



The Cumberland Magazine



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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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Greetings from The President's Corner

As the year comes to an end, I wish all members a Happy Holiday Season. I hope the temperatures stays mild for a while so we are able to get in some more shooting.

We recently had repairs done to several of the sheds at the 600yd range, and we also purchased a much needed shed for the plinking range, as the old container was falling apart. We also had to purchase a new riding lawn mower. The old one was beyond repair.

Improvements on the 600 yard berm, the pits area walls, and the leveling of the 200 and 300 yard firing lines are being evaluated by a contractor at this time. Additionally, maintenance will be done on the 100 yard berm.

We are also in the process of evaluating improvements to the plinking range, to include a concrete firing line pad, possibly a covered firing line, building of additional moveable target frames, and shooting benches.

We have also started work on the recently closed handgun plinking range to have that range reopened.

The range rules have been updated for 2022 and are located on our current website, www.cumberlandriflemen.org I stress that each and every member read the current rules and abide by these rules, which are enacted to ensure your safety and that of other members and guests on the ranges.

I will continue to keep you informed on current legislation as I become aware. Please read the email announcements to stay informed on what is going on at the range and impending gun legislation.

I look forward to the upcoming year, improving our range complex, and to have a continually safe and enjoyable place to shoot.

Jim McGarry
President, CRI

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Thoughts From The Editor: Sighting in for that Vital Shot

After dusk, in a North Carolina forest, a number of us, including a fraught young man, were searching for any sign of the buck he claimed to have downed with a perfectly placed shot. After a thorough search, which revealed no blood, no hair, and no other discernable sign, the search was called off. The next day, while we were enjoying lunch, our hunter retired to the sight-in bench, clamping his rifle solidly to a shooting rest. After several rounds, with numerous witnesses in tow, he announced his rifle “dead on”. His consternation only increased, while the friendly banter from the other hunters followed suit.

I talked to him, and found out that he had fired at the buck with the rifle rested on the solid wooden sill of the elevated blind. I simply suggested that he sight in his rifle under the same conditions and same distances, or as close as possible, to those he'll encounter on the hunt. Resting it on the wooden porch rail would have been better, I surmised.

Intuitively, it would seem logical that a rifle may shoot differently under varied circumstances, especially, in my mind, depending on what it is rested upon. I decided to do a quick test to see if my advice to the hunter was valid or if it was all horse manure. To do that, I first chose a 70's vintage Remington 700 BDL in .308 Win., and fired it at 100 yards. I didn't have access to a stout commercial rest that solidly holds the rifle, so I chose to shoot off a soft bag, with my sweatshirt rolled up under the rifle, to simulate a similar situation in the field where a rifle may be fired off a rolled up bedroll or backpack.

Secondly, I fired off a solid block of wood, as if I were resting the rifle on a rock, tree branch, or windowsill of a blind. Lastly, I got into a prone position with a properly utilized sling.

I shot those three 4 round groups, and looked at the results. After firing the measured 1.4" group off the soft rest, the similarly sized group fired off the hard rest printed 1-1/2" to the left and down about 20 degrees. Statistically significant? Probably not, but interesting. Though I know the importance of a good sling for stability, I was mildly surprised when the prone group printed in the exact spot as the second group, but placed the four rounds into two holes, measuring one half inch. In this case, the rifle's shot placement didn't significantly change due to how it was rested, but certainly seems to suggest that a properly used sling is a great help to accuracy.

Still not satisfied that the manner of rest wasn't so important, I pulled out a very light weight mid-length AR-15, and went through the same exercise. The rifle fired all three groups into about 1-1/4", but both groups fired over a rest

impacted about 4-1/2" up and to the right of the prone group, about 45 degrees! What to make of that? Obviously, a lighter weight rifle may be more susceptible to a change in impact depending on how it is fired. A light weight “mountain rifle”, might show similar results.

These quick tests were not meant to be statistically sound, for certain, but they surely point to the conclusion that you should fire a rifle under the same, or similar, conditions as in the field, just to give you more confidence in your equipment and your shot placement when that moment comes.

