

The Cumberland Magazine



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Editor...Rob McKenzie

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Greetings from The President's Corner

The shooting season has started at the range, and matches, leagues, and the junior program have started. It's been a little rocky start because of the weather, but hope it will improve soon.

If you have not been receiving the email blasts, make sure you check your spam folders and also place announce@cumberlandriflemen.com in your contact folder. Also, on your renewal dues form, please add your current email and indicate if you have **not** been receiving the email blast.

We now have a new website for the club, **Cumberlandriflemen.org**. All the information is up to date and the email announcements should be posted on the website. Please make sure to check the website often, especially for any range closure announcements.

The dues for next year are due by September 30, 2022. They were raised to \$150 because of the increase in taxes, insurance and maintenance needed to keep the range running. With the inflation rising at an alarming rate, we saw the need to increase the dues after reviewing the budget. We are still one of the least expensive ranges in the area.

Our participation in the work details has not been good. For the last work detail, we had only four members show up. Consequently, not enough was accomplished. I am hoping that this does not continue. If we don't get more participation, we may have to take other actions, which will incur additional cost for the club.

I will keep you updated as far as any new or proposed gun legislation, as any legislation will affect all of us and the club.

Wishing you all an enjoyable, safe and healthy season.

Jim McGarry
President, CRI



Some of our members are either really bad shots, and should come out to one of our leagues, or should simply be expelled. Just more money, and work for the few who volunteer their time.

From The Editor's Desk

I have written about many diverse subjects during my tenure as your editor. Many of you are new, are paying new attention to emails, or accessing the web site for the first time. I would encourage you to browse the new web site, open some archived newsletters, and read or reread some of my articles. It has been fun. However, there are **many** articles in the newsletter archives that are also well worth rereading again, especially those concerning your health, training, and reloading.

This time, however, I am going to vent, may be a bit!! This article probably reflects the fact that I am listening to the President, and most

every other official, newscaster, and talking head put the blame for the latest mass shooting on "the gun lobby", which is actually you and

"Firearms are serious tools used for serious purposes, and because of this we often forget that one of the greatest things that a firearm can offer is fun."

-RICHARD MANN

me. We need to fight back!

Cumberland Riflemen has an impressive membership list, but a very unimpressive participation rate. Now, I know this is a typical gripe for most every organization known to man. However, I believe Cumberland Riflemen offers some important, if not vital, opportunities for every one of us, and getting involved is an important aspect of fighting back.

Work parties are no longer a party. Very few of us show up to work, therefore important work fails to be accomplished. I can understand that not everyone wants to spend part of a day raking, painting, repairing, building, or cutting and trimming, but we all do that at home. Keeping our range fit is an integral part of the shooting experience, and an important part of fighting back.

I am going to go out on the limb and assume that we all like to shoot. Correct me if I'm wrong. I will also figure that we all want to shoot better, and we all want to put a bullet on target with greater consistency and predictability, under any circumstance. Correct me again if I'm wrong. There are many ways to



Michael Berezin

July 3, 1958 - May 13, 2022

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From the Editor

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accomplish this, but let me step on a few toes and say that it's not going to happen by putting a firearm on a rest and banging away at a spot 25, 50, or 100 yards away. You can gain some competency doing that, but man, is that **BORING**. Competency means you can put a bullet in the right spot when the opportunity, or even the need, arises, under any circumstance. Competency leads to confidence.

The first step to honing your shooting skills is to become involved in one of our numerous training opportunities, leagues, or competitions. If you're waiting until your shooting "gets better" before you participate, guess what, it won't happen, and you'll never avail yourself of a wonderful activity. My first

foray into high power rifle shooting came with a Springfield 1903-A3, a box of ammo, and a portion of a remnant rug. That was it!! No sling, no coat, no spotting scope to see the bullet holes, yet scared to death, and feeling inferior to every other shooter on the line. But I took the step that turned into a real blessing in life.

So, don't fall to any nerves, but take that bold step and learn to shoot from near to far, from standing to prone, with rifle or pistol. It is exhilarating, a way to build confidence in yourself, and a path to much personal reward.

