made to the 100 yard range at Cumberland Riflemen, we will eventually be able to accommodate a total of 20 shooters at one time. We are not there yet, but we continue to grow every year !!

I always mention, that if you have any family or friends with children age 10-20 years of age that have an interest in learning safe firearms handling as well as learning to shoot, please contact me at my information listed below. We participate in the NRA/Winchester Marksmanship Program which allows the kids to compete against themselves

earning certificates and pins as they improve their skills and go up the ladder of marksmanship levels. In addition, we invite guest speakers to come in and talk to the kids as well as display collections of firearms. One of the most fun days we have on the range is when the CRI Junior Program has our "Fun Shoot". These are conducted on the Plinking Range and firearms include shotgun, and various rifles. The targets are quite varied including spinning targets, lollipops, bowling pins, and a few other "surprises"! Also, during the last "Fun Shoot" of the year, the kids are able to compete against their parents for the "bragging rights" of their homes. At the conclusion of this event, we have a pizza party and awards for our shooters for their accomplishments.

Once again the CRI Junior Program would not be able to enjoy our success without the full support of the CRI Executive Board, as well as our hands-on instructors at every session. These volunteers include Frank Hignutt, Ken Hignutt, Sherman Hartman, Lou Rider, Jim McGarry, Raymond Verity, Ed Crawford, Frank Karwowski, and Michael Hignutt. Our thanks go out to these gentlemen for all the help they give to our program.

If I have piqued your interest at all and you would like some additional information please contact me at:

John Patten
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The Vice President's Desk

Hello everyone! I hope you all have been enjoying the nice spring weather we've been having. In the last new letter I discussed some safety tips when reloading ammo. This time around, I would like to discuss a problem that can be the result of the shooting sport, but first, let me tell you a little story about myself. When I was 20 years old, I had some friends invite me to my first indoor concert, the Van Halen 5150 tour. The best part was that they managed to get tickets for the floor level, not that far from the stage. The part I was not ready for was that our seats were 5 feet from the loud speakers. As a result, when I left the concert, I could not hear a thing. Being young I just thought my ears would return to normal in a day or two. Over the next 3 weeks I started getting frustrated because I had to keep asking everyone to repeat themselves. I could hear that they were talking but could not make out what was being said. Five months later I finally got to the point that I could have a conversation with people. My hearing finally returned to normal, except for the so called ringing in my ears. Now let me tell you, doctors call it a ringing. It is more like a loud high speed mixer that you can't shut off !! For me, the idea of having a quiet

night in bed was over, the noise so loud it kept me awake. This is something that I would not wish on anybody. At times the ringing would be so loud that I would have trouble hearing someone who was soft spoken or other low volume noises. Several years later, living with this problem, I learned to read lips or put together what was being said by the few words that I did understand. Then came marriage ! My wife would get on me because the TV was too loud or I was not doing what she asked. I could not help that she was in the other room when she asked me to do something (remember I could not read her lips) and I did not hear her. This started getting me frustrated and depressed. The only good side was when my son was born I never had to change a diaper in the middle of the night because my wife would hear our son cry before I did. But she would let me know about that too in the morning. Then, when I received a promotion to supervisor at work, I was again having trouble communicating with my employees, because I could not understand what was being said all the time. This brought on a point in my life where I was very frustrated and depressed, and started drinking at night to help get to sleep. Finally I

had to do something to stop the downhill spiral of depression and asked my wife to make an appointment for me, since I could not hear what people were saying on the phone. A few days later I was sitting in the little booth, waiting to raise my left or right hand depending on what ear I heard the noise in, and wondering what was taking so long to start the test. Then I would think I heard something, raised my hand because the test was starting, but no, the test was over ! I walked out to be told that I was lucky if I could hear a microwave beep, which I couldn't. All this time I just thought you waited for the timer to count down and open the door. But now, after a week or two wait, I received my hearing aids. Now I used to be one of those people that had their car locked in the garage with the keys in it so I would not lose them. Well that first morning I walked out to my car, opened the door and heard this dinging sound. I walked back into the house to tell my wife and she just looks at me and says "That's because you left your keys in the car." What an exciting time in my life! For the next couple days it was so nice to hear things that I did not know made noise. I was like a kid that just learned to walk and could get into everything. No more getting yelled at because the TV

