



The Cumberland Magazine

Greetings from The President's Corner

Paul Adamowski, President
Pauladamowski@Comcast.net



Greetings, all! It's that time again, as the TV is tuned to football, the trees are painted with colors from a Master's pallet, the lawn is covered with the representation of what still hangs above, and hunting shotguns are cleaned and checked for the one week the State gives us to cull the deer herd. Even the beautiful weather, save the flow of the wind and temperature, gives us a hint of what's to come. The ranges are relatively quiet now and we begin preparations for next year's shooting activities.

As you might notice, we are putting the club work parties on hold. They will be announced by email when and whether they will be held. They will be announced on the schedule, but actual implementation to whether they are a go or not will be by email. We have had tremendous success with the Maintenance Committee. This committee is formed by members who have time available on the fourth Thursday of the month. The committee meets for about three hours and hoagies are provided for lunch. Committee members, depending on the number of work days attended, may have their next year's dues comped fully or partially, depending on their attendance. If you are interested, and want to contribute something back to your club, then contact me at pauladamowski@comcast.net and I will get you on the list. My good thoughts are with, and for, the existing committee members. Thank you!

Also, a big thank you goes to those members who ran and participated in the recent Orientation. Chris Belles did an outstanding job as did those members who were assigned to ranges.

You should be aware that the E-Board voted to raise dues by \$10 per member. Taxes and insurance increases are hurting us badly, and some of our programs are starting to feel the itch. Next year's dues will be \$135 payable on or by June 30. In past years I have waived the late dues penalty on dues paid after the 30th of June. That created a problem for Ken Hignutt, and that was the last thing I wanted to do. Ken Hignutt does an outstanding job and is a tremendous asset in his role as Membership Chair.

Speaking of assets, I must acknowledge the E-board in its entirety. Ev-

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OFFICERS

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

www.cumberlandriflemen.com

Club Rules

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

Editor...Rob McKenzie

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

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

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

President's Corner

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Everyone is aware of the great job Bob Warzbok does as our Steward, but you seldom see the total effort of Kirk Hewitt and Tom Wnorowski. Each of these men produces a great service so necessary to our operations. There also is the great range work done by Frank Karwowski and Greg Warde, plus the ideas of Mike Berezin. The contributions of John Patten with the youth group are already showing the fruits of his labor, and the efforts of Jim McGarry to keep me straight are indeed legendary.

We are currently in negotiation with a nationally known company to remove spent bullets/lead from the berms. This is something we need to do, as there has never been such a mining done on our ranges before. We mandate this procedure in our lead mitigation plan, and now is the time for implementation. It is going to be pricey, but so are the fines levied by the EPA for non-compliance. We are trying to do this project in the winter so that any inconvenience to membership is minimized.

I would like to inform you that I plan to resign early next year. The timing is dependent on the state

of the lead remediation project, as I started that project and I intend to see it through. Since my term of office is not complete until January of 2021, the E-board will appoint an interim president and then the office will go into the election cycle at the appropriate time. The reason for my resignation has to do with my health. As some of you know, I have been diagnosed with Parkinson's Disease, another gift from Vietnam. After seven years the symptomology has increased to the point where it is affecting my life such that I just can't do the job the way the job and you deserve. I have met my goals set when I ran for office. The club is running the way a first-class operation should.

I will continue to shoot until I can no longer be a safe shooter. During the year, if you see me out there, stop and say hello.

Most important, stay safe and have a good time. Merry Christmas and a Happy New Year to all of you.

Paul Adamowski
President, CRI

Rifle Program

The 2019 High Power rifle match season ended in October, without one match being cancelled due to weather! The July match was the only one that was rain shortened. We had 126 competitors over 7 matches. The Service Rifle and Match Rifle championships were well attended with over 20 shooters in each. The June Service rifle championship match saw 30 competitors.

The Service Rifle champion for this year, the best of 30 competitors, was Tom Foster with a 771 -26X. The match rifle champion was Steve DeSouza, with a 773-18X.

Recently, the technical line between what constitutes a service rifle and match rifle have become so close that having separate state championships for each has become redundant. The 2020 season will only have one state championship, open to match or service rifles, and

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Rifle Program

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it will be held in September, crowning one High Power State Champion. The EIC LEG Match is true Service Rifle Championship anyway.

The 2020 season will not have an August match due to lack of attendance, as many competitors are at Camp Perry, Ohio for the CMP Nationals at that time.