The Junior Program is an excellent way to start our youngsters, and the article in this newsletter on firearms and children is a must read for everyone. The Rimfire Sporter Rifle Match, fired with limited gear, in the standing, sitting, and prone

positions, is an excellent way to begin introduction to competition. No excuses, we all have a .22 LR!! The Wednesday evening pistol league and the Tuesday evening rifle league are both geared to helping the new shooter in the quest to be a better shooter. With all the AR-15's out there, not to mention loads of M-1's, and boat loads of the old wooden military bolt guns, Cumberland has a home for you to come out and sharpen or even begin your shooting hobby.

I'm fighting back, and I'm fighting mad. I'm actually going to dare you to come out and totally impress us with your work skill or shooting skill. Or come out and fall in with the best group of folks in the world: shooters.

Rob McKenzie
Editor

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Gun Safety / Training / Children in the household

1. Practice, Practice, Practice. As with any skill, the more that you practice, the better you will be! Practice is important for everyone, and working with gun training and training classes ensures that you will get to practice in a safe, comfortable learning environment, whether with a gun you've used before or one that is new to you.

2. Expert Instruction. There are times when you just need some help from an expert, and gun training is certainly no exception. Little improvements in form, posturing and even how you clean your gun can make a big difference.

3. Create Useful Habits. The goal of many gun training classes is to be so practiced in your form that you will be able to use your gun safely and carefully in any situation – even stressful ones. By creating useful habits, you not only ensure that skills learned from gun training will be more rehearsed, but you're ensuring that your gun is safe to work with during these times.

Why is proper gun training important?

Training ensures that gun owners are educated on the responsible practices for handling and using firearms, storing them securely at home, as well as carrying guns in public (maybe one day for some of us). It is common sense that before using a gun, a person should receive training on how to use it properly. Just keep in mind just because you may have attended one training class like at the new member orientation does not mean you are fully trained on firearms. You must get out on the range and practice, practice, practice!!

I have stated in most of my articles that you can also train at home with many of different options whether it is by dry fire practice, loading and unloading with dummy rounds, technology like the Mantis, Laser targets etc...

Guns and gun safety dominate a lot of the national agenda these days, and it's easy to see why. You can't turn on the television or read a newspaper without at least one story about someone being injured in a gun-related incident. As a parent — even a gun-owning parent — it's tempting to want to protect your children from these accidents by simply pretending that guns

don't exist. After all, if you don't talk about the gun hidden in your closet, your child won't ever find it, right?

Wrong.

Ignoring guns and neglecting to teach your children to view guns safely and responsibly is a dangerous thing to do. Even if you don't keep guns in your home, your children are likely to have friends whose parents are gun owners, which means at some point, your child may encounter a gun.

One of the vital things you can do as a parent is to make it a priority to teach your children to handle

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

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guns properly. When you demystify guns and teach children the appropriate way to handle them, their risk of accidental injury plummets. In Pennsylvania, hunting-related shooting incidents have decreased by 80% in the 60 years since the state began investing in hunter education courses.

Teaching children about gun safety can be a bit nerve wracking as a parent. Knowing the right things to say and do to demonstrate safety doesn't always come naturally, especially with a topic like firearms and safety.

Wondering where to start when it comes to gun safety for children? We've got you covered!

When to Teach Your Children About Guns

What's the right age to start teaching your child about guns? The earlier, the better, especially if you have one or more guns in

your home. But there's a difference between teaching your children ABOUT guns and teaching your children HOW to shoot a gun. Teaching children about guns can — and should — begin as soon as your child is old enough to understand what you're saying. Teaching children how to shoot will come later.

As their parent, you are the best judge of when your child is ready to grasp the concept of guns and learn how to handle them appropriately. But, in general, you can follow these age-appropriate guidelines as you talk to your child and teach them how to handle a gun.

1. Start with Gun Safety

As a general rule of thumb, you should begin teaching children about guns when they first show awareness or interest in them. This might mean your child notices Dad cleaning a hunting rifle or hears

someone talking about going to shoot at the range. This will most likely happen between 3 and 7 years of age.

Around this time, you can start teaching children that guns — even toy guns — are not toys. You wouldn't leave a real gun laying around, so the best way to enforce this rule with your children is to teach them not to leave toy guns laying around either. You can demonstrate safety by purchasing a chest with a lock that your child can use as their own "gun safe" where they store any toy guns, including water guns, when they aren't in use. While this may seem extreme, it's actually a great way to demonstrate to your child that guns can be used for sport, but should never be considered a "toy."

