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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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# The Cumberland Magazine

[www.cumberlandriflemen.com](http://www.cumberlandriflemen.com)

June 2017

## GREETINGS FROM THE PRESIDENT's CORNER

It's the time of the year when my thoughts turn to shooting and enjoying the breeze and sun. However, in that regard, this has been a tough year for me. My first real foray on the range, popping some caps, happened in the second week of May. I had been to the range a lot but had not shot for too long. It has been a tough year medically for me and my family, and unfortunately my mind was drawn to other things than having a good time. I want to take this opportunity to thank all those who helped take some slack and get some of the burdens off my shoulders. There were several members who stood tall and were there when I needed support or help, and countless more who volunteered to be there if needed. Thank you all — especially 1st Sergeant Warzbok who has been chewing on a part of my anatomy incessantly the whole time.

Since the last newsletter, we have made several improvements to the ranges and the roads. We did some

berm work on the 100 yard range, moving the sides out and truing the berm to the firing line. We plan to expand the firing and target lines to allow more shooters to enjoy themselves. We did some road repair on the 600 and the roads to and in the upper tier of ranges and in the pistol area. We changed the base on the Practical Range, covering the rocks with crushed concrete, thus making a more stable footing and hopefully saving some ankles from a nasty twist. We finished on the Plinking Range by installing some of the better steel targets we could find and buy.

Our Pistol Plinking Range really seems to be a hit. I would like to add some more steel on that range next winter. Maybe we can get more on the upper plinking range too. We'll see.

We will be losing our Treasurer, Pete Romanik, at about the time this newsletter hits your mailbox. If you see Pete around, please wish him luck on a new phase of his life and give him a kick

for leaving us in the People's Republic. I am envious. Colorado sounds like one neat place (if you can stomach the liberals in Denver). Our new Treasurer is "Kirk" Hewett. I know Kirk will do a tremendous job just based on his performance on work parties and running projects like the recent burn. He and Frank Hignutt made that happen -after we tried unsuccessfully for three years.

Some folks question the reason for some of the safety rules we enforce on the range complex. One that really gives me angina is the rule about safety glasses and hearing protection on the line and in the pits. Shooters have complained that they shoot a special gun or that they are deaf anyway so why this rule? The reason on line is pretty much understandable, although some folks don't picture a primer puncture as really a happening. Take my word for it that it is, and since we only have two eyes, it behooves us to protect them. It doesn't mat-

*Continued on page 2*

## President's Corner

*Continued from page 1*

ter whether you shoot an AR or a bolt gun, it can happen and you can be hurt. It is a club rule that on the line all shooters must wear ear and eye protection. We must clamp down on our guests and at our matches – shoot here, follow the rules here. Same for the pits. We had a situation occur wherein a bullet hit the only piece of exposed metal on the target frames and destroyed a stainless-steel bolt and washer. The ricocheting material peppered those working targets nearby where the impact occurred, and one puller had a piece of material, which appeared to be a 7mm piece of washer, imbed itself in his neck. It took surgery to get the metal piece out. We are now reengineering the carriers to dispense with the bolt whose purpose was to hold the turning piece of 2x4 which holds the target to the frame. Think about the odds.

– a bullet travels 600 yards and impacts a  $\frac{1}{2}$  inch bolt head located in a target frame that measures 6 foot by 6 foot. Not only that, but its flight path lobs the bullet over a mound of dirt some ten to twelve inches in height whose whole purpose is to preclude or divert any bullet from hitting that bolt. Add to that the effects of light and wind and I'll bet that most, if not all shooters, could not duplicate that same action on first round, or second round or third or...

Suffice it to say that safety rules are there for a reason, and while we can't predict every happening when it comes to guns and bullets, we try our best to ensure that no one gets hurt. You have an eye and fingers and a life in this game so follow the rules!

I had a suggestion from one member that we may have more response to work parties if we were to hold them at a time when they would not interfere with church services. We have tried that in the past by holding work parties on

Saturdays to no avail. But my being one that won't let an idea die, next year we will try to schedule work parties starting at noon on Sundays and see if that will help us get people to the range to help – but not on Eagle game days.