There are multitudes of variables which could come into play, other than the weight of the rifle. Think bullet weight, velocity, how much clothing you have on, do you hold the rifle in a consistent manner, temperature, and on it goes. All this points to more time at the range,

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My second try at making a salad. I think I'm making considerable progress.

Executive Officer Report: Range Safety Officer

Good day all,
I hope this article finds you all doing well and getting ready for the Holidays.

As Executive Officer of the Cumberland Riflemen Range Complex, one of my responsibilities falls into the category of Range Upkeep and Safety. Year 2022 has been one with numerous infractions, both minor and major. The major reasons for these infractions center upon members not being aware of our By Laws and Range Rules and Regulations. These have been updated in 2022 and are listed on our website (www.cumberlandriflemen.org). **It is the responsibility of each and every member to familiarize yourselves with these Safety Rules and Regulations, and adhere to them while on the Cumberland Riflemen Property.**

We have always been known as a self-regulating range with respect to safety. However, it has become time to reinstate the old program of Range Safety Officers. These used to be the gentlemen, with the most experience, wearing the red ball caps stating "**Range Safety Officer**". We have had too many minor infractions on the ranges, so a trained RSO would be of value to the safety of our Range Complex.

This is a volunteer position while on the range; an added set of eyes on those busy days when most problems occur.

I am asking any interested members to reach out to me expressing their interest in becoming a Range Safety Officer for Cumberland Riflemen. I ask that you contact me again, even if you have been an RSO for the last 20 years. We are updating this position with our range this winter, even if you've had a red hat for decades.

The new Range Safety Officers will be trained per the RSO courses given by the NRA, and will be required to attend safety meetings on at least a quarterly basis at our Range Complex. In addition, we will have our own set of Rules and Regulations that will pertain to the CRI Range Complex exclusively.

If you express an interest in accepting this position, please contact me via e-mail, or postal mail at,

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

From the Editor

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to be very familiar with your rifle, and to answer those questions about accuracy and shot placement that need to be answered. These are even better excuses than HGTV to spend some time at the range!!

See you there,

Rob McKenzie
Editor

Elections of Board Members, 2023

Nominations for following three executive board positions will be open for two weeks from the date the newsletter is posted on the CRI website, www.cumberlandriflemen.org

The current board members, holding those three positions, have requested that they continue serving on the board in their current capacity:

- Vice President — Frank Hignutt
- Treasurer — Matt Redmond
- Executive Officer — John Patten

Any additional nominations by the membership for these positions should be sent by email to the board secretary, Dr. Thomas Wnorowski at:

drthomaswnorowski@yahoo.com

All board nominees must be a current member, in good standing, for a minimum of one year.

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Cumberland Riflemen Membership Dues and New Member Intake



The new member introduction to the rules, procedures, and regulations at the 600 yard range, by Instructor Ray Rossi.

Many folks are questioning just how many members do we have at Cumberland Riflemen, as well as, how long a wait do we have for new members wishing to join? These are pretty easy questions for me to answer!

Currently, members of Cumberland Riflemen total approximately 1,000. This, however, is down about 60 members from last year. The reasons for the lesser amount are people moving out of New Jersey during 2022, as well as the cost and availability of ammo, and the increase in the cost of gasoline. Even with 1,000 members, very seldom is the range busy unless it is a beautiful day during a National Holiday. Numerous members come out prior to hunting season to sight in their deer rifles, black powder rifles, and slug guns. That is about the totality of their yearly range usage, which is fine.

Also, Please note the following:

- **Reminder to all, your dues come due on September 30, 2023 (if your dues are paid up and you have a reddish orange membership sticker). If not, you**

still owe your 2022 dues. Please contact me if this is the case!

- **The cost of dues since early Spring 2022 is \$150.00 for the year, not \$135.00! A number of you have received messages from me to “remit an additional \$15.00 to make sure your dues are paid in full”.**
- **If your check is kicked back for**

“insufficient funds”, you must make good with another check or cash. In addition, your dues owed to Cumberland Riflemen are then \$170.00, which included an additional \$20.00 to cover the cost of the insufficient funds taken out of our account by the bank.