The High Power league held on Tuesday evenings was well attended this year with a couple newcomers. I encourage anyone interested in learning more about shooting High Power to join us in the Spring of 2020. It is a fun, learning atmosphere, where you can learn from people with many years of experience.

Darrin Montagna
High Power Chairman

Range Safety

This past spring, summer, and fall have seen a lot of activity on our ranges. As the winter months now approach, we will see a decline in the range use, as we have in the past years. For those of you who might not be aware, it requires a continuous effort of a few loyal and hardy members to keep up the maintenance and the operation of our ranges throughout the year. That is why it is so important for each and every member to abide by the rules of the ranges to keep our range safe and clean.

Recently we found a small water heater that was shot up on the plinking range. Not only is this a safety issue, but a direct violation of the range rules. Members should be reminded that we now have video on all ranges. I am asking the member who shot this water heater on the plinking range to come forth so

we can discuss. Otherwise, we are reviewing the tapes, taking a lot of time and effort, but we will identify the member in question. If we have to continue to investigate this, I assure you this will come before the disciplinary board, which will probably result in termination of membership.

We spend thousands of dollars a year on liability insurance, which increases each year. With our governor now restricting the availability of liability insurance in this state, this could be a critical issue for our club in the near future. This increases the importance of following the rules and regulations, therefore limiting liability issues.

Should there be a safety issue and someone gets hurt, don't think for a minute that the politicians in this state won't move to close this range.

Thanking you in advance for your cooperation.

Jim McGarry
Executive Officer



Congratulations to High Power Chairman, Darrin Montagna, for achieving Master Classification this past spring.

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From The Editor's Pen

Hunting is the easiest endeavor in the world. I know, I know, but hold up cowboy and just read on. I can back up that statement with loads of personal experience. After all, even a caveman could do it, and they were competing with sabre-tooth tigers and dire wolves, while taking prey all the way up to woolly mammoth proportions using sticks and stones. Try dragging that out of the woods ! I guess they had to eat mammoth burgers until the carcass was manageable. Unfortunately, they killed all the mammoths and mastodons, so I'm required to limit my big game endeavors to the deer.

My earliest attempt at hunting was on Thomas Mt., west of Palm Springs, CA. Mark Thurman and I were quietly scrambling our way up the mountainside to place ourselves between the mountain-top guys and the valley guys, who were all too lazy to hike in to where all the mule deer really were. We were pretty clever, I would say. We stealthfully crawled up dry stream beds, eyes and ears out for western diamondbacks, tape over the rifle barrels, and finally standing up on

the edge of what was ultimately to be called McKenzie Meadows. At the same moment, down from the heights above, came a very nice, very scared buck, stopping on the far side of some thick manzanita. Now, because both of us were such gentlemen, and the fact that the direction of the safety on my Remington 700 was opposite that of my well-used .22, neither of us took a shot. It would have been SO EASY, but my first deer bounded off, and we went home empty handed, but not before seeing lots of coyote sign and several cougar-killed deer covered by leaves and small branches.

Because hunting deer just posed no challenge, we decided to return two weeks later, after deer season, and hunt the wily coyote, and maybe get a glimpse of a cougar. We needed that advanced testing of our prowess. Setting up before dawn on Thurman Flat, overlooking the mountainside, we sent out wounded rabbit calls once we could clearly see. Puzzled as to why no coyotes were dashing head-long into our hideout, with teeth bared and saliva dripping from their mouths, we figured we'd better glass the area.

However, given the simplicity of hunting deer, we were not puzzled by the sight of DOZENS of mule deer, standing up from their beds to see what was going on with the rabbit. Again, it would have been just TOO EASY.

After moving back to NJ, my earliest attempt to bow hunt came one morning, walking into a field-edge site that a friend said was prime. I didn't want it to be that easy, but I felt I should appreciate his kindness. My last few cautious steps into place brought me face to muzzle with a doe and two yearlings. I really don't think they ever figured me out, and my first deer just walked off. (The same thing happened while slipping into a stand after a canoe ride across Willow Grove Lake. Just SO EASY, but you know, the whole "does with yearlings" thing.) Later one evening, in a downpour, I watched a herd of 15 deer, including two nice bucks, 20 yards from my hide on the edge of a field. Not wanting to have to track my very first deer in the dark, in the rain, I just stood and watched. When my buddy stirred from his stand, a yearling doe bounded stiff-legged in fright toward the woods, and ended up right in front of me,

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From The Editor's Pen

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trembling and wondering why the rest of the herd hadn't moved. When she settled down, I turned my Fred Bear recurve bow around and tapped her on the rump, sending her sky-high, once again reinforcing the fact that it would have been just TOO EASY. I mean, I could have used a wad soaked with ether and my 5" Buck knife!