Continued on page 11



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The Vice President's Desk

Continued from page 10

was too loud. At one point my wife even asked me to turn it up. My son was already out of the diaper stage so I got out of that, my wife now knowing why I did not wake up at night. The down side is that my hearing is so far gone that I still have times that my wife and son ask me if I hear a noise and I can't hear a thing in the high pitch range, even with the aids. Still, when I take them off to go to bed, that dreaded ringing in the ear still makes it hard to get to sleep.

Over time the gradual loss of your hearing can sneak up on you before you realize it. Just remember to always wear your ear protection when at the range. Please don't think that hearing aids are an easy cure. In my case they did not return my hearing to 100% and insurance

companies do not cover the cost of hearing aids. So, heed my warnings, and always take the time to protect your hearing and eyes at the range.

Hope everyone has a safe and fun shooting season. And I also have to thank my wife for putting up with my hearing issue. It has created some interesting times, as when I misunderstood what she was telling me and did the complete opposite !

Frank Hignutt
Vice President



Monday Night Benchrest

The Monday night benchrest league has started for the season. It runs from April through September.

We are looking for a new shooter to take over the top gun honor for this year!

Registration and practice starts at 4:30 PM, with the match starting at 5:30 PM. Each shooter will complete three USRB targets. The target consists of 25 bulls with a possible total of 250 points and 25x count. The cost is \$2.00 per shooter . This money is used for a party and awards at the end of the season. Check out Cumberland Riflemen's website for dates of matches.

Questions? Contact:
Frank Karwowski
Match Director
frankkar@verizon.net

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NRA Membership Renewal

Don't forget that you can re-new your membership through the website and save yourself ten dollars. By using the website, ten additional dollars comes back to the club. That is a windfall which helps us keep the club's programs going.

Pistol Program

Spring has sprung, the ranges are coming back to life, and the weekly leagues are underway. However, let's backup for a minute. This past February, the NRA Precision Pistol sectional matches were held, and Cumberland Riflemen fielded two four person teams. We were well represented ! I would like to send a special thanks to Bob Baker, Chet Asher, Tim Dore, Gabe DiTamasso, Mike and Kim Quigley, Liz Corson and myself for representing Cumberland Riflemen in the individual and team matches. Thank you!!

The Wednesday night league matches are underway and attendance is good. So far we are averaging nine competitors per

match. First shots go down range at 6:00pm, the match fee is still \$2.00, and the matches are open to the public. Bring out a friend or family member. The \$2.00 goes toward our multi-league pizza/awards party at the end of the season.

New competitors are always welcome !! If have a .22 LR or centerfire pistol, and you would like to learn precision pistol shooting, come on out and join us. We will be more than happy to help you get started.

The NRA Sanctioned Precision Pistol Matches at Cumberland Riflemen will be getting started April 27th, the schedule is listed below.

Remember safety first when on

the ranges:

ALWAYS

Keep your firearm pointed in a safe direction

ALWAYS

Keep your finger off the trigger until you are ready to shoot

ALWAYS

Keep your firearm unloaded until ready to shoot.

Have a great Summer shooting season and be safe!!

Pistol Range Chair
Gregory Warde

Date	Event
April 27th	Tom Boyle Memorial Precision Pistol 2700
May 25th	Cumberland Riflemen 2700
June 29th	Cumberland Riflemen 2700
July 27th	Cumberland Riflemen 1800
August 31st	Cumberland Riflemen 1800
September 28th	The Fall Classic 2700



The firing line at the Wednesday Pistol League.



Cumberland's traveling Pistol Team. Back row, left to right: Greg Warde, Bob Baker, and Gabe DiTomasso. Front row, left to right: Mike and Kim Quigley, Liz Corson, Time Dore.