This is also a perfect time to teach your child what to do if they come across a gun — stop, run away and tell a grownup. There are several different methods out there for the best way to teach this to your child, including the NRA's Eddie Eagle Program, which has some helpful guidelines for young children that many call the "Stop, Drop and Roll" of gun safety.

2. Move on to Gun Maintenance

Once your child is between 5 and 7 years of age, you can introduce them to the parts of a gun and teach them about gun maintenance. This helps to familiarize them with the parts of the gun, as well as proper handling of the gun apart and put together. When you take away the mystery behind a gun, it takes away the temptation a child might otherwise feel to explore it.

As you teach them about the parts of a gun, you can also continue to reinforce safety and the impor-



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tance of proper use and handling at all times. Just because your child is older doesn't mean that these concepts are no longer meaningful. Weave reminders about firearm safety throughout discussions about gun maintenance and make-up.

3. Start Small

Between 7 and 10 years of age, if your child is mature enough to do so, you can introduce your child to proper shooting form and the basics of marksmanship. One of the best ways to introduce these concepts is by using a BB gun, pellet gun or Airsoft gun. These are an appropriate option because they have little to no recoil, and you can teach responsible handling without the risks associated with a firearm.

At this point, your future marksman is likely enjoying having a gun in their hands and may even be showing early signs of being a good shot. Encourage their excitement, but temper it with regular reminders that their gun is not a toy, and they should never treat it as one. At this age, you may also need to stress that they may not show their BB gun off to their friends without an adult present, and they certainly should never take it out of the house.

4. The Real Deal

Between 8 and 14 years of age —

depending on your child's maturity and interest level — it will be time to teach them good marksmanship with a real pistol or hunting rifle during a short hunting trip. At this point, reviewing all of the information you've presented over the years will be especially important because they have a real firearm in their hands. Everything you've said up to this point will come together, and your child will be expected to combine their knowledge of safety, maintenance and skill all at once.

As a parent, it's essential to remain fully aware and present while you are teaching your child to handle a firearm. Put away your cell phone, turn off the television and resist the urge to get out your own firearm for practice. This isn't the time or the place. When your child is ready to shoot, shut out the distractions and focus on what you are doing.

5. Honing Their Skills

Some children won't show an interest in guns past an occasional hunting trip. Others will enjoy sharing a hobby with their parent and want to continue developing their knowledge and skills in the woods or at the range. Once your child reaches their teens, it's perfectly acceptable to encourage their interest and help them to develop their hobby if you believe they are mature enough to do so.

While it can be a sticky subject, your supervisory role with your child and handguns may continue well into their teens and early adult years. In most states, you must be 18 to purchase firearms, but in some cases,

you may decide that, even at 18, your child isn't mature enough to handle guns without additional supervision.

Why?

There's no magic age when an individual becomes mature enough to handle weapons alone. A person's impulse control and maturity typically aren't fully developed until age 25, which means that even though a person can legally purchase a weapon at 18, they aren't necessarily mature enough to use good judgment in handling one. As a parent, your role as overseer and protector does not end when your child turns 18. As much as possible, continue to monitor your child's progress and make sure they maintain safe standards as they grow.

How to Teach Your Child About Guns

You know your child is old enough to begin talking to them about firearms. But it can be difficult to know how to talk to them. When it comes to teaching your child about guns, only you know how best to get the message across. Every child is different, and you'll need to factor in their personality as you decide on the best course of action.

However, you can follow some general guidelines to make the most out of your conversation.

1. Take the Mystery Out of Firearms

We've all heard the news reports about teens who were home alone and found Dad's gun in the nightstand or children who were going through Mom's purse and found her personal handgun. These situations are sad, unfortunate incidents, but one thing many of them share is this — the children were

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intrigued by something they didn't know much about.

The best way to prevent your child from stumbling across a gun and following their natural urge to explore is to head them off. Let them explore. Show them your unloaded gun. Talk to them about how you use it. Let them watch you take it apart and clean it. If your child has toy guns, you can also start teaching them how to treat guns by treating their toy guns the same way you'd treat real ones. Use their toy gun to teach them how to hold a gun, how to point a gun and begin introducing the basics of gun etiquette and safety, such as never pointing a gun at another person.