There will be no election this term because no one showed or expressed any interest to run for office except for the incumbents.

Enough of my rambling, get your shooting partner in the vehicle and get out to the range. Many beautiful days are coming so let's enjoy those days left in our lives.

Be safe —



Paul Adamowski, President  
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Member Lee Nugent and his M-1. The Garand/Springfield/Vintage matches are a most fun and interesting time, with many historic rifles on the line.

## The Editor's Desk

So the decree came down: scopes on service rifles. Really? I didn't like the idea one bit, when the NRA and CMP both allowed scopes of 4 power max on the competition service rifle which, in this case, means the AR-15. Of course, our troops are being issued optics on their service rifles, seeing that first hand at Parris Island when my grandson was graduating four years ago. (I think that getting through Marine recruit training ought to be called something other than "graduating".) Anyway, I said, "We don't need no stinkin' scope." Open sights are a great challenge. After all, Alvin York did it!! And, how impressed were friends and relatives who were awed by our ability to shoot an iron-sighted AR at 600 yards ?!?! (We often neglected to inform them that the 600 yard aiming black is 3 feet

across !! But again, I digress.)

I'm pretty much a traditionalist, and figured I didn't get into the service rifle game in order to lay behind a scope. That was just too much change, and I fought it for a year. But then my shooting buddies, and even my wife, began extolling the virtue of the scope, not only to stay competitive, but to possibly overcome the problem of eyes that have been serving me for almost 7 decades. "We have to accept change," said the other AR shooters. "You need a scope, and I need a new TV," said my wife.

So I began to think more about it. I know I had hit a plateau several years ago, and no matter how I practiced, I was not getting off of it. The younger eyes and the scope guys were getting by me and my flat-lined scores. I also decided that if I were such a traditionalist, and

resistant to change, then I should be on the service rifle line with a .30-40 US Krag, busting up all those AR guys, and making Teddy Roosevelt proud!

So I relented, and now I have a scope that would have paid 2 months mortgage on my first house. But, low and behold, I think I'm going to like it. After all, our G/S/V matches still give us the challenge of open sights on our Garand's and military bolt guns.

More importantly however, I think that the new scope rule ought to entice more people to come out and try the high power service rifle game. Maybe 600 yards would not be so intimidating any more. I remember years ago preparing to shoot at ONE hundred yards for the first time and wondering how anyone could even do that! I see

*Continued on page 4*

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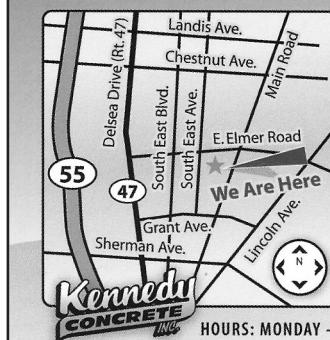
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But every time I try to go home to Vineland that way, the 600 yard berm gets in the way.

## The Editor's Desk

*Continued from page 3*

an awful lot of members and guests shooting scoped AR's at CRI, and many of them would get the service rifle bug if only they tried.

So, bring that newly legal scoped AR out, especially on Tuesday league night, and see just what a mouse gun with a scope on it can do. You, and our sport, will be all the better for it. Now, I'm going shopping for a new TV.

Rob McKenzie  
Editor

**New Pistol Plinking Range is open. Familiarize yourself with the rules that are currently posted on the bulletin board in the toilet facility or check the website on line.**

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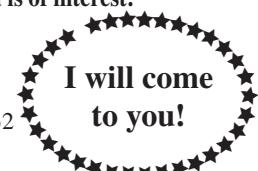
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## CRI Junior Program

Good day CRI Member's!

The Cumberland Riflemen Junior Program started its season on March 25th, with a bunch of new faces, as well as our returning members. The enthusiasm was high after the winter layoff, and we began our season with our required Firearms Safety Course, followed by a Range Tour. This year we have a great bunch of young boys and girls as well as a group of young men that have been in our Junior Program since its rebirth over five years ago.