The Pistol Match Command Center.

Pistol Shooting and Training

Every experienced shooter is continually looking for ways to improve their accuracy and firearm handling skills. When you take the extra time and use patience, you can significantly improve your overall shooting skills. Hitting the bullseye of the target will definitely put a smile on your face, and get you even more excited about shooting. While target shooting is fun and competitive, it is also important to become a better shooter, so that if you find yourself in a situation like home defense, you can feel confident in your firearm handling abilities and skills.

Remember, when practicing your skills, to practice perfectly. **Pulling the trigger** is the action taken to discharge the firearm. While it sounds very simple, it is this step that can cause people to be inaccurate. First, when firing your gun, be sure to have the proper grip. **Holding a gun** incorrectly can affect many different aspects of your experience. Also, be sure to take the time to get your **sight picture**

on the target you are aiming for. When you have your target in the sight picture and it is safe to shoot, begin pressing the trigger (trigger should be between the tip of your finger and the first crease). Continue pressing the trigger rearward, smoothly without moving anything else. If you pull the trigger of your gun correctly, nothing moves, not your hands or the sight picture, and the pistol will fire a round exactly where you intended it to go. If you are nervous when you pull the trigger and flinch or jerk, you will have a poor shot and the round fired will end up somewhere other than where you intended it to go. If you can try targets like the "Shooter Tutor", these types of targets can give you an idea of what is going wrong while firing. People will argue that your **shooting stance** depends completely on comfort while shooting. While comfort is a big part of an accurate shooting stance, there are also a few other aspects to consider. When shooting, your arms should be fully extended

when possible but not completely locked out. It is also important to make sure that your shoulders are relaxed and not up around your ears. Your shoulders should also always be forward of the hips and your torso should always be leaning forward slightly. Never lean back when shooting a firearm. Make sure that you have proper balance throughout your body, putting your body in a position that will allow you to act against the rearward force of the recoil.

"Don't train until you get it right, train until you can't get it wrong."

Training — If any members are interested in any certain training please email me belles189@yahoo.com. I am looking to put on a Range Safety Officer (RSO) class, Home Firearm Safety, NRA Pistol and a few more. If you are interested please let me know. Classes can also be opened to family and public depending on seating.

Chris Belles
NRA Instructor
CRI Chief Instructor



Read the great info and training advice in this newsletter, come out to one of the various leagues, and get rid of that last flyer !

Practical Pistol Range Rule and Safety Notice

Remember, the practical range is only to be utilized by members who have been through the **holster class**. This class is given by the board of directors, and those who complete the class are issued a letter "H", which is then displayed on their Cumberland Riflemen ID card.

ALSO, NO GUESTS ARE PERMITTED TO USE THE PRACTICAL RANGE.



Tuesday High Power League

Cumberland Riflemen has taken in several hundred new members in the last few years. I know with the popularity of the AR patterned rifles (Modern Sporting Rifles) in the USA, that many of those new members own and shoot them. The modern sporting rifle is very versatile and easily customized to fit each individual shooter. The High Power League is the place to learn how to shoot them accurately !! The league is held every Tuesday evening on the 600 yard range, and we get together around 4:45 pm. If this time is too early for someone who would like to participate, please email me, as we can surely accommodate you. Members can use any center fire rifle to participate. Every year I have hopes that some

of the new members who will join us to learn how to shoot their rifles on the "big" yard range. I know shooting accurately at 200, 300, and 600 yards may seem impossible to some people, but it can be done accurately, and it is a blast. The high power league is a very small group of people. Some have been shooting all their lives, while others have just joined us within the last 5 to 7 years. We welcome new members and we are there to share our knowledge with you. We will take the time to show you the different positions and the use of a sling to enhance accuracy. The league will teach you what shooting "across the course", or XTC, is all about. Across the course shooting is shot in three positions at three different distanc-

es. Standing and sitting position at 200 yards. Prone is fired at 300 and 600 yards. We shoot 22 shots from one of those positions each week like a mini match / training situation. We normally are done in an hour and a half to two hours depending on which position is being fired that evening. Members that are interested in the High Power League but have questions can email me.