When you do this, you satisfy their curiosity over guns in a safe, controlled environment. Then, if they come across one at their friends' house, the mystery is gone, and they aren't tempted to touch and play with it. It also diminishes their inclination to try to access their parents' guns because they know their parents will allow them to handle the guns another time when they are together, so there is no reason to sneak behind their back.

2. Incorporate Visual Aids

Depending on your child's maturity level, many parents also find it helpful to show children pictures of bloody animals or demonstrate the

force of a gunshot by taking their children to the range and showing them what targets look like after a round. These visual aids are a great way to show children exactly what a gun does — and what will happen if they try to shoot it.

The object here is not to terrify your child but to help them understand the purpose and power of a firearm. If you suspect that your child will be emotionally traumatized by photos or is easily terrified by loud noises, then it may be best to hold off on this step until they are more mature.

3. Monkey See, Monkey Do

You can talk to your child about guns all day long, but your own actions will be their true teacher. The best way to teach your child how to respect guns and handle them appropriately is to do that yourself. This isn't the time for an "I know the rules, so I can break them" philosophy. This is the time to follow proper gun safety procedures by keeping them in a safe when you aren't using them. Clean and maintain your guns properly. Refresh your memory when it comes to rules and etiquette on the range and out in the woods.

5. Don't Take Your Own Firearm on Your Child's First Hunt

Many fathers have dreamed of

their first father/son hunting trip since their child was in diapers. It can be tempting to take along your own firearm and fulfill your dream of sitting up in a deer stand with your son poised to shoot the first buck that comes across your path. Hold off on fulfilling that dream. The first time you decide your child is ready to join you on a hunting trip, leave your own firearm at home. Even if your child has been practicing with a BB gun or has been handling guns since they were little, the reality of a first hunt can be intense. They're going to need your full attention and sometimes even physical assistance. It's easier to give them both of those things if you aren't also keeping track of your own gun.

6. Emphasize Safety Above All Else

Even as your child progresses in their knowledge and understanding of firearms, it's critical to continue to stress safety above all else. Remember, a child's impulse control isn't fully developed, so it's easy for them to forget what they've learned if they're focused on showing off or goofing around with their friends.

Above all else, remind your child often that if they encounter an unsecured gun, they should leave and find an adult. This may be challenging to explain to older

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children who have already handled firearms but continue to drive this point home until you are confident that your child is capable of making a wise choice.

7. Look for Teachable Moments

As your child gets older, they will be exposed to more gun violence on television and video games. As an adult, you realize that these games are unrealistic, but a child does not. While it's a good idea to limit their exposure to these types of movies and entertainment, you can't always prevent them from seeing something they shouldn't. Rather than ignore what they've seen, take it as an opportunity to discuss how firearms were used or abused and the ways that the movie violated the safety standards you've

laid out for them.

Stories of gun violence in the news media can also provide a means of discussion for you and your child. While stories of firearm accidents are sad, especially ones where the accident could have been prevented, they offer a significant teaching moment for you and your child. Don't be afraid to share these stories with your child and then discuss the right way to handle it if they ever find themselves in a similar situation.

Gun Education for Children

When it comes to firearms, parents are a child's first and most important instructor. However, as a child develops an interest in firearms and hunting, it's always useful to have outside help. Enrolling your

child in a hunter safety course or a youth rifle course is a great way to hone their skills and continue to teach them to handle a gun safely. And, as every parent knows, children are always more willing to learn from someone who isn't their parent!

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

Chris Belles
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The Medical Aspect of Our Sport: Physicians Fizzle at Food Facts

When your doctor tells you that you can get all the nutrition you need from food, he/she is living in the distant past. How distant? Back to the middle of the last century. That's about the time farms began to use artificial soil nutrients instead of the animal and plant byproducts that served well for decades. Post-WWII found munitions plants stuck with chemicals used to make explosives and propellants, now no longer needed for that intent. But these chemicals are the same listed on the front of a bag of lawn fertilizer and jar of houseplant food, three numbers that refer to nitrogen, phosphorus and potassium, N-P-K. Though the nutrient activity of the chemicals is identical, their particle size differs substantially from those that come from more natural, organic sources.