We just had our third shoot of the season on April 22nd, and I am proud to report that this year we actually have to shoot two relays to accommodate our numbers, that is until the 100 yard range expansion finishes up. It is great news for the Cumberland Riflemen to have so many participating shooters, and future Cumberland Riflemen members.

We have a great year planned for our Junior Shooters, including the NRA/Winchester Shooting Program, two Fun Days scheduled for 2017, at least one Hi-Power Day



One of the CRI Junior Program's accomplished young ladies.

(.223/5.56), Bench Rest Shooting with Frank Karwowski, and Technical Education from Scott Rhodes. In addition we have two CMP Rimfire Sporter Matches scheduled that our Juniors are allowed to participate in. Our season ends on October 28th, with a Parent/Child

Shoot-Off, Awards Ceremony, and a Pizza Party.

I would like to give a shout out to our Instructors and volunteers for the CRI Junior Program. Without them we would not have a successful program to offer the youth of South Jersey. These individuals include Frank Hignutt, Ken Hignutt, Jim McGary, Sherman Hartman, Lou Rider, Raymond Verity, and Frank Karwowski.

If our program sounds interesting to your family members or friends please don't hesitate to contact me, John Patten at: (songmangler52@gmail.com)

My sincere thanks to all,  
John Patten

Cumberland Riflemen Junior  
Program Administrator

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There is an excellent instructor-to-shooter ratio at the CRI Junior Program.

## The Medical Side of our Sport

Casual shooters don't need to read this unless they're health conscious, but not so much so that they eat grass and drink green slimy things from the health food bar. The competitive shooter, on the other hand, might find some value herein. This is meat!

Serious shooters attend to all the details of the ideal shot. Handgunners and riflemen alike know and practice the fundamentals, which need no iteration here. Maintaining a firearm adds to the fun of the sport. Replacing springs or barrels in a 1911 and installing a Geissele trigger in a competition rifle can excite the anticipation of getting closer to the ten ring. But what do we do to take comparable care of ourselves?

We have moving parts that need as much attention as the fit between slide and rails. While a spring manipulates the slide, muscle manipulates the body's moving parts. Made of protein, muscle needs electrolytes to function efficiently and with certainty. It's really uncomfortable to want to jog the last hundred yards to the tape or to pedal the last mile to the finish line when your brain has the drive but your muscles lack the oomph. This identical course of physiological events can take place at the 600-yard line after starting to sweat at the 200 and continuing when you get to prone. For bullseye shooters it happens later, if at all, because often there is cover.

Electrolyte deficit might first appear as exhaustion or cramping, restlessness, nausea, confusion, and even bad temper or giddiness, and of course, dry mouth. In severe cases

heartbeat slows, blood pressure drops, coordination fails, and convulsions may be followed by coma. By this time you will have lost more than 2% of your body weight and are dehydrating. Prevention is less frightening than the event, no?

Medically, electrolytes are ions that maintain voltage across cell membranes. Kidneys work hard to keep things in order despite what we do to our bodies, like eating donuts for breakfast in place of a protein food. Donuts with bacon don't count. The first electrolyte lost to heavy sweating is sodium. You can taste that on your lip as it drizzles off your forehead. Sodium is only a part of what makes muscles tick. It works like this...

Calcium and sodium exist outside the cell; magnesium and potassium inside. If you want to pick up a pencil (or press the trigger), calcium tells sodium to initiate a muscle contraction. Then, magnesium tells potassium to relax the muscle so you can put the pencil back down (or release the trigger). This contraction-relaxation business happens with every muscle. Considering that the heart is a muscle, electrolyte balance is vital, lest there be lots of lubs with few dubs and the ensuing ride to the ER.