Darrin Montagna
League Chairman
grgtbh1@gmail.com



Elections

Both incumbents (president and secretary) advised that they wish to stand for reelection. No other members advised that they wished to run against either incumbent. Consequently, there will be no election, as there are no offices under contention.

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Match Achievements

- Congratulations to **Frank Karwowski** for winning the Virginia Bench Rest Championship. Frank also placed 2nd in several other matches fired in the course of the last year.
- Congratulations to **Rob McKenzie** for winning a silver medal at Camp Perry in the M-1 Match.
- Thanks to **Joe Burkel** for all his endeavors at Camp Perry and for coaching Rattle Battle Team.
- Congratulations to **Lee Nugent** for winning several material /linen awards at Camp Perry.
- Congratulations to **Kevin Tunney** for being the high non-distinguished shooter in an Excellence-in-Competition Match, and thereby earning six points towards his Distinguished Badge.
- Congratulations once again to **Kevin Tunney** for achieving NRA Master Classification.
- Congratulations to Tom Foster for winning the NJ State Service Rifle Championship Match.



Congratulations to Kevin Tunney, Cumberland's newest achiever of NRA Master Classification!



Congratulations to Tom Foster, right, for winning the New Jersey State Service Rifle Championship on June 1st. Presented by Darrin Montagna.

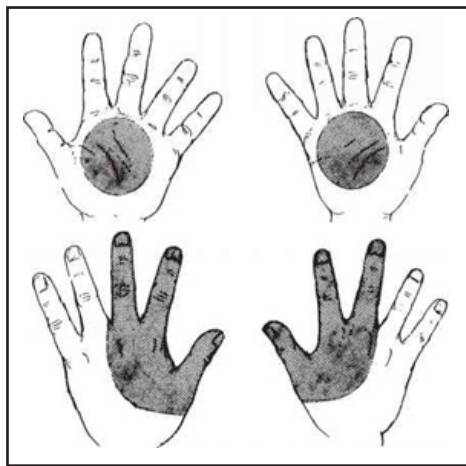
The Medical Aspect: A Small Dose of Lead

Lead toxicity is one of the most frequently reported unintentional heavy metal exposures, and is the number one cause of single-metal poisonings in children. Lead is just one metal that has no metabolic purpose in humans. Even low levels of this metal cause subtle brain damage in children, a phenomenon noted decades ago in countries outside the United States, which took no definitive action until 1971, when lead paint was phased out, almost thirty years after the League of Nations banned it. In 1943, it was concluded that children who ate lead paint chips could suffer neurological damage. Because it tastes sweet, lead has a pleasing flavor, thus tempting children.

Children absorb lead eight times more efficiently than adults. It mimics calcium once in the body, and will then be stored in bone for as long as twenty years. Any condition that releases calcium from bone, such as a fracture or age-related bone loss, will allow lead to enter the blood first, and then an organ. It likewise displaces magnesium and iron from certain enzymes that are responsible for the building blocks of DNA. Chronic exposure to lead elevates

blood pressure and reduces kidney function. High levels will influence thyroid activity and reproductive hormones, and lower vitamin D values. Cognitive deficits and behavior changes eventuate, even in adults. In children, IQ decline is common, followed by learning and behavioral disorders.

We — shooters — bring it home from the range. At least until the turn of this century, lead styphnate



primers accounted for about 20% of a shooter's exposure to lead, while the bullet accounted for the remaining 80%. The percentages depend on whether the bullet is naked lead or is jacketed. (We know it's mixed with antimony and tin.) Adding jackets to bullets was a simple way to control airborne lead on one level, but finding a non-lead priming compound was a challenge. CCI Blazer, Speer, Federal and Winchester have risen to the challenge, though their non-lead priming compounds are secret. Strontium can be found in Speer and Blazer primers, and potassium in Winchester.