Dissolution and availability are uncertain.

Change in the integrity of our food supply was measured in the early 2000s by Dr. Donald Davis, from the University of Texas Biochemical Institute, where he and his team found that the nutrient value of forty-three garden crops had declined over the prior fifty years. In December, 2004, Dr. Davis reported in the Journal of the American College of Nutrition that values of protein, calcium, iron, phosphorus, riboflavin and ascorbic acid showed significant decline. Others include magnesium, zinc, vitamin B6, vitamin E, dietary fiber and phytochemicals. Departure from what was the norm was attributed to changes in cultivated varieties, in which there were trade-offs between nutrition value

and yield. Understandable is that farmers are paid by weight, not by nutrition value. Innovative farmers chose faster-growing crops whose seed-to-market time was too short for the plants to develop their full nutrient potential. There was not enough time to absorb all that the soil had to offer. And then, there is the beauty factor. Crops that travel long distances from farm to market, as from CA to PA, are harvested early, before they could develop their complete nutrition profile, giving them a chance to maintain their looks in the grocery showplace. Do you think that Doc knows about these factors?

The chart below is an example of what happened to broccoli in several decades.

In 1950, a single cow (not an unweaned cow) produced a little

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Broccoli, Raw, 3 spears, 93g. 100/93=1.08							
	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)
1951	130.00	1.30	3500	104.0	0.10	0.21	1.10
1972	87.78	0.78	2500	90.0	0.09	0.20	0.78
1999	48.30	0.86	1542	93.5	0.06	0.12	1.07
% Change	-62.85	-33.85	-55.94	-10.10	-40.00	-42.86	-2.73

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Physicians Fizzle at Food Facts

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more than 5,000 pounds of milk. By 1975, she gave 10,000 pounds and, by the year 2000, more than 18,000 pounds. Do you think that hormones might be involved? Might they affect human growth and development? Following crop production there come shipping, handling and storage, where time and temperature are vital to food nutrient integrity. Food processing takes a toll with elevated heat and the addition of preservatives. Foods packed in water dissolve the water-soluble B vitamins and ascorbic acid. Without consuming the water, much nutrition goes down the drain. Frozen foods, especially from the national companies, have nutrient retention factors higher than those for canned, despite that both are harvested at their prime. Do you think Doc knows that?

When you buy “fresh” produce from the supermarket in the middle of winter, are you really getting fresh? This is where the nice looking produce takes a hit. It's not fresh; it's merely raw and probably three weeks out of the ground. Single-spectrum fluorescent light and evaporation of water-soluble nutrients change produce nature. Does Doc care about that? Americans' eating habits leave much to be desired. Do you get the recommended number of servings of fruits and vegetables every day? Do you sit down (at a table, not the front seat) to eat?

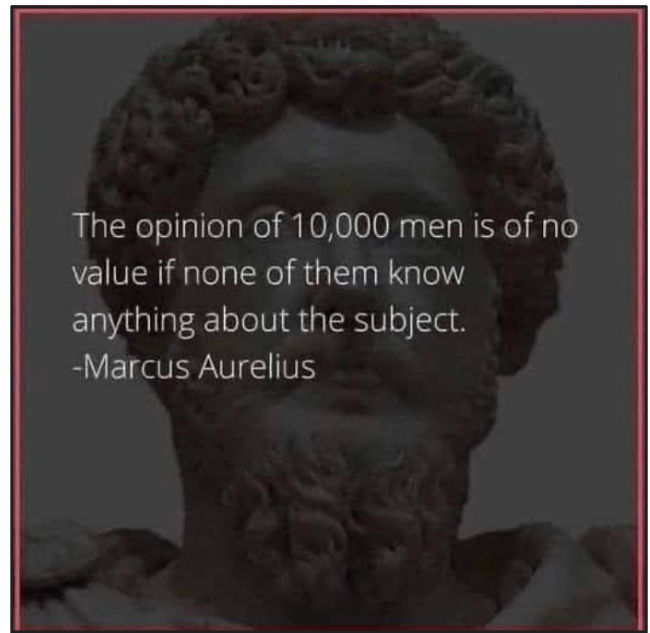
The June 19, 2002 edition of the “Journal of the American Medical Association” recanted that august body's negative position on vitamin supplements when it advised all adults to take at least one multivitamin tablet a day. The article,

“Vitamins for Chronic Disease Prevention in Adults,” authored by Robert H. Fletcher, MD, MSc, and others, agreed that suboptimal levels of folic acid and vitamins B6 and B12 are risk factors for cardiovascular disease, neural tube defects, and colon and breast cancers. It added that risks for other chronic diseases is increased by low levels of the antioxidant vitamins A, C, and E.