I have numerous other examples of easy deer hunting, like having to

leave a broadhead imbedded in a small oak, because the wariest and smartest "buck of a lifetime" walked in front of my son and me, never seeing our expertly crafted hiding places.

However, I did finally get my first deer, about 20 years ago, with a Ford F-150. The patrolman asked if my daughter would be offended if she saw him put the doe down, if needed. "Nah, officer, she's seen that

a dozen times." (I'm still waiting for that lightning bolt.)

Deer hunting has remained just as easy, and almost as fruitless, since that first deer. That Remington 700, however, did finally have a "notch" carved into the stock. The Marlin .30-30 and the heavy barreled .308, though, are still waiting their turn. But now, at my age, I'm wondering. How something so easy could be so hard?!?!

Rob McKenzie
Editor

Pistol Program News



Pistol Shooter, Bob Baker, was recognized for his first place win in the Pistol League matches, and for his Best Attendance Award.

As we close the book on another Precision Pistol program, let's reflect back on the 2019 season.

I would like to thank all that participated in the 2019 league season. Attendance was good. We averaged 8 shooters per match for the season, which was better than last year, and the attendance continues to grow. New shooters are always welcome, and last year's new shooters became regulars.

The end of the year awards/pizza party was a great way to end the season. All the shooting venues were represented and the pizza was fantastic. Thank you to Taste of Italy for hosting our party again. For the precision pistol league, awards were given to 1st place, 2nd

place, best attendance, and most improved. The **1st Place** trophy and a brick of ammo went to Bob Baker. Bob shot a total of 244 X's, with an aggregate score of 17,240. He also earned the **Best Attendance Award**. Out of the 23 possible weeks he only missed one match, also keeping the stats for the year. Thank you, Bob, for your help, and congrats on your accomplishments. The **2nd Place** trophy, and a brick of ammo, went to John Nelson. John shot a total of 125 X's, with an aggregate score of 12,358. Congrats, John! The **Most Improved** award went to Tim Furey, who was a new shooter this year. Tim actually finished the year in 3rd place and he had the highest single match score for the season of 834. Tim may be

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Pistol Program News

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a force to be reckoned next year. Congrats, Tim!

Attendance for the NRA sanctioned matches was good this year, with an average of 6 competitors per match. There were a total of six sanctioned matches, four 2700 point aggregate and two 1800 point matches. I am working on a similar

schedule for next year, except one of the 2700 aggregate matches will be shot as .22LR only.

In closing I would like to send out a special thanks to Eric Wilson for all his support with all the 2019 matches. Eric helped run the league and NRA matches, and lent much technical expertise.

May you all have a safe and happy holiday season, and hope to see you all again for the 2020 season.

Gregory Warde
Pistol 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.



Tim Furey was awarded Most Improved for his progress in the Pistol League.



Second Place award, in the Pistol League matches went to pistol shooter John Nelson.



The new lighting has extended the time available for the Pistol League to shoot in the spring and fall.



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McKenzie fired in the M1 Garand, 1903 Springfield, and the Vintage Rifle matches, two of which he shot in the same day! Rob had some issues with his Garand, so he didn't shoot it as well as he normally does, but he did very well with his 1903-A3 and Brazilian Mauser. In the Springfield match, with 484 shooters, Rob placed 5th overall, 2nd in the Senior category, and First Place in the Grand Senior category! His score was 289-10x. Wow!! With his Mauser, Rob placed 8th overall, 3rd in Senior, and First Place Grand Senior again, this time with a 285-7x. What an outstanding performance!

I would like to add that, as Captain of the New Jersey State Team, I am always looking for new shooters. Anyone interested in joining the team should contact me at j.burkel@comcast.net.

Joe Burkel
 CMP Chairman

Cumberland Members Shine at CMP National Matches

The Civilian Marksmanship Program's National Rifle Championships were held at Camp Perry, Ohio, 25 July to 5 August 2019. Several Cumberland Riflemen members were in attendance and shooting as members of the New Jersey State Rifle Team. Our club members performed well in the matches, and following are some of the highlights.

In the President's 100 match (P100), Joe Burkel placed 117th with a 285-7x, just missing the cut by one point, while Rob McKenzie shot a 281-4x.