- **For your information: when I receive your dues check via mail, I hold on to them for up to a month, and then send a packet of checks, with the accounting, to our Treasurer. Our Treasurer then deposits the checks into our bank account, so there is a lag time. I cannot begin to tell you how many times I get phone calls from our members stating that “they sent the check a week ago to me, and it still hasn’t cleared their bank accounts”. I send the dues checks to our Treasurer at the cost of Priority Mail which is now up to**

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Orientation Day!! New Riflemen members seeing the 600 yard range, maybe for the first time! I overheard: “That’s what I’m talkin’ about!”

New Member Intake

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\$9.90 per letter packet. I cannot treat your check on an individual basis! Please be patient with me! This is a time-consuming job that must be done correctly.

- Regarding New Membership, please go to our website, www.cumberlandriflemen.org, click on "New Members" and follow directions. Our New Member Intake and Orientation usually takes place towards the end of October of the year.

If you have any questions, please feel free to contact me at,

John Patten
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Membership Chair.
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The New Jersey State Team at Camp Perry. Front row, left to right: Bobby Hahn, Bill Kiser, Rob McKenzie, Joe Wyatt. Second row, left to right: Lee Nugent, Joe Burkel (Coach), Kevin Umbreit, Mike DeStefano, and Jim Jenkins.

Camp Perry Rifle Report

Once again, several Cumberland Riflemen members represented the State of New Jersey at the CMP National Championships, at historic Camp Perry, Ohio, on the shores of Lake Erie.

The "week" consisted of six days of shooting with the AR-15, and then 2-3 days with the Garand/Springfield/Vintage and Modern Military rifles.

The "Jersey Devils" team finished 18 of 38 teams in the procedural "out-of-competition" category. Not bad!


Individually, **Rob McKenzie** won his 3rd National Grand Se-



Shooting legend, Gary Anderson, left, awarding the National Grand Senior Champion award to Rob McKenzie for the Vintage Military Bolt Gun Match.

nior Champion title in the Vintage Military Bolt Gun category, firing a 1908 Brazilian Mauser.

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Wednesday Bullseye League



On the firing line at the Wednesday evening Pistol League. As Jeff Cooper once opined: "All through history, men have yearned to point with one hand and smite at a distance."

The 2022 Bullseye League was everything we could have hoped for. Initial attendance started out slow, but we're happy to say we ended the season with 16 shooters,

and our nightly attendance doubled in the second half of the season. All appeared to have a great time and kudos to the diehard Bullseye shooters that shot into November.

We had the pleasure of adding six new shooters this year. Some were not just new to Bullseye, but to shooting in general! One of our new, now **very enthusiastic**, shooters came out one night "just to watch". It took some doing, but we did get her to shoot that night and before the night was over, she was grinning like a Cheshire cat! Her last question to me this season was "So how do I shoot at Camp Perry"? You go Pauline!!

The art of putting a small piece of lead into a 3" circle, 50 yards away with one hand, is called Bullseye Pistol, or lately "Precision Pistol". It isn't so easy, and can be intimidating. Like other sports, it requires a certain amount of dedication to become proficient. If you can master the fundamental skills of Bullseye, those skills will transfer to any other shooting discipline. It will make you a better shot, period. After all, isn't that what we are all after?

Our line consists of all levels of shooters, from the very new to the seasoned veteran, and all are always willing to help a new shooter. Those new shooters are cordially invited, encouraged, welcomed, coached, applauded, and may even begin shooting 2-handed if they wish. We run a pretty loose ship, but **SAFE FIREARM HANDLING WILL BE STRICTLY ENFORCED AT ALL TIMES**. League night is Wednesday with shots downrange at 6:00 PM sharp. As usual, we will start the next season off with an informative Bullseye Pistol Clinic, geared toward the newer shooter. Watch the club events calendar for our 2023 dates.