A few years ago a colleague and his wife, both doctors, realized their compatibility was being tested by behavioral changes they couldn't

explain. Irritability and short-temper disrupted an otherwise peaceful existence. They own a vacation house in Mexico. Based on that alone, we asked them to get tested for lead levels in their blood, knowing that Mexican potters use lead-based ingredients in their wares and glazes. This couple ate their meals and drank from the Mexican tableware they kept in both homes. Bingo! Here was a starting point for remediation.

Before that, an 18-month-old child came into the office after the mother's request for a blood lead test revealed a value 2 ½ times the CDC's criterion of 10 mcg/dL. After testing other family members, it was learned that the father's level was 46 mcg/dL, induced by his working for a company that refinished antique furniture, much of which was covered with lead-based paint. Six other workers in that company had the same or higher readings, and their children were also affected.

Lead is distributed in several body compartments, each with a different half-life. Attached to the blood, lead lasts more than three weeks. It will cross the placenta and expose a developing nervous system to havoc. In muscle, lead lasts about forty days. In a developing child, it will replace calcium in bone and remain for as long as twenty years. This can be seen on x-rays.

Most regulatory agencies have set 40 mcg/dL as the level of concern for adults. At this value, a worker would be removed from the exposing environment until the cause is determined. For children, the level was set at 10 mcg/dL in 1990. But there is no safe level for anyone.

Continued on page 17

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.

The Medical Aspect: A Small Dose of Lead

Continued from page 16

None. Even very low levels reduce school performance...and that was known in the 1940's.

At a level of 30 mcg/dL, an adult may experience hearing difficulty and elevated blood pressure (which can appear at levels as low as 10 mcg/dL in some people). When personal levels were quite high, the doctor asked for a potential source of lead exposure. Such high readings are supposed to be reported to the State's Board of Health, an inquisitive body that will interrogate the patient to define a cause. If shooting is mentioned, all hell can break loose for the venues at which the sport was/is enjoyed. Though not likely, it is still possible that all members could be recommended for a blood draw and the clubs labeled a public health hazard. You can guess what happens next. Therefore, the hobby of pouring fishing sinkers and creating action figures (soldiers, knights, dragons, and whatever) from lead-tin pewter alloy becomes the default source of exposure. That stands for any of us. Leaded stained glass is another hobby to explore. Alternately, you might break batteries at the junkyard or make x-ray proof vests for your dentist. Does solder still carry lead?

The chelators used to draw lead from the body also pull the beneficial metals out, including calcium, sodium, potassium, zinc, magnesium, and the rest. Where a chelator is used (the word means 'claw'), mineral replacement is required, lest electrolyte deficiency risk a cardiovascular upset. Chelators, though, are best employed near the time of intoxication. Their side effects include GI distress, rash, chills, metallic taste, nasal conges-

tion, and a few other entertaining irregularities. There is a less stressful approach—nutrition.

When good characters enter a cell, they push the unwanted occupants out. The good belong there; the bad do not. The body knows the difference. This is where a mineral supplement helps. A liquefied mineral is preferred because absorption is enhanced by virtue of particle size, but any other will suffice if taken in smaller doses two or three times a day. With most minerals, the more you take, the less you absorb. And they need to be accompanied by vitamin C as an escort. In fact, high doses of vitamin C alone can remove lead. It takes time, and you have to be faithful to take it every day, but it's not toxic. There's more to this explanation than room here to manage, but vitamin C in high doses will pull water into the colon and likely cause diarrhea. Therefore, you have to find your bowel tolerance level.

Selenium is the only recognized anti-oxidant mineral. It competes with lead for occupancy and increases toxic metal excretion. Selenium overdose is marked by flaking nails and falling hair, so you have to move slowly with this mineral. Recommendations and tolerable upper limits are cited here: <https://www.consumerlab.com/RDAs/>

And here: [https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Vitamin and Mineral Chart.pdf](https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Vitamin%20and%20Mineral%20Chart.pdf)

Five hundred milligrams of vitamin C, three times a day, has been shown to lower metal concentrations in miners who were exposed to toxins, but only after several months of supplementation. The longer the contamination has exist-

ed, the longer it will take to resolve.