In the National Trophy Individual match (NTI), Tom Foster placed 89th with a 487-13x, Rob McKenzie fired a 485-13x, and Joe Burkel fired a 481-14x. All three will receive a medal for their results. In the Alice Bull Trophy standings, (a

combination of scores in the P100 & NTI) Burkel came in 82nd with a 766-21x, McKenzie 84th with a 766-17x, and Foster 108th with a 762-19x. Any finish close to the top 100 is very good, as most of these matches have between 900 to 1,200 entrants. Congratulations!

In the Hearst Doubles two man team match, McKenzie & Foster teamed up to come in 29th place. Individually, Foster placed 54th with a 287-6x, Burkel 69th with a 286-7x, and McKenzie 108th with a 283-6x.

During the National Trophy Team match (6-man team) Lee Nugent fired a 197-12x at 600 yards, an outstanding score in some tough wind conditions. Lee also shot the high score among the six team members in this match.

Now, to the wooden rifles. Rob



Our Editor, Rob McKenzie, won the National Grand Senior title in both the Springfield 1903 and Vintage Military Rifle Matches at Camp Perry, Ohio.

2019 Cumberland CMP Matches The Civilian Marksmanship Program

For those of you not familiar with our CMP program, we offer events where you can fire your M-1 Garand, 1903 Springfield, Vintage Military rifles (of US or foreign manufacture), M-1A, and Modern Military Service Rifle. It is a great opportunity to have some fun and friendly competition. The club also offers a clinic for those who need some training or insight into shooting the Garand, Springfield, and Vintage type rifles. The clinic takes place early in the season, so check the club schedule on the web site for exact dates for clinic and all matches. Dates should be posted sometime in January for the 2020 season. I would encourage all our members to take advantage of this excellent program.

The club also offers Excellence in



The team of Rob McKenzie, left, and Al Lihou won the Contemporary division of the Sniper Match.

Competition Matches, fired with the AR-15 Service Rifle. The EIC's are more geared toward the experienced shooter, as there are no sighter shots allowed. We encourage all service rifle shooters to attend, as it is the best way to get the experience needed to be competitive. The Tuesday evening rifle practice league is the best way to get your feet wet!

We also offer an M-1A match and The Governor's Ten Match. The M-1A is fired with the M-1A (or M-1) rifle at 300 yards. The Gov. 10 match is the same as the National President's 100 match, firing 30 shots for record, no sighting shots, fired at 200, 300, and 600 yards with the service rifle.

The following are some of the highlights of our 2019 CMP Match Season. Individual match winners shooting the M-1: Kevin Tunney, Don Zubritsky, James Keating and Alex Jenkins (twice). Match win-

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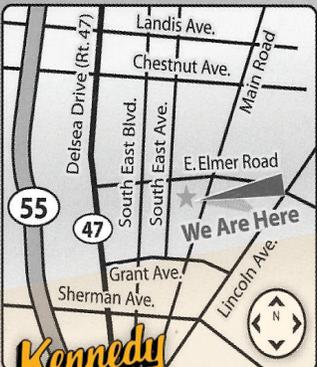
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CPM Program

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The team duo of Joe Burkel, left, and Tom Foster won the Vintage Sniper division of the CMP Sniper Match.

ners shooting the 1903 Springfield: Jim Jenkins (twice), Don Zubritsky and James Powers. Match winners shooting a Vintage Military Rifle: Vince Dalessandro, Robert McKenzie (three times) and Jim Jenkins. Modern military: Robert Sharp, Rob McKenzie, Lee Nugent (twice) and Sean Sullivan.

The Garand/Springfield/Vintage State Championships had to be cancelled twice for rain, so unfortunately we were not able to award a Champion this year.

The club added the individual “Rattle Battle” matches this year, and although we did not get too many new faces shooting them, we had a great time firing these matches. Top shooters were: Lee Nugent (Twice), Rob McKenzie (twice), Tom Foster, and Kevin Tunney. If you want a fun time with a short match, bring your AR-15 next year and try the rattle battle.

Winner of our M-1A Match was Jason Cortazzo and the M-1 high shooter was Alex Jenkins. The winners of the Sniper Match were Team Tom Foster and Joe Burkel in the Vintage division, and Team Al

Lihou and Rob McKenzie took the Contemporary division.