2022 Season highlights:

Tim Furey melted his gun barrel with a high score of 865, a high average of 843 and the most X's in

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Wednesday Bullseye League

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a week with 31. Not to be outdone, congrats are in order to Kathy LoGuidice & Bob Goldberg for increasing their average score from last year by about 100 points! Ed Reiser's season got better as it went on, and he was the Most Improved for the 2022!

Our new shooters didn't get a full season in, but they have worked hard and we can't wait to see what they do next year. Come check us out for a close up look of what it's all about.



The satisfaction of placing that bit of lead right where you want it. Well, sometimes!!

Remember, **IT ISN'T A RIGHT
IF SOMEONE CAN TAKE IT
AWAY FROM YOU.**

Gabe DiTomaso
Pistol Chairman

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

Cumberland Riflemen Junior Program

Good day all. I hope this article finds you all well and preparing to celebrate the Holidays.

The **Cumberland Riflemen Junior Program** concluded its season on October, one session earlier than anticipated because of the Cumberland Riflemen's New Member Orientation. Our 2023 CRI Junior Program Schedule compensates for this event, if needed, in the coming year.

We started the season on March 19, 2022 with a full line of young shooters (18-20). As the season progresses, the number of youth gets smaller as their other activities increase. In case you're wondering, the split between girls and boys is close to 50/50. **Our 2023 Junior Program will be starting on Saturday, March 25th, 2023 from 10:00 am until 12:00 noon. (Schedules are available for the 2023 Season).**

The Junior Program will be shooting Savage Mark I's and Mark

II Rifles in .22 LR. We supply the firearms, the ammo, the targets, eye and ear protection, and the empty chamber indicators. The cost of our program is \$25.00 for the season. If cost is an issue, please contact me privately as we have sponsors for our programs that are more than happy to cover the costs.

As always, to run a successful program, trained Instructors and Range Safety Officers are on hand for our instruction. We couldn't run our program without people like Frank Hignutt, Jerry Marinacci, Lou Rider, Frank Karwowski, Sherman Hartman, Ed Crawford, and Ken Hignutt. My apologies if I am forgetting anyone! These gentlemen offer many years of training and experience, and positively impact our young members.

If you are interested in joining our CRI Junior Program for the 2023 Season, please contact me at the

information provided below. The minimum age for joining our program is 10 years of age, and participants don't have to have a relative who is a member of Cumberland Riflemen. If you have a son, grandson, any relative, or even any neighbor interested, please send me your name, your e-mail address, and their name as well. I will compose a list this winter of interested youth, and contact you in late winter/early spring.

If you have any questions please feel free to reach out to me at,

John W. Patten
CRI Executive Officer and
Junior Program Administrator
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The 2022 CMP Report



CRI member Lee Nugent, left, receiving congratulations from CMP Chairman, Joe Burkel, upon receiving 6 more points toward his Distinguished Medal in an Excellence-in-Competition match.

Another season is behind us and, as usual, we had some good matches, and great scores were posted. Attendance was down again this year, and, as I reported in the XTC article, we need to keep attendance up or we will be in danger of losing a great program. If you have never attended any matches, you should at least come out and see what it's all about. Most who do find the sport to be a lot of fun, and a great challenge. I don't remember anyone ever coming out and saying "This is not for me". Most stick with it once they see how much fun it can be.

Here are the results of our 2022 season: In our **Garand/Spring-**

field/Vintage matches, winners with the M1 Garand were: Don Zubritsky, Jim Jenkins, and Joe Burkel. Vintage rifle winner was Rob McKenzie. Modern Military winners: Rob McKenzie and Chuck Fry. Our Modern Military Unlimited winners were Rob McKenzie, Lee Nugent, Joe Burkel, and Don Zubritsky. Congratulations to those shooters!

These GSV matches also offer an excellent opportunity for AR-15 owners. This quick, 30 round



Father and son team of Alex, left, and Jim Jenkins showing their medals for the wins in the M-1A / M-1 Match.



CRI Editor Rob McKenzie, left, winning the Governor's 10 match.

match, is a great introduction to High Power shooting, and an excellent way to improve one's real world shooting in various positions.