When you're shooting in the heat, you need electrolyte balance to stay in the game without the fear of preventable distress, both physical and mental. To do this, there are electrolyte products that really need to be in your range bag. You can sip a diluted form at about 8 ounces every half hour, or swig an undiluted product at the beginning of a match

and drink plain water the rest of the day. If the undiluted makes you nauseous, then chase it with plain water. For many athletes, sweat is so prolific that the need to urinate is negated. The American College of Sports Medicine suggests a fluid intake of 20 to 40 ounces an hour during a performance. But since shooters stay comparatively still, the lower volume should suffice. Depending on your size, you're likely to lose a pint of sweat an hour in uncomfortable heat and humidity. A pro football player will lose more than two gallons a day. Losing 2% of body weight to sweat is a caveat; 3% will probably put you down. To avoid this, prehydrate, starting a couple hours ahead of the competition. Look to take about one ounce of fluid for each ten pounds of body weight, but don't chug-a-lug it; nurse it. A salty electrolyte will help you hold onto water. If you aren't salt-related hypertensive, this is not a concern. If you are, it still is probably not a concern because you will have consumed less than the amount of sodium that is detrimental.

Be careful of any electrolyte replacement that contains sugar, an acidifier of sorts that will disturb mineral absorption. A quality electrolyte replacement can be used to season soups and gravies, as well.

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

## High Power Rifle Report

High power rifle experienced a resurgence in 2016 that has extended to this year. Our mid-range matches continue to be very popular, while interest in the across the course (XTC) competition is waning at some clubs, that is not the case at CRI.

We have had two across the course matches at Cumberland Riflemen so far this year, attended by 35 and 33 people, a near sell out. Last year the rules changed to allow the use of scopes in both match and service rifle competition. This has led to an increase in the number of shooters attending matches at all of the nearby ranges. Fourteen of the 35 competitors at our match were using scopes. The match was won by John Sylvester, a well-known shooter from Pennsylvania. A few years ago John had a serious eye injury, leaving him nearly blind in his shooting

eye, severely limiting his ability to compete at a high level with iron sights. The use of a scope allows him to keep competing at a high level. People with less than perfect vision now have the opportunity stay in, or get into, the game.

Our mid-range matches, which consist of shooting three twenty shot strings from the prone position at 600 yards, have been and remain very popular. Our first match of the year was attended by 23 people on a cold and windy day. People came from all over New Jersey, Pennsylvania, and Delaware to shoot at our excellent range. Yours truly, made the least mistakes and won the match.

CRI hosted 5 New Jersey State Championships during 2016, three of which were won by CRI members, Joe Burkell - Service Rifle, Mike Schallow - Mid Range and

Walt Schmidlin - Match Rifle.

High power rifle competition is alive and growing at Cumberland Riflemen. Anyone with an interest in participating should come out and give it a go. We run a Tuesday night high power rifle league that is aimed at getting beginners started, and discussed elsewhere in this newsletter. It's a fun, friendly way to get involved.

Mike Berezin  
High Power Chairman



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## CMP Matches at Cumberland Riflemen – An Overview

Competitive marksmanship is a big part of the Civilian Marksmanship Program's mission. This highly successful national program reinforces firearm safety, enables competitors to further develop their marksmanship skills, and, in many cases, earn recognition for doing so. Cumberland Riflemen offers various CMP sponsored matches and clinics for your enjoyment, growth, and competitive nature. The majority of our CMP rifle matches are the M1 Garand "as issued" matches, where competitors fire the M1 Garand, the 1903 Springfield type, or "as issued" Vintage Military bolt rifles of US or foreign manufacture. In the Vintage category U.S. 1917's, Swiss K-31's, Swedish Mausers, and other vintage types all show up. The Garand Match is fired from the 200 yd line and consists of 3 positions: slow prone 10 shots, rapid prone 10 shots in 80 seconds, and standing 10 slow fire shots, all proceeded by a 5 minute sighting period. Shooters that score above certain cut scores are awarded ap-

propriate achievement pins in Gold, Silver, or Bronze. Cumberland also holds a Garand/Springfield/Vintage Rifle Championship in September, to crown a state champion in all 3 categories and an overall 3 gun aggregate champion.

Other CMP matches offered at Cumberland are the Excellence in Competition matches (EIC), which are fired with the service rifle, and the top 10% are awarded leg points. Once a competitor reaches 30 total leg points, they are awarded the Distinguished Rifleman badge. The EIC is shot from 200, 300, and 600 yds in the prone, sitting, and standing positions. No sighter shots given, making this a very tough match to perform well in.