Here are New Jersey’s Governor’s Ten for 2019: 1. Tom Foster, 2. Anthony Yanka, 3. Kevin Tunney, 4. Robert McNeill, 5. Curtis Wheatley (JR), 6. Don Zubritsky, 7. Sean Fogarty (JR), 8. Norm Glitz, 9. Sarah Mannik (JR) 10. Martha Mannik (JR).

EIC Match winners were Robert McKenzie and Tom Foster (twice). Kevin Tunney received 6 points towards the distinguished rifleman badge for his top undistinguished finish in an EIC match!

Congratulations to all our local match winners, State Champions, National Champions, and EIC match top shooters! It was a very good year and awesome to shoot with friends and competitors that drive you to succeed! I hope to see some new faces on the range in 2020. We will be adding a couple of new matches in 2020 to the CMP list, so keep an eye on the schedule for them.

The club is always looking to bring new shooters to our competitions, and we are more than willing and happy to help new shooters



Kevin Tunney, right, added 6 more points to his quest for the CMP Distinguished Badge.

learn the ropes and improve their marksmanship skills. Come on out to our matches and bring a friend for some fun and comradery. For more information, contact me for more info. Hope to see you on the range!

Joe Burkel
 CMP Program Director
 j.burkel@comcast.net



Ammo for an M-1 all ready for the organized chaos of the “Rattle Battle”.

Cumberland Riflemen Junior Program

Good day all. Our 2019 **Cumberland Riflemen's Junior Program** concluded for the season on Saturday, October 26, 2019. The morning included a Parent-Child Shootout, an Award's Ceremony, and a Piz-za Party. This year (2019) was a continuation in a very successful Shooting Program sponsored by the Cumberland Riflemen in Millville, New Jersey for the Youth in South Jersey.

Awards earned during the 2019 Season included Pro-Marksman, Marksman, Marksman 1st Class, and, for only the second time since our Junior Program was reinitiated eight years ago, an Expert Badge was awarded to Cassandra Crawford. What an amazing accomplishment!

If you or any family members or neighbors have an interest in joining our Cumberland Riflemen

Junior Program please drop me an e-mail or feel free to call. I will leave my contact information at the end of this article. Age of our kids run from 10 years of age to 18 years of age (20 if still in college). If you send me your e-mail address, I will include you in my e-mail link with details of our meeting dates, what's included in the program, and the cost which is very nominal (\$25.00 for the season!)

With any successful program, its success depends on many great volunteers and instructors. Once again I would like to give a huge thank you to the following people: Frank Hignutt, Ken Hignutt, Jim McGarry, Frank Karwowski, Sherman Hartman, Ed Crawford, Lou Rider, and Raymond Verity. (My apologies if I left anyone out!) In addition, we thank the Executive Board of the Cumberland Riflemen for their



Junior shooter Nicholas Ehrlich, who participates in matches in multiple states, poses with his proud grandfather.

continued support.

The kids love the program, the parents and grandparents as well! We shoot the NRA/Winchester Marksmanship Program, and we

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NRA Membership Renewal

Don't forget that you can renew 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.



Juniors David Heacock, left, and Ben Johnson pose with David's father, Hank. Both of these juniors have been with the current program for the whole eight years of its existence here at Cumberland!

Cumberland Riflemen Junior Program

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supply all items needed to participate, including firearms, ammo, targets, instruction, and eye and ear



Officer Ed Crawford with his Junior shooter daughters. Abby, on the left, was awarded Marksman First Class, and Cassandra was our first shooter awarded Expert on Oct. 26, 2019.

protection as well if needed.

If **Fun** and **Safety** are on the minds of your youth, please reach out to me for details! I can be reached at:

John Patten
CRI Junior Program Administrator
NRA Certified instructor #13449145
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Black Powder Target Rifle

The last match of the 2019 BPTR season was held in October, capping off a great season of shooting. This year we enjoyed near perfect weather for all our matches, and several new shooters came out to participate in the matches.

Shooters also travel from Delaware, Maryland, and Pennsylvania to attend these matches here at Cumberland. In June we hosted the BPTR North East Regional and NJ State Championship match. The 2019 NE Regional Championship in the position class was won by Palo Amedeo from Damascus, MD. The prone class championship for the NE Regional, as well as the NJ State Championship was awarded to club member Carl Leisinger.

This match was somewhat also challenging thanks to switching winds, however, the winners in each category were rewarded with beautiful medallions from the NRA. All the shooters enjoyed donated prizes from the many vendors and sponsors who support our sport.