Does Doc know? Does s/he even read the journal of his profession?

In the era of high output / who-gives-a-damn-about-nourishment, a supplement is warranted for most humans. Here, the doctor-patient relationship is being tested. Conventional physicians are adept at diagnosing, performing surgery and prescribing. In some big-city hospitals, the PharmD's do the prescribing. With nutrition, doctors need help, considering they have about 10, maybe 20, hours of related education. In interviews, only 45% of medical students were confident in assessing the diets of their patients, and about the same percentage felt they could recommend dietary interventions (Shaikh, 2011). It has taken until recent years to appreciate that nutrition is an important component in the handling of acute and chronic diseases.

In 2017, it was announced that several million deaths worldwide could have been prevented with dietary interventions made by doctors who recognized sodium



excesses, grain deficits, low fruit intakes, and other trophic mistakes (GBD, 2017). They don't ask about eating habits. It's a sad commentary that few physicians know the calorie values of the macro nutrients, the number of calories in 'normal' diets, and that health is more than the absence of disease.

With the COVID debacle, most allopathic practitioners would not even consider a nutrient step to prevention or cure. What is termed the Western Diet contributes assuredly to the high rates of obesity and type 2 diabetes, which lend themselves to exacerbation of the virus. Many researchers concur that the Western Diet activates the innate immune system and impairs the adaptive immune system, allowing chronic inflammation and impaired host defense. But doctors don't know how to intervene, and some are too indoctrinated to change horses.

Dr. Tom Wnorowski

Executive Officer Report

Even though we have had “up and down weather” this spring, we are well into the 2022 shooting season at the Cumberland Riflemen Range Complex. Changes are starting to take place at the range complex a little slower than anticipated because of supply-chain issues, as well as the increased pricing of material. We did receive our John Deere “Gator” over the winter, and it is in use at this time. This machine should prove invaluable for the many chores required on our Range complex. This purchase was needed for many years, and through frugal management of funds from Jim McGarry, our President, we were finally able to make the purchase this past winter. For the many shooters who have fought getting the Plinking Range Trailer open, it is now gone, and replaced with a new 10'x16' wooden shed, which will keep our targets and equipment for the Plinking Range dry and easy to access. We are hoping to make additional changes to the Plinking

Range in 2022-2023, which will include a concrete pad, and hopefully a sheltered-roof above the firing line.

In addition to the above physical changes, we have just contracted with an IT Specialist to build a new website for Cumberland Riflemen. The new website is up and running at www.cumberlandriflemen.org. If you use the old website of www.cumberlandriflemen.com, you will be directed to the new website. I ask that our members go on the new website and navigate its contents to see the many updated items on our new website. Cumberland Riflemen can be proud of our new website and the changes that have taken place at the Range Complex.

Lastly, I hope you all have realized that the Club has had to raise our yearly dues by \$15.00 per year. This makes the new total of \$150.00 for the year, which is still the biggest bargain in New Jersey's shooting ranges, especially for the many

ranges and disciplines that we offer. Please refer to the Cumberland Riflemen's Newsletter under “Membership and New Member Committee” for details.

As a final statement, please realize that all members of Cumberland Riflemen have an obligation to keep our range in top-notch condition. In order to do this, we have to rely on volunteers to help out with the many jobs required. I ask that you get involved with a work party or parties, and volunteer your time to help out. The Executive Board of Cumberland Riflemen puts a lot of time and effort into keeping a range that, as a member, you can be proud of.

Our thanks to you, and wish you a great shooting season.

John Patten
CRI Executive Officer and
Membership Chair
Cell: 609-970-1546
songmangler52@gmail.com

Membership and New Member Committee

As I am now receiving checks for membership dues (ending September 30, 2023), I want to take a few moments to mention a few changes that have taken place at Cumberland Riflemen since you last paid your dues.