Cumberland also offers the following once a year fun matches that always draw a crowd. The Governor's 10 match: a 30 shot match with no sighter shots, fired from standing at 200 yds, rapid prone from 300 yds, and slow prone from 600 yds. The M1/M1A match: 20 shots slow prone, 10 shots rapid

prone, 10 shots rapid sitting, and 10 shots standing, all fired from the 300 yd line. Last but not least is one of my favorite fun matches, the Vintage Sniper Team match. Two shooters per team, one shooting, one spotting, then swapping positions after firing. The match is 10 shots from 300 yds per team member and 10 shots from 600 yds per team member, all with 20 second exposures of the target for each shot.

All of the matches can be enjoyed by the fierce competitor or the "I'm just here for the fun of it" shooter, so come on out and spend some time with some great people and see what you can do with your old Garand, Springfield, Vintage, M1A, or modern military rifle. As scopes up to 4 power are now allowed on the AR-15, more people are joining and becoming competitive. The Tuesday night league is a great time to get in some practice and look for help and guidance. See you on the course.

**Joe Burkel  
CMP Match Director**

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## Range Safety Report

I hope that all members have an enjoyable and safe shooting season. The matches and the junior program have started. Consequently, weekends will be busy at the range from now until the fall. Please check your email blast for range closures and check the Cumberland Riflemen website for match schedules and range closure notices prior to coming to range.

We continue to improve and maintain the ranges for your pleasure and safety. The 100 yard range is in the process of being expanded to allow additional shooting spots, as well as building up the berms on the 100 yard range and other ranges.

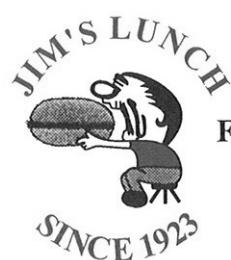
We spend a lot of money yearly to maintain these ranges and will not tolerate members intentionally destroying facilities. We have investigations underway to identify individuals that are in violation of the rules and causing intentional damage to the ranges. These members, or guest as they may be, when identified will be dealt with accordingly. Even warranted criminal complaints will not be out of the question.

We have 1,250 members and only 10 to 20 members show up for work details. That is such a poor showing. If anyone has any suggestions for generating more interest in the

work details, please contact anyone on the board. The dues structure may have to be modified in order to pay for contracted maintenance of the range if more participation from members does not increase.

Have a safe and enjoyable summer and shooting season.

Jim McGary  
Range Safety Officer



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Typical equipment at Monday night bench rest.



Don't be a bystander. Come out and shoot!!

## 100 Yard Range Report

This will be the 5th year since we turned a gravel hole into one of the finest 100 yard ranges in New Jersey. We first built the range with ten lanes of fire, a cement slab and cover. Next we were able to extend the range to accommodate an additional 4 lanes.

This year we have started our latest improvement to the 100 yard range. First, we widened the range to make room for six additional lanes of fire. Next, we will be installing a concrete slab for the new lanes, and lastly lengthening the cover. When finished, we will have 20 lanes of fire, all under cover. Four lanes, without benches, are permanently devoted to standing, sitting, or prone shooting.

The range continues to have great success holding rifle matches, and the 2017 season has begun. Cumberland Riflemen has planned matches in NRA conventional prone, NRA small bore 3-position,

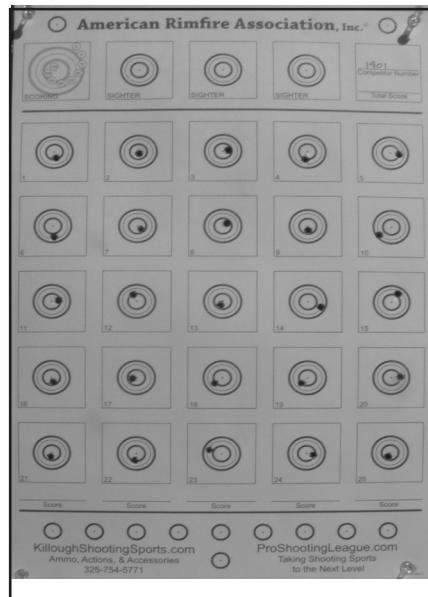
CMP rimfire sporter, Monday night bench rest, American rimfire registered bench rest, and the youth program.