Sulfur-containing amino acids—methionine, cysteine—and alpha-lipoic acid (a sulfur donor), also escort heavy metals out the door. But their use must be faithful and consistent, otherwise they could move a toxin from one organ and deposit it into another. Garlic is a great sulfur donor, as is cabbage. In a test with car battery workers exposed to high amounts of lead, blood levels dropped eighteen percent by taking 1200 mg of garlic powder a day for a month. One gram a day of garlic capsules will help much. The sulfur-containing N-acetyl cysteine is effective at reducing oxidative stress from heavy metal toxicity while sequestering lead and other heavy metals. There are supplements for NAC, which also serves as a lung surfactant. It can be found in whey protein. Last to mention at this time is chlorella, an alga used to clean wastewater of heavy metals, including lead. It was discovered to be able to reduce lead-induced marrow toxicity.

As long as you remain a shooter, you'll be exposed to lead. Don't eat or smoke with shooting debris on your hands. Use the lead wipes available in the head. Wash after reloading. Don't let young children shoot indoors unless ventilation is adequate and up-to-date. Some of us haven't pulled a trigger for a few years because of high lead levels. You are not invited to join this crowd.

Ideas for other ramblings are welcome.

Dr. Tom Wnorowski,
BCIM, CNCC

Safety and Facilities

The mortgage has been paid off, and we finally now own the property!! Our focus now is getting a clubhouse built on the land. This will take some planning, time, and money. We continue to upgrade and maintain the ranges to include a new shed, extending the shooting line on the 100 yard range, and new target carriers on the 600 yard range. The handgun plinking range has been getting heavy use, and the metal targets are in constant need of repair. Some of the problems

include the use of unauthorized calibers on the range, which continue to destroy the targets. It's very concerning that a few of our members can not follow the rules. This causes increased safety concerns as well as increased cost to maintain the ranges. Please follow the rules.

Considering the political climate in this state, it is very important to support your gun rights by getting involved. It is sad to say that 90 percent of our members are not involved. The board can only do so

much, we all need to get involved on some level. When asked to do so step up and take action. The current political direction is to limit gun ownership. Remember, semi-autos aren't the only guns in their cross-hairs.

Enjoy your shooting this summer and get involved with the range.

Jim McGary
Safety Officer



Out with the old, and in with the new. Improvement of the drain at the Bullseye range, by the "Old-Guys" Thursday work party in May.



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

VFW Brigantine Memorial Post 6964



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

Cumberland Smallbore

We will be hosting three 3200 point Conventional Prone Rifle matches this year, all being two day matches. Each day will feature a possible 1600 points, with Saturday being iron sight only and Sunday you can use any sight. The May 4th & 5th match is NRA registered. The August 24 & 25th match is an NRA Regional Championship. The September 28th & 29th match is our annual Ron Maxwell Memorial Match, which is also the New Jersey Conventional Prone State Championship. Hope to see you there.

Scott Rhodes
Smallbore Chairman



Conditions can be challenging sometimes, especially when you're launching a .22 LR out to 100 yards!



Dues Notice — Please Read!

This is the only notice you will receive to pay your dues. Notices will **NOT** be mailed to you. Your dues are due no later than June 30, 2019 and will be paid until June 30, 2020. The dues this year are \$125.00. Please complete the form below and send, along with your check or money order, made out to Cumberland Riflemen, Inc. and a copy of your current NRA membership card (or the label from your NRA magazine showing a current date), to:

Ken Hignutt, 36 Porreca Drive, Millville, NJ 08332

Name _____

Street Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Your email is especially important so we can inform you of range closings and other important happenings. Please send your email address to **Paul Adamowski** at pauladamowski@comcast.net.

Cut this notice out and mail with your payment and a copy of your NRA membership card (or the label from your NRA magazine showing the current date)