We held two **Stand Up** (Offhand) matches this year, where we donated the proceeds to pro Second Amendment associations. Top shooters were match winner Joe Burkel (both matches), while Tom Foster took second in one match, Lenny Kurtich took second in one match, and Lee Nugent took third in both matches.

For our **Excellence in Competition** matches, Tom Foster took high honors with an excellent 491-8X. Dave Lange was top shooter in the

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The 2022 CMP Report

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other two matches, 483-16 and 490-12. Our Distinguished Points earners were Hays Raab, Lee Nugent, and Mike DeStefano.

Our **Iron-Man Match**, fired with iron-sighted service rifles, was won by Joe Burkel shooting an M1A. Second place was Dave Lange and third was Jim Keating.

GSV State Championship winners were, with the M-1 Garand, Rob McKenzie. Firing the 1903 Springfield: Joe Burkel. Firing the Vintage bolt rifle: Rob McKenzie. The three-gun aggregate was won by Joe Burkel.

Our **Governors Ten** match results are as follows, in order of finish: Rob McKenzie, Dave Lange, Tom Foster, Mike DeStefano, Lee Nugent, Charlie Meyer, Joe Burkel, Angelo Tufaro, and Robert McNeil. Governor Murphy was not available

to hand out the awards.

Our final match of the season was the **MIA** match. The top shooter was Jim Jenkins, and high score with the M-1 Garand went to Alex Jenkins. They kept it in the family.

I also wanted to mention that Rob McKenzie set two more range records in Modern Military and Modern Military Unlimited, outstanding!

I am hoping to see some new faces at next year's matches. Help is always available, so come on out and have a great time with some good people! Anyone interested should contact me at j.burkel@comcast.net.

Joe Burkel
CMP Director

High-Power Rifle Report

The Across-the-Course (XTC) matches are fired at 200 yards (standing & rapid sitting), 300 yards (prone rapid), and 600 yards (slow prone). It is a challenging course that takes skill and dedication. Achieving good performance is very rewarding, and proves that hard work and dedicated practice pays off. The feeling of shooting three or four X's in a row, from 600 yards, is exhilarating, bringing a smile to anyone's face. If you have never fired from 600 yards, you should give it a try sometime. Of course you must know your rifle's zeros at 200 yards 300 yards. If you need help with that, just contact me, and I'll help you out.

Our match winners for the 2022 season were: March - Joe Burkel 774-15X, April - Lenny Kurtich 770-16X, April 30th - Tom Foster 779-18X, June - Ron Siliani 790-30X, and July - Ron Siliani 778-19X. Our State Championship was held in September. High out-of-state score went to Ron Siliani with a 785-25X, and the State Champion is Dave Lange, shooting a 774-29x. Dave also set a new range record in sitting with a 200-15X. That's quite an accomplishment! Congratulations to all the winners.

Once again, our attendance in our competitions is dwindling. I understand that it is more than likely caused by the economy, and availability of reloading components, etc. I hope this is temporary, because if it continues to trend downward, we will be in danger of losing a very good program. Get out there and participate in this awesome sport while we still can. We are always willing to help new shooters get started and improve their skill.

Joe Burkel
High-power Chairman



There's plenty of room on the line for all those AR-15 shooters out there. Come out and try the Modern Military category, scoped or "naked", during our Garand/Springfield/Vintage shoots!!

Mid Range Rifle Report: The September 4, 2022 New Jersey MR/F-Class State Championship



Shooting prone, with a sling, New Jersey State Mid Range Rifle Champion, Joe Fogg, right, receives his award from Walt Schmidlin, Mid Range Director.

What is MR/F-Class, and what equipment and targets are used? Mid Range matches are usually 60 shot matches (actually three 20 shot matches) fired at 600 yards using the MR-1 or MR-1F target. However, some matches (not at CRI) are fired at 300, 500 & 600 yards, twenty shots from each distance on the appropriate target.

