



The Cumberland Magazine

Greetings from The President's Corner

Paul Adamowski, President
Pauladamowski@Comcast.net



Well, we are half way through the year 2018, and that means dues have to be paid. See the dues notice on the last page. I am also getting ready for our next new member intake. All our activities are off and running with a great start. Our revitalized Pistol Program ran its first match in a while, and facility wise, we are still making plans for more additions.

This has been a busy time for me while I try to pay attention to medical problems and range operations. A lot of personal health problems are pretty much under control, and I am able to free up more and more time to work on my favorite hobby — the range operations and shooting.

I would like to say a big thank you to all those who constantly step-up and help get programs ready, run or administer matches, contribute time during work parties, and those who come to the range on their own to clean, build, or do whatever is needed. Chief in this category is Bob Warzbok — our club steward. In addition to keeping his eye on the ranges while promoting and insuring safety, Bob is the guy who cleans the toilet facility, mows grass, empties the trash buckets, and is there whenever I need help — which has been quite often. Our operations might be a lot different and not as encompassing as they are if it weren't for Bob. Greg Warde is another member who stepped up to rescue the pistol program and range and is doing a masterful job of it. He is bringing new ideas and thoughts to the league and to the conduct of matches. Take advantage of that!

Every range now has a club member who takes care of the range, insures that it is operating safely and correctly, and monitors and orders the necessary supplies. On the 600 yard range, Darrin Montagna not only looks after the range but is deeply involved in the running of our High-Power program. Darrin is also assisted by a hard-core cadre of members on the High Power Committee. Darrin took over this position when long time member Mike Schallow left to move to that bastion of small arms fire - Chicago. Mike is missed, but Darrin has jumped into the traces and done an excellent job. At the 100 yard range, Frank Karwowski, also an E-board member, takes responsibility for the Benchrest Program and for the range itself. Frank is currently overseeing the expansion of the firing line and its cover, to allow more shooters to use the facility. Stosh Ogonowski is keeping a strong handle on the Plinking Range and the shooting that goes on there. The Practical range is looked after by Greg Warde and Steve Ries. Additionally, Steve monitors the walk and paste range located on

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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 Karwowski 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

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President's Corner

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the 600 yard range. Steve is also turning into our computer guru, learning and running some of our back-channel programs. Right now, I don't have help on the steel range, and wonder is someone out there will volunteer and help keep that range up and operational.

There are more and just to name a few —to do a lot of work helping me stay ahead of problems and to administer club operations. I am extremely grateful for their contribution of time and expertise. We had a new member join us on the Eboard when Treasurer Pete Romanik left for much greener pastures in Colorado. Pete left a big void that I thought would be difficult to fill. However, Kirk Hewitt stepped up, fell on the sword, and took over the treasurer's job. To say he is doing a great job is the understatement of the year. He is a welcome addition to the Board.

There are many more people who help make the club a well-run facil-

ity, and who contribute to our operations. People like Rob McKenzie, Walt Schmidlin, Joe Burkel, and Jaime Walker are worth their weight in gold. I will try to highlight more of them in my next column. If you run across any of these members in your range travels, remember to say hello and give a "Thank you" for their contributions.

The ranges could use some of your attention regarding clean up. Some ranges look great and others are not so great. Please clean up after you finish shooting. This means brass is to be picked up and put in appropriate containers. Help us keep the place looking good – pick not only after yourself but after the rude member who was there before you and was too lazy to clean up after himself (makes you wonder what his house looks like).

I was rather disappointed, though, at the turn out for the March work party. Only about 20 members showed up. We accomplished a

lot, but there was much more that needed to be done. We will again be looking for a solution as to what we can do to remedy this. Part of each membership is the expectation of help on the ranges to keep them up and running. Next work party is November 11 at 9 AM. Write it into your calendar and prepare to be there.