For those not familiar with

our sport, Black Powder Target Rifle competition allows any safe original, modern production, or custom-variety black powder 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, muzzle loading rifles and scoped black powder rifles, so there is a space for everyone. The courses of fire use the same targets as NRA High Power Rifle competition. Black Powder Target Rifle Competition also complements the existing NRA Black Powder Cartridge Rifle Silhouette 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 are encouraged to visit a match or contact our match director for more information.

Vince DAlessandro,
Match Director
vincedalessandro@yahoo.com

Let's Get Practical

Now, I'm just as apt, as the next guy, to sit behind a rifle, fore end resting on a sandbag, trying to wring out the last bit of accuracy. Usually, resting the gun is necessary to get a rifle or pistol on paper after installing a scope or such, or to take away as much human error as possible while developing accurate handloads. Pardon me for stepping on a few toes, or ruffling a few feathers, but, is putting all the rounds into a small group the end-all to our efforts? Yes, actually it is, but how we get there is another story.

Shooting tiny groups over a fore end rest is a satisfying thing, but

doesn't that basically mean the rifle is accurate? So, the rifle can shoot, but can the shooter shoot? Hmmm, have you ever thought about that?

In the real world, shooting accurately means firing from a position dictated by circumstance. Maybe a game animal appearing when and where you least expect, maybe an opportunity requiring you to shoot over tall grass or bushes in front of you, or a game in which you are not allowed to rest your firearm. Shooting from different positions, possibly under duress, will ultimately

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Let's Get Practical

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show us whether we can actually shoot, or not! Knowing that your firearm is accurate means the rest is up to us.

We all want to be better shooters, and the information in our newsletter, and the opportunities afforded us by the range and its programs, give us that chance to become shooters, rather than simply trigger pullers. Taking part in the pistol or high power leagues can be a sobering challenge, but a good one! You'll learn to shoot from a position that may someday score your best game animal ever, or more important, save your, or a loved one's, life. Even by simply taking advantage of the # 1-4 spots on the 100 yard range, all on your own, you can lay prone or sit/kneel



Doing this, from position without a sandbag, builds confidence, is great fun, and very rewarding.

with that trusted firearm and see if you can really put that round into

that pie plate kill zone at 50 or 100 yards. If not, shooters in the leagues can get you headed in the right direction. Once accomplished, your confidence will soar!

Sitting behind a sandbag, shooting tiny groups, may be your goal, which I totally support. I can see the mechanic and engineer in you proud of what you can do with a tool of steel and wood. It may also be all you can do because of body or health limitations. But I wish that everyone would learn to shoot from an unsupported position. Rather than the last vision of a 10-point buck was his south end going north, he may end up on your wall instead, thanks to the confidence in that standing or kneeling shot. Call it the position challenge, and turn the "awful hand" into a truly confident "off-hand" shot. Come on out, try it, and you could get shocked, and hooked!!

Rob McKenzie
Editor

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The Instructor's Viewpoint

Whether you are a first-time gun owner or seasoned firearms enthusiast, you are in a powerful position of responsibility. As such, we should always be ready to review basic, common sense firearm information and apply that knowledge when using our firearms.

Whether you are in it for the sport, or have to put one on your hip for work every day, you must be familiar with the firearm, its safe handling, and how it functions. You can't improve at something you don't do. It takes discipline to grow. Take advantage of the resources around you and invest in yourself. Start training and put in the work to improve your skills. Hitting the target with each round fired does not make you a marksman. Perfect practice, along with discipline, will make you a better shooter and eventually your rounds will print smaller groups and your skills will get better and better. Never forget safety is a skill and needs to be practiced just like any other skill. Learning any skill takes time and determination, and shooting is no different. There is no sight, scope, electronic gadget, or prayer that will turn you into marksmen overnight. Progress is pretty much always inconsistent. You may struggle along for a while seeing little to no improvement, then suddenly, you will see progress. But if you consistently use the training techniques such as grip, sight picture, trigger squeeze, and dry fire practice, your shooting skills will improve. You have access to multiple ranges that can be used for these skill drills. I do recommend that prior to leaving for the range, simply put a practice

plan together and try your best to stick to it. This will help to keep you on track. The winter months are the perfect time to practice your dry firing skills, staying nice and warm at home but, at the same time, staying on top of your training by simply using techniques that do not require live ammunition.

These 9 basic rules must always be followed regardless of the owners experience level.