- Cumberland Riflemen now has a new website: www.cumberlandriflemen.org. If you use the old website with the .com designation, it will direct you over to the new www.cumberlandriflemen.org site.
- The new website is up to date and **please take the time to check “events”** to make sure you don't

make the trip to the range to only find out that a particular range is being used for a match or for the CRI Junior Program.

- **The new website has the up-to-date Dues Notice with the correct amount of \$150.00 due by September 30, 2022**, for the season ending September 30, 2023. The Executive Board raised the dues an additional \$15.00 per person for the year. The reason for the increase in dues is the added range costs since the pandemic hit, especially the insurances for the range complex. **For those of you that paid \$135.00 for your yearly dues, we would**

appreciate an additional check for \$15.00 to be in compliance for the total \$150.00.

- Also on the new website, there are **new application for “New Members” wishing to join Cumberland Riflemen**. Please follow directions listed on the new forms.
- Please direct all Dues Payments as well as New Member Forms to:

John Patten
CRI Executive Officer and
Membership Chair
114 Cedar Ave.
Clayton, NJ. 08312

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Junior Program — Spring 2022

My name is John Patten, and I serve as the Cumberland Riflemen Executive Officer, as well as the CRI Junior Program Administrator for the past 10 years.

Regarding our Cumberland Riflemen Junior Program, we started our 2022 Season on March 19. This past season (2021) we were finally able to start our season on June 5th, 2022, because of the Governor's COVID restrictions. We meet about every other Saturday morning from 10:00 am until 12:00 noon. We supply rifles (Savage Mark I's and Savage Mark II's), ammo, targets, eye and ear protection if the members do not have their own equipment, and training for new shooters who have never shot .22's before. I have a great group of fellow instructors and Range Safety Officers for eye's-on help and safety.

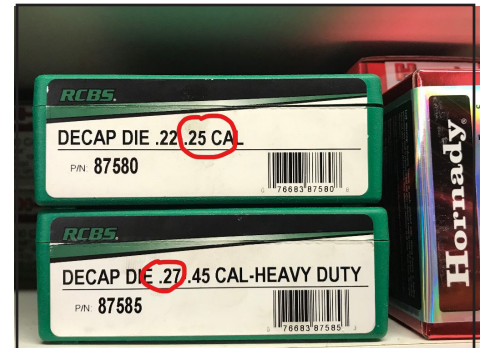
We shoot the NRA/Winchester Shooting Program which allows them advancement as quickly or slowly as they want to advance. Shooters are not always competing against each other, but actually competing against themselves, and can advance through the different stages at their own speed. The program is open to all girls and boys, age 10 through 18, and parents do not have to be a member of the Cumberland Riflemen to participate. We only ask that a parent or adult be on-site while the session is taking place. You cannot just drop the kids off and come back two hours later.

I try to vary the program to include marksmanship, fun shoots, bench-rest shooting, and other disciplines that they might be interested in. Each year we usually have 15-18 young members with usually at least a dozen shooters

per session. Most of our lessons take place on the 100 Yard Range, with targets placed at the 50 yard line. The kids and parents love the program where we stress safety and fun times. As they get older, they are welcome to get involved with any of our other range disciplines.

We keep the cost low at \$25.00 per season, running from March through October. We do close for the month of August because many parents are using up family vacation time before school starts again in early September. There is no mandatory attendance required for our Junior Program, as we realize that family affairs, school, sports, and church take up their time as well. We appreciate the time they are able to spend with us participating in the shooting sports. If money is a problem, I ask the parents to contact me confidentially because we have a benefactor that will pick up the cost. We don't want money to stop anyone from participating in our Junior Program.

The most satisfaction I get out of running this program is to take a new youngster that has never shot before, and see them initially having a tough time even hitting the target. Usually within a half hour we have them hitting the targets and that's when the smiles come out !! If you go on our website (cumberlandriflemen.com), you can bring up our December 2021 Newsletter and print it out. I have a picture of a young boy that started with us this past Summer and was totally frustrated for not being able to hit the target. I put him with one of my instructors (a retired teacher) and you can see the smile on his face when he hit a bullseye. By the way, his older sister was in our program about six years ago. It makes



I asked the supplier, "Which decapping die do I use for a .26 caliber?" He either hung up because it was a stupid question, or because I called on April 1st.

me smile also that a number of our young kids have been with me since I resurrected the program ten years ago, and are now married, in the military and even in law enforcement.