Don't forget that we are in the great outdoors, and that all the rain we endured getting into June is helping the ticks and mosquitos to emerge in numbers we haven't seen in my time at Cumberland. We do spray, but the first defense is to get a good can of bug spray and apply it to trousers and boots. The second defense is to conduct a tick check to make sure you don't take them home with you. Have someone special double check and make sure you are tick free. These little arachnids are carrying some diseases that can sideline you for quite a while, and can have chronic effects if not diagnosed early. Prevention is easy — JUST DO IT.

From what I see there is good attention to safety practices. That is a great line to be able to write. Don't forget to use the Empty Chamber Indicator. It will stop a lot of problems from occurring.

Enough from this corner. Have a safe shooting and fun summer!! See you on the range!

Paul Adamowski
President, CRI

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Elections

Due to a lack of members indicating their interest in running for the positions of Treasurer, Executive Officer, and Vice President, and as the incumbents have stated their interest in remaining in office, there will be no elections this year. The incumbents will remain in office for a two year term.

The Editor's Desk

Beware of the man who owns only one gun, for he probably knows how to use it. We've all heard that adage, or one that comes close. I imagine there are more folks in that category than we realize, yet I doubt too many of the readers of this newsletter fall into that descriptive. Aside from possibly a few new members who recently bought their first gun, I would like to think that most of us are shooters. That means the use of more than one kind of gun proficiently is the part of our hobby that continues to draw us in, and, of course, into every gun shop we pass by.

In this day and age the man, or woman, who owns only one gun, simply might want a pistol nearby on the bed stand. The one-gun owner also conjures up images of a farmer or rancher who has to protect his property, and one who needs to supplement the family's diet with any game that crosses in front of those trusty open sights. It may also deliver an image of a man up on a ridge, with a rifle, taking aim at Burt Reynolds on "the river", while dueling banjos play in the background.

In any case, put yourself in the position of having only one gun, or one of anything, and in the current political climate, it might be an interesting exercise. I can understand, for instance, having only one fork. Who needs a salad fork anyway, and who needs one that's so short it digs into the palm of your hand? For that matter, who needs a salad? Sharpen one edge of your only fork, and you can even do away with the one steak knife! And who needs more than one set of jeans? Well, except for that fill-in pair for that time, every two or three months, that my good jeans mysteriously find their way, kicking and screaming, into the washing machine. And

underwear. Well, we'll give that a pass.

However, among rifles you need a minimum of a varmint gun, a big game rifle, target guns, numerous old military bolt guns, certainly a Garand, several center fire and .22 plinkers, and, of course, an AR-15, just because it does almost everything and the antis hate it. I can actually get away with only one shotgun, as long as the hole still goes all the way through the barrel come Fall. Your stable of handguns must include target guns, a carry pistol even though we can't carry in NJ, a big game pistol, even though we can't do that in NJ either, and "walk about" plinkers in several calibers, even though NJ would imprison us for that. (I think I'm seeing a pattern here.) I loved BLM land in California, where we could walk, explore, and plink all day. Well, the old California anyway.

Of course, all this begs the question, and it's a great campfire subject: If Governor Murphy forced you to own only one gun, what would it be? I used to be almost in that condition, even trying to fill the pot with game to help the budget. I wasn't very good at that. I eventually began to hunt with a hawk, and she was much better than I was! Even though I tend to be a rifle guy, I have given the question a lot of thought. After much experience and musing, my choice would be a S&W Model 28, N-frame, .357 Magnum. Mice to moose, so they say.

I think we should all strive to buck the old adage, own multiple guns, and know how to proficiently use ALL of them. Come to the

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range more often, and take advantage of the Monday, Tuesday, and Wednesday leagues. Our many volunteers take a lot of time and effort to run quality leagues and competitions, and are great places for even the novice to come out and begin to hone his skills, where everyone there will lend a helping hand. You never know. Being active in an organized shooting activity may save your gun from the government smelter some day. Think about that.

Rob McKenzie
Editor



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The CMP Program & Matches

For those of you not familiar with our CMP program, we offer events where you can fire your M1 Garand, 1903 Springfield type, Vintage Military bolt guns of US or foreign manufacture, M1A, and Modern Military Service Rifle. No reason for all those old or new military type guns to be gathering dust any longer !! It is a great opportunity to have some fun and friendly competition, and a ton of learning and help. Check the club schedule on the web site for exact dates for all matches.