Come out and be part of this highly successful slate of programs.

Remember though, the 100 yard range was designed for PAPER TARGETS ONLY, and some members feel the rules were not written for them. Please keep in mind that altering target frames, using metal swingers, or placing clay birds on the range is a violation of rules, and those violating these rules will be taken before a disciplinary committee.



Concentrate on that bench rifle, Ken.



Nice bench rest target, Ken!!

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This is a reminder that safety needs to be the number one priority on our minds at any given time, on any range. For the safety of all shooters, remove magazines, and insert the empty chamber indicator in the chamber before calling the line safe and going down range.

Frank Karwowski  
100 Yard Chairman

## From the Loading Bench

After 40 years of reloading experience, I've come to the conclusion that whoever said "familiarity breeds contempt" must have been a reloader. On several occasions over those years I've made incredibly stupid mistakes that fortunately simply ruined or wasted components, rather than put me or those around me in danger. Almost always those mistakes were caused by carelessness because I got overconfident. Someone also said "Good judgement is the result of experience, and experience the result of bad judgment". I've acquired a bit of that experience and good judgment, and I'd like to offer some simple safety precautions that may save you components or body parts.

- Keep your bench clear and uncluttered during a reloading session. Move any non-essential odds and ends away from the area where you are loading.
- Keep the original powder container on the bench so you cannot become confused about what powder is currently in the powder dispenser. Once each loading session is complete, return any unused powder to that original container and replace it in your storage location immediately.
- Leave the sleeve from the primers on the bench as well. Large Rifle Magnum and Large Rifle primers look identical but produce very different results. This way you will know exactly what primer you are using.
- Whatever storage area you use, make sure that the primers and powder don't reside together. I personally use a homemade powder magazine constructed of 1x8 shelving for the powder and keep
- the primers in a drawer under the bench.
- Make sure that neither the primers nor the powder are stored in tightly confined places. A GI ammo can make an impressive homemade bomb if filled with powder and something lights it off.
- Keep a notepad on the bench and **ALWAYS** note the powder type, weight and other relevant data down before you start to load. Even common loads we make over and over can be forgotten or confused when we get interrupted while loading.
- **ALWAYS** label each batch of ammo you make. At minimum include bullet maker, weight and type, powder id and weight, primer maker and type, brass maker and type, and date of loading. This will insure you don't confuse batches with slightly different loads, and help you rotate ammo from oldest to newest when shooting.
- Do not do any reloading after consuming any intoxicant. A glass of wine with dinner or a beer with lunch will put my reloading on immediate standby. I'm not that sharp sober so I'm not taking any chances. By the same token, drugs fall into this same category. Not only recreational stuff, but prescribed medications can also make reloading a dangerous prospect.
- Once finished a reloading session, put everything away and clean up the inevitable spilled powder with a brush, **NOT** the shop vac. Collect enough powder in the vac and it can make a

nice little bomb of its own. I use an old paint brush and sweep the spilled stuff into a small trash bucket. Should you have a big spill you can sweep up the mess and just scatter it in the garden, as it makes a nice fertilizer.

- Remember to wash up thoroughly when done, as none of us can afford to waste brain cells to lead poisoning.

Reloading can be very rewarding, money saving, and bringing satisfaction when your reload goes "bang" and maybe shoots even better than that factory stuff. I hope this helps reminds us all that this part of our hobby, while enjoyable in itself, can be very dangerous. Let's all be safe out there.

Art Snellbaker



...and make sure you put your 200 yard zero back on!!

## American Rimfire Bench Rest

The ARA sanctioned matches at Cumberland Riflemen are a great way to expose yourself to serious competition, and earn points toward national recognition. The matches are held the second Monday night of the month, April through September. This is an "unlimited" match, meaning there are few restrictions as to rifle, weight or the use of a rifle rest.