Rifles are predominantly bolt action single shot (magazines are permitted), utilizing iron sights or scopes. Sling shooters use iron sights or scopes and the MR-1 target, while F-Class shooters use scopes exclusively and the MR-1F target. F-Class shooters use a front rest and rear bag, while a bi-pod and rear bag if in the F Open or F/Target Rifle category.

Calibers are any center fire car-

tridge .223 thru .35 for sling and F-Class Open competition, and .223 Rem. or .308 Win. for F/TR. Muzzle brakes are **NOT** permitted in MR/F matches.

This year, Cumberland Riflemen captured two of the three championships, with Joe Fogg winning the Mid Range sling title, Ernie Bennett the F-Class Open title and Austin Coiro taking the F/Target Rifle.

Our first match of 2023 is scheduled for March 26th. Come out to watch and look at equipment or, better yet, bring out a rifle and give it a try. A total of sixty-six rounds (minimum) is required; six for sighting and 60 for record.

Walt Schmidlin
Mid Range Rifle Chairman



Austin Coiro, right, takes the New Jersey State Championship honors in the Mid Range F-Class/Target Rifle category.



The New Jersey State F-Class Open winner, Ernie Bennett, shows off his rifle.

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.

Cumberland BPTR Mid-range

A bit of an explanation may be warranted, as many are not familiar with our rifles, etc.

BPTR is short for “black powder target rifle”. For the mid-range match, we shoot the same targets and distances (200, 300 & 600 yd.) as a high-power across the course match. Shooters can either shoot “prone”, which is shooting from a prone position using cross-sticks (a pair of sticks with a pivot in the center driven into the ground) to support the barrel of the rifle at all distances. Otherwise, they can shoot “position”, which is off-hand at 200yd, sitting with taller cross-sticks at 300yd and prone with cross-sticks at 600yd.

A common name for the rifles used for BPTR is “buffalo rifle”, as the rules specify that the rifle must be an original or reproduction of rifles designed and built before 1896,

having an exposed hammer, falling or rolling block action, single-shot, and weighing no more than 12 pounds 2 ounces with iron sights, or 15 pounds with a scope. The scope can have an objective lens no larger than 1” and a body no larger than ¾”, which limits its power to a maximum of 10x.

The most common rifles used are the 1885 High Wall Winchester, 1874 Sharps, 1879 Remington-Heppburn, Remington ‘rolling block’ and Steven 44 ½. Most all original rifles have modern barrels, and the most popular cartridges are the .45-70 Gov’t, .40-65 WCF & .38-55 WCF. Others are the .40-70 Sharps Straight, .38-50 Remington Heppburn, and .40-50 Sharps Straight. There are another half dozen cartridges that occasionally show up at matches.

While there are three or four brands of black powder available, to be competitive one rarely finds anything being used other than Swiss black powder, which is, indeed, imported from Switzerland. A pound of black powder costs about the same as a pound of smokeless powder.

Typical .45 caliber bullets weigh in the 500-540 grain range, .40 cal. in the 400-450 gr. range and .38 cal. in the 340-370 gr. range. All are cast in



Very stiff competition on the “buffalo rifle” line during a recent BPTR shoot. That’s some shooting, when you can repeatedly perforate the spotter at 200 yards!

soft lead with about a 20-1 lead-tin ratio. Most competitors cast their own bullets using a lead “melting pot” at about 780 F, a ladle, and a bullet mold. Cases use either large rifle or large pistol primers, and the amount of powder ranges from about 45 gr for a .38-55 to 70 gr for a .45-70. Most muzzle velocities are in the 1100-1250 fps range, which is only slightly faster than a .22 rimfire.

Fouling can be a problem with black powder, and it must be kept soft or accuracy deteriorates while barrel-leading becomes a problem. One way to keep the fouling soft is the use of a blow-tube. One end is inserted into the rifle breech and the shooter breathes several large breathes thru the tube into the barrel. The moisture in one’s breath keeps the fouling soft. However, on a hot, sunny day, more breathes are needed and the results can be inconsistent. A more “modern” approach is to push a ‘wet’ patch thru the rifle bore, which removes most fouling and softens any left behind.