On the following page, please find a copy of our 2022 Cumberland Riflemen Junior Program Schedule.

If you have any questions, please don't hesitate to contact me at the following,

John Patten
CRI Executive Officer and
Junior Program Administrator
114 Cedar Ave.
Clayton, NJ. 08312
Cell: 609-970-1546
songmangler52@gmail.com

Membership

Continued from page 11

I can also be reached at songmangler52@gmail.com or 609-970-1546)

If you have any questions pertaining to this article, please feel free to reach out to me at my contact information.

John Patten
CRI Executive Officer and
Membership Chair

CRI Junior Program

Balance of 2022 Schedule

July 23	Saturday	10:00 – 12:00	100 Yard Range	Bench Rest Shooting
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Closed for August

September 10	Saturday	10:00 – 12:00	100 Yard Range	Scoring and Advancement
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September 24	Saturday	10:00 – 12:00	100 Yard Range	Fun Shoot !!
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October 8	Saturday	10:00 – 12:00	100 Yard Range	Loose-ends for Advancement
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October 22	Saturday	10:00 – 12:00	100 Yard Range	Parent/Child Shoot-off Awards Ceremony End of Year Pizza Party
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CMP Rimfire Sporter Match

Open to Our CRI Juniors at No Cost!

October 15	Saturday	8:00 / First Shot 9:00	100 Yard Range
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If you have any questions, please contact me at:

John Patten, CRI Executive Officer
CRI Junior Program Administrator
Cell: 609-970-1546
E-mail: songmangler52@gmail.com
NRA Certified Instructor #13449145

“Liberty once lost is lost forever. When the People surrender their share in the Legislature, and their Right of defending the Limitations upon the Government, and of resisting every Encroachment upon them, they can never regain it.”

Words written by John Adams in 1775
that still ring true today

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CMP Program 2022

The 2022 season has begun and, as in the past couple of years, attendance has been down and only our dedicated regulars have been in attendance. I am sure the scarcity of reloading components and loaded ammo has a big effect on attendance. Powder and primers have been more available this year, but they sell out quickly and prices are still crazy high. Primers are much higher than before, and powder is not as bad but still up in price. Additionally, retailers are limiting the quantities you can purchase to 5 pounds of powder or 2,000 primers and, of course, you're paying hazmat, taxes and shipping, making a bad situation even worse. The end must surely be near, but we said the same thing last year and here we are. One can only hope for the best.

One positive note on the reloading situation for me is that with my favorite .223 powder, Reloder 15, being almost impossible to find, I have been trying different powders and doing a lot more testing than ever, and finding it enjoyable and interesting. I've even branched out

to try different bullet brands and weights, so I guess there has been some positive aspects to the component drought, but I still hope it ends soon and prices get back to normal.

Considering the price gouging and scarcity of loaded ammo, I would like to remind everyone that we have surplus .30-06 ammo available to use in our GSV matches, at very reasonable rates. So, if you have an M1 Garand, 1903 Springfield, US 1917, or any other vintage military rifle, come on out and have some fun punching holes in paper with a great old rifle and some great friends. We also will not hesitate to help anyone learn the ropes and improve their accuracy.

Cumberland CMP program offers matches for AR-15 style rifles also, as you can even use them in the GSV matches. I know that the AR-15 is the most popular rifle in the US, so there must be many more club members out there that own them. So, come on out and have some fun with those rifles, once you try it, I'm sure you will be

hooked!

Anyone wanting further information can contact Joe Burkel at j.burkel@comcast.net. Hope to see some new faces out there this year!

Joe Burkel
CMP Chairman

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.

Dues Notice — Please Read!

The online application and this one will be the only notices you will receive to pay your dues. Notices will **NOT** be mailed to you. Your dues are due no later than September 30, 2022. The dues this year are \$150.00. 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:

Mr. John Patten, 114 Cedar Avenue, Clayton, NJ 08312

Name _____

Street Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____