Three ARA 25-bull targets are used per match. With each bull having a possible 100 score, a target is potentially worth 2500 points. Each target is completed within 20 minutes.

The gate is open at 4:30 PM, with

the match starting at 5:30 PM. A meeting to familiarize everyone with commands and safety rules will be held before the first relay. Cost per match is \$10.00 per shooter.

For additional information and rules, go to the ARA website ([www.americanrimfire.com](http://www.americanrimfire.com)) or Dan Killough's site at ([www.killough-shootingsports.com](http://www.killough-shootingsports.com)). Dan's site is also a great source for all your bench rest supplies and links for information, forums, and other associations.

Questions? Contact:

Frank Karwowski  
ARA Match Director  
(frankkar@verizon.net)

## Monday Night Rimfire Bench Rest League

Last year we saw Kenneth Hignutt receive the honor of TOP GUN, shooting a season average of 703.58, besting Frank Hignutt, who had an average of 701.57. MOST IMPROVED went to Tom Kendrick for his constant improvement in shooting ability. A young lady by the name of Megan Cement was awarded JUNIOR TOP GUN.

Monday Night Bench Rest consists of shooting 3 USBR targets. Each target has 25 bull's eyes, with each bull ranging from 0 to 10 points, for a total possible of 250 points and 25 x's. This match is shot with .22 caliber factory, sporter or custom rifles, and is open to members and non-members alike. The cost of \$2.00 per match goes towards a party and awards at the end of the season. The new season began on April 3rd, and will run through September 25th.

The range closes at 4:00 PM for setup, and registration begins at 4:30. Firing starts at 5:30. Come early and practice!

New shooters are always welcome to compete or just watch. Hope to see you out for a match. For scheduled dates fo to the Cumberland Riflemen's web site at ([www.cumberlandriflemen.com](http://www.cumberlandriflemen.com)).

Questions ? Contact

Frank Karwowski  
Match Director  
frankkar@verizon.net

## CRI High Power League

The high power league's purpose is to instill safety procedures and provide practice for the NRA across the Course (XTC) matches and CMP matches, though league participants are under no obligation to compete. No pressure, just good, clean, safe fun. Any center fire rifle can be used at league night, though in competition, only certain rifles and sights are allowed by rule. Most league participants use semiautos, though bolt guns are also used. Don't let "high power" scare you. Most shooters shoot a .223 "mouse gun", aka the AR-15.

The league practice schedule follows the same sequence as the NRA match, one course each week, as follows, cycled through approximately 7 times during the season:

Course one: 20 rounds standing in 20 minutes, from 200 yards.

Course two: 10 rounds sitting in 60 seconds, fired twice for a total of 20 rounds, from 200 yards.

There is a mandatory magazine change, fired from a 2 rd. magazine then an 8 rd. magazine.

Course three: 10 rounds prone in 70 seconds, fired twice for a total of 20 rounds, from 300 yards.

There is a mandatory magazine change, fired from a 2 rd. magazine then an 8 rd. magazine.

Course four: 20 rounds prone in 20 minutes, from 600 yards.

Each course holds the possibility of scoring a perfect 200 with 20 x's.

Participants will also be taught how to properly pull and score targets in the "pits". This very interesting part of league night is accomplished below ground level, utilizing the target carriers that can be raised and lowered. This gives the shooter immediate feedback from each round fired in the standing and slow prone (courses one and four). He, or she, will also see the groups fired in the rapid courses two and three. Immediate gratification! No more walking or driving to read a target!

Please arrive by 4:45 if possible.

Mike Berezin, Darrin Montagna  
League Chairmen



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## Dues Notice — Please Read!

**This is the only notice you will receive to pay your dues.** Notices will **NOT** be mailed to you. Your dues are due no later than June 30, 2017 and will be paid until June 30, 2018. The dues this year are \$125.00. Please complete the form below and send, along with your check or money order, made out to Cumberland Riflemen, Inc. and a copy of your current NRA membership card (or the label from your NRA magazine showing a current date), to:

Ken Hignutt, 36 Porreca Drive, Millville, NJ 08332

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

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