The club also offers Excellence In Competition matches fired with the AR-15 Service Rifle. These matches are the pathway to the Distinguished Rifleman Badge. The EIC's are more geared toward the experienced shooter, as there are no sighter shots allowed, but we encourage all service rifle shooters to attend, as it is the best way to get the experience needed to be competitive. The Tuesday night

high power league is where you get zeroes for your rifle and all the practice, advice, and experience needed to fire in an EIC match, or any other rifle match.

We also offer an M1A match and the Governor's Ten Match. The former is fired with the M1A rifle at 300 yards, and the Governor's 10 is the same as the National President's 100 match: 30 shots for record, no sighters, shot at 200, 300 and 600 yards with the service rifle.

The club is always looking to bring new shooters to our competitions, and we are happy to help new shooters learn the ropes and improve their marksmanship skills. Please come on out to our league night, and matches, and bring a friend for some fun and comradery. Hope to see you on the range!

Joe Burkel
CMP Director

Facilities and Safety Report

Now that weather is breaking, I hope everyone will get out to the range and enjoy some target practice. While there, please clean the range of spent brass as well as targets, etc. I am asking all members to take time and read the range rules for each range. Those rules are located online and are posted at the range. It is your responsibility as a member to know them and abide by them. We have spent a lot of money on range improvements not to have them damaged. Violations of rules and regulation will be dealt with appropriately.

On another note, I would hope that all members are aware of the current political climate in this state and the movement to restrict legal gun owner rights concerning firearms. These new laws being pushed through will have a major impact on legal gun ownership and to the programs and general shooting at our range. The club, in the recent past, has put notice after notice on what was occurring in our legislature and very few responded to do anything about it. Don't come crying to us when this restrictions take effect. Too many gun owners in NJ neglect to vote in elections, and the legislators know that. There are over 1 million gun owners in this state, a commanding number if we all voted, worked together, and made our position known.

As you likely know, we've had some control burns on the property, but that will not alleviate the danger from wildfire. Please be extra diligent in your fire prevention, especially if you choose to smoke on the property. We are already in a dry condition, so your attention to this issue is greatly appreciated.

Jim McGarry
Executive Officer



Remember last winter ???! No excuses now.

New Zealand visits New Jersey!



Richard Christensen, John Stanton, Laurie Kerr (left to right).

March 24th marked the opening of the 2018 BPTR season at Cumberland Riflemen. Although receiving a Nor'easter only several days before, the range was clear of snow and surprisingly dry. Excitingly, the match hosted visitors all the way from New Zealand !! Laurie Kerr and John Stanton were thrilled to shoot with us. They are here for a six week US visit to attend the 2018 International Muzzleloader com-



John Stanton, Laurie Kerr (left to right). Note the New Zealand arm patch on his shooting jacket.

petition at the Ben Avery Range in Arizona, as well as the Long Range Muzzle Loader Competition hosted by the Oak Ridge Sportsman Association at the (ORSA) Range in Oak Ridge, TN.

For those who are unfamiliar with



John Stanton

the shooting discipline of Black Powder Target Rifle, the matches are modeled after the original single-shot cartridge rifle matches held in 1874 in Long Island, N.Y. at the Creed Farm, later to be known as the Creedmoor matches. These matches are considered the birth of modern high power shooting competition. In 1878, the NRA instituted the American Military Rifle Championship Match at the annual Creedmoor matches, and this first match was won by Sergeant J.S. Barton of the New York National Guard. The name of the match was later changed in 1884 to become the President's Match for the Military Rifle Championship of the United States. These matches were fired at the Creedmoor range until it closed in 1891, later moving into New Jersey to the new NJ State Rifle Association's range located in Sea Girt.

Today, at Cumberland Riflemen,



An early photo of the Creedmoor Match.



Black Powder medals for the June championship matches.

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New Zealand visits New Jersey!