1. Always Keep The Muzzle Pointed In A Safe Direction

This is the most basic safety rule. If everyone handled a firearm so carefully that the muzzle never pointed at something they didn't intend to shoot, there would be virtually no firearm accidents. It's as simple as that. Never point your gun at anything you do not intend to shoot. This is particularly important when loading or unloading a firearm. In the event of an accidental discharge, no injury can occur as long as the muzzle is pointed in a safe direction. A safe direction means a direction in which a bullet cannot possibly strike anyone, taking into account possible ricochets and the fact that bullets can penetrate walls and ceilings. The safe direction may be "up" on some occasions or "down" on others, but never at anyone or anything not intended as a target. Even when "dry firing" with an unloaded gun, you should never point the gun at an unsafe target.

2. Firearms Should Be Unloaded When Not Actually In Use

Firearms should be loaded only when you are in the field or on the target range or shooting area, ready

to shoot. When not in use, firearms and ammunition should be secured in a safe place, separate from each other. It is your responsibility to prevent children and unauthorized adults from gaining access to firearms or ammunition.

3. Don't Rely On Your Gun's "Safety"

Treat every gun as though it can fire at any time. The "safety" on any gun is a mechanical device which, like any such device, can become inoperable at the worst possible time. Besides, by mistake, the safety may be "off" when you think it is "on." The safety serves as a supplement to proper gun handling, but cannot possibly serve as a substitute for common sense. You should never handle a gun carelessly and assume that the gun won't fire just because the "safety is on."

4. Be Sure Of Your Target And What's Beyond It

No one can call a shot back. Once a gun fires, you have given up all control over where the shot will go or what it will strike. Be aware that even a .22 Short bullet can travel over 1 1/4 miles, and a high velocity cartridge, such as a 30-06, can send its bullet more than 3 miles. Shotgun pellets can travel 500 yards, and shotgun slugs have a range of over half a mile.

5. Use Correct Ammunition

You must assume the serious responsibility of using only the correct ammunition for your firearm. Read all warnings, including those that appear in the firearm owner's manual and on the ammunition boxes. Form the habit of examining every cartridge you put into your

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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.

The Instructor's Viewpoint

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gun. Never use damaged or sub-standard ammunition — the money you save is not worth the risk of possible injury or a ruined gun.

6. If Your Gun Fails To Fire When The Trigger Is Pulled, Handle With Care!

Occasionally, a cartridge may not fire when the trigger is pulled. If this occurs, keep the muzzle pointed in a safe direction. Keep your face away from the breech. Then, carefully open the action, unload the firearm and dispose of the cartridge in a safe way.

7. Always Wear Eye And Ear Protection When Shooting

All shooters should wear protective shooting glasses and some form of hearing protectors while shooting. Exposure to shooting

noise can damage hearing, and adequate vision protection is essential.

8. Be Sure The Barrel Is Clear Of Obstructions Before Shooting

Before you load your firearm, open the action and be certain that no ammunition is in the chamber or magazine. Be sure the barrel is clear of any obstruction. Even a small bit of mud, snow, or excess lubricating oil or grease in the bore can cause dangerously increased pressures, causing the barrel to bulge or even burst on firing, which can cause injury to the shooter and bystanders.

9. Learn The Mechanical And Handling Characteristics Of The Firearm You Are Using

Not all firearms are the same. The



method of carrying and handling firearms varies in accordance with the mechanical characteristics of each gun. Since guns can be so different, never handle any firearm without first having thoroughly familiarized yourself with the particular type of firearm you are using, the safe gun handling rules for loading, unloading, carrying and handling that firearm, and the rules of safe gun handling in general.

Shoot safe, shoot often and remember: Don't train until you get it right, train until you can't get it wrong.

Chris Belles
 NRA Instructor
 CRI Chief Instructor

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The Medical Aspect: An Unwitting Dose of Pesticides

The total use of pesticides in the United States is about 6 billion pounds a year; of that, 1.2 billion pounds is used in agriculture. Often, the active ingredient in a pesticide accounts for less than 1% of the material applied. The added chemicals, the surfactants and diluents, called inert ingredients, have hazards of their own.

Some pesticides require special training and knowledge to ensure that farm workers and crop pickers are exposed to as little as possible. It's estimated that sixty percent of pesticides are used agriculturally, the remainder by homeowners and commercial entities. Herein, the focus will be on insecticides, since these are the chemicals rifle shooters are likely to meet at a range, on a hunt, or practicing in their own back yard, especially when shooting prone.