Again, like High-Power, there are several online forums and Facebook groups devoted to BPTR

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Cumberland BPTR Mid-range

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& BPCR. (BPCR is silhouette at 200, 300, 385 & 500 meters using the same animals & distances as high-power silhouette.) The primary magazine devoted to BPTR & BPCR is "**Black Powder Cartridge News**" published by Wolfe Publishing.

We typically have five (5) BPTR matches per season at Cumberland Riflemen. Four of the matches are 30-shot matches, consisting of 4-sighters and 10-shots for record at each distance (200, 300 & 600yd) in a 25 minute block-time. We also have the **Eastern Regional/NJ State Championship** 60-shot match

each year. For the 60-shot match, the course of fire is 4-sighters and 20-shots for record, in a 45 minute block time at each distance. Like high-power, the target is pulled and the shot & score are marked after each shot.

In addition, we also shoot long-range (800, 900, 1000 yards). These, here in the East, are fired at the Creedmoor BPTR matches at Reade Range, PA, Oak Ridge, TN, and Camp Atterbury, IN.

During the 2022 season we shot in April, June & Sept. (60-shot match). May was rained out and COVID caught up with the match

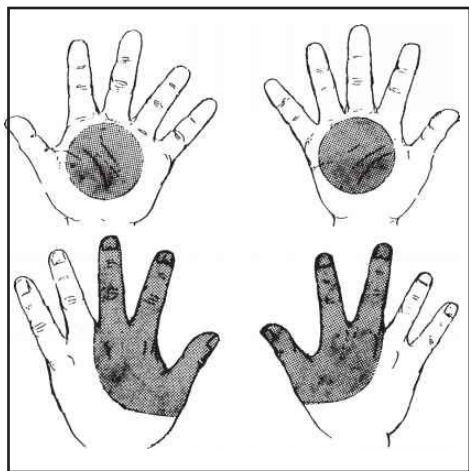
director for the Oct. match, which forced its cancellation. Mike Benson was the winner of this year's Eastern Regional Championship, and Dave Harrison was our New Jersey State Champion. Congratulations to both!! We typically also have shooters from the surrounding states at the matches.

For the 2023 season, we plan to have 30-shot matches on the 2nd Saturday of April, May, June, & Oct., with the 60-shot Regional/State Championship on the 2nd Saturday of Sept.

Come out and join in the fun!!

Glenn Davis
Black Powder Chairman

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.

As shooters, we 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

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A Small Dose of Lead

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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, 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. 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 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 congestion, 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,



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A Small Dose of Lead

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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.

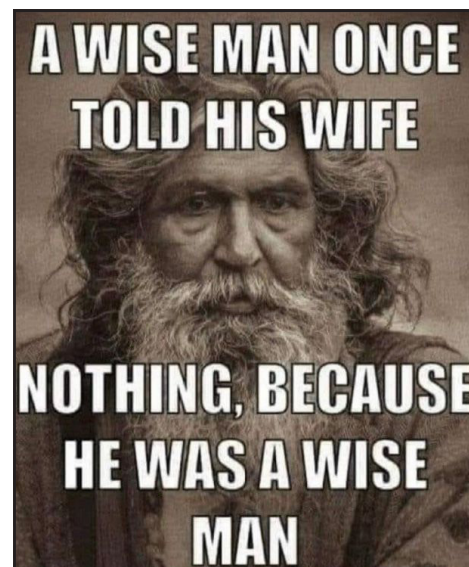
Selenium is the only recognized anti-oxidant mineral. It competes with lead for occupancy and increases toxic metal excretion. Selenium overdose is marked by flaking nails and falling hair, so you have to move slowly with this mineral. Recommendations and tolerable upper limits are cited here: <https://www.consumerlab.com/RDAs/>

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 concentra-

tions in miners who were exposed to toxins, but only after several months of supplementation. The longer the contamination has existed, 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.

Dr. Tom Wnorowski, BCIM, CNCC