The job of a pesticide is to destroy some form of life. As time passes, many plants and animals have developed a sophisticated natural resistance to attack by insects and animals bent on doing them harm, but chemicals are a different story. Both caffeine and nicotine are naturally produced to discourage pests, and humans have learned to

enlist them to protect their crops. The natural pyrethrums are extracted from chrysanthemums. In their native forms, pyrethrums are not nearly as potent and persistent as their synthetic counterparts.

In general, pesticides take advantage of two basic principles of toxicology: dose/response and individual sensitivity. They're designed to kill, and for an insecticide, this usually means toxicity to the nervous system. The dose fatal to an insect is less harmful to an animal of larger size and weight, and this is the reason that makes children more vulnerable than an adult. If a single exposure is not deadly, repeated small exposures may accu-

cells. These chemicals pass up the food chain, and you already know about the eggs of eagles and other raptors. Oddly, DDT was less toxic to humans than its replacement, the organophosphate parathion, which was, at least, a little more specific. However, its greater toxicity killed a number of applicators.

Organophosphates affect an important neurotransmitter common to humans and bugs — acetylcholine. This neurotransmitter controls the way nerve cells communicate with each other. The stimulation that occurs has to be controlled, and the agent removed from the area around the cell, otherwise the stimulation doesn't stop. Or-

ganophosphates inhibit the controlling enzyme, acetylcholinesterase, and cause neurological effects that include memory loss, loss of coordination, reduced speed of response to stimuli, impaired visual acuity, and changes in mood, often accompanied by reduction in motor skills.

The synthetic pyrethroids, introduced in the 1980s, also work on the nervous system. They influence the movement of sodium across cell membranes, causing hypersensitivity to neurotransmission. Insecticide effects on the nervous system and neurotransmitter interference are serious. They work like this: to pick up a pencil, calcium tells sodium to contract a muscle. To put the pencil back down, magnesium signals potassium to relax. The heart is a muscle. Its lub-dubs tell the doctor that we're still alive. Chemicals that adversely affect neurotransmission could result in too many lubs and too few dubs,

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mulate to be so, or at least to cause adverse effects.

The central and peripheral nervous systems of insects and mammals are sufficiently similar to experience a like response to a chemical, based on dose. This makes it hard to develop specific agents, though manufacturers have sought specificity and attenuated effect. Without an MSDS, the character of insecticide used on the grass or crops will not be known.

The chlorine-based insecticides, like DDT, were cheap, effective and long-lasting, but they accumulate in fat and disrupt the movement of calcium, chloride, sodium, and potassium ions into and out of nerve

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The Medical Aspect: An Unwitting Dose of Pesticides

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inciting serious concerns. The inert ingredients in pesticides are not really inert, but have the capacity to cause asthma and other respiratory concerns, as well as increased risk of some cancers, fertility issues, and other undesirable surprises.

About 45 years ago, a chemical plant in Hopewell, Virginia, manufactured Kepone, considered a safer organochloride. When several dozen employees developed the "Kepone shakes" that attacked their nervous systems, production and distribution were stopped. Organophosphates are absorbed through the skin. This is a concern when shooting prone. Recent insecticide application may offer residues that are harmful. These can cause signs of acetylcholine over-activity, including incessant salivation and

perspiration, narrowing of the pupils, nausea and diarrhea, lowered blood pressure and fatigue. During Prohibition, some people drank a homemade concoction brewed from Jamaican ginger that had been treated with an organophosphate called triorthocresyl phosphate (TOCP). More than 20,000 people developed "ginger jake paralysis." This encouraged the U.S. government to test for delayed effects of organophosphates prior to their registration as saleable. Synthetic pyrethroids are associated with reproductive defects, endocrine problems, hyper-excitability, aggression and even cancer, all from skin exposure. So much for "safe," eh?

Toxins that are stored in fat are released into body systems when

a person goes on a diet. Losing weight too quickly can overwhelm a person's capacity to eliminate harmful substances, making them feel awful. This is part of the reason that weight loss is best accomplished at only one or two pounds a week. If a pesticide is part of a person's toxic load, the symptoms described earlier might show up and, because pesticide exposure occurred so long ago, be hard pressed to figure out what's going on.

Insecticides are necessary evils. Chemical companies discharge the responsibility for misuse of their products. As with other inanimate objects, it ain't the object; it's the user.

Dr. Tom Wnorowski,
BCIM, CNCC



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