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we shoot Mid-Range Prone and Position matches that are registered with the NRA, and in June we hold the Northeast Coast Regional and NJ State BPTR Championships. The championship matches are 60 shot events and the normal non-championship matches are 30 shot events. In these matches, shooters using black powder car-

tridge rifles, fire up to four sighting shots prior to their record shots from either the offhand or prone (with cross sticks) position at 200 yards. We then move back to the 300-yard line where shooters again shoot four sighting shots prior to their record shots. At the 300-yard line, the shooters shoot from the prone position with cross sticks or from the sitting or kneeling position with cross sticks. The final relay is shot from the 600-yard line, with all shooters shooting from the prone position using cross sticks. As always, the 600-yard

shooting conditions at the Cumberland Riflemen range deliver a fun and exciting challenge. At the end of each day, the scores are compiled to determine the daily winners. At the end of the June Championship matches, scores from each distance, are added together to determine the NE Regional BPTR Mid-Range Prone and Position Champions. Prizes that are donated by numerous match sponsors are raffled off to the competitors.

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

Vince DAlessandro
vincedalessandro@yahoo.com



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There's room for those old military rifles in the Garand/Springfield/Vintage matches! Bring 'em on out.

Monday Night Benchrest

Now is the time to dust off your rifles and equipment and get ready to shoot .22 rimfire benchrest. A new season is underway and runs through September 24, 2018. The sport of .22 rimfire benchrest is a learning experience on how to read the wind and, most important, how to be patient.

The match is shot on 3 USBR targets. Each target has 25 bulls, with a value of 10 points per bull and a possible total of 250 per card. Take out the center dot completely and receive the score of X for that shot, for a possible total of 25x's. A perfect score per target would be 250-25x's, the perfect score total for the match would be 750-75x's. Scoring of the target is based on

best edge scoring.

The 100 yard range closes at 4:00 pm for set-up and registration begins at 4:30pm, at which time the range is opened for practice. Firing on the first target of the match starts at 5:30 pm. Come early and practice. Monday night benchrest is open to members and non-members. The cost is \$2.00 per shooter, which goes towards a party and awards at the end of the season.

For information on dates go the Cumberland's website (www.cumberlandriflemen.com.)

Questions ? Contact
Frank Karwowski
Match director
frankkar@verizon.net

American Rimfire Association Benchrest

If you like to shoot for perfection, 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 of the month from April to September. All members and non-members are welcome to compete.

Cumberland Riflemen range rules, along with ARA match rules, will be enforced for all matches. The range closes at 4:00 pm for set-up, after which the range re-opens at 4:30 for practice and registration. First target of the match is shot at 5:30 pm.

The match is shot on three ARA targets, each target having 25 bulls. Competitors have 20 minutes to complete each target. Cost of the match is \$10.00 per shooter. This year is the 20th year for ARA. Come and be a part of a great association of rimfire shooters. Set your calendar for the second Monday of the month !!

For additional information and rules, go to the ARA website (www.americanrimfire.com) or Dan Killough's site at (www.killoughshootingsports.com). Dan's site is also a great source for all your benchrest supplies and links for information, forums, and other associations.

Have questions? Contact:

Frank Karwowski
ARA Match Director
frankkar@verizon.net

Cumberland Riflemen Junior Program



The CRI Junior Program: "If you teach your kids how to shoot, when to shoot, what to shoot, and where to shoot, freedom will easily be maintained." —Erin Canales

Good day all! It never fails, the first meeting each year of the Cumberland Riflemen Junior Program is always a cold, gloomy day, with half the kids not dressed warm enough to be outdoors. This past March 24, 2018 was no different, so we now start our season indoors with an NRA-style Safety Course, a tour of our range in Millville, New Jersey, and for the first time this year, a clinic on properly cleaning a rifle after a day of shooting at the range.

The year 2018 is going to be exciting, with a large group of new faces, as well as quite a few returning members. Young boys and young girls make up our **CRI Junior Program at the Cumberland Riflemen in Millville, New Jersey**. We commenced our shooting on April 14th, and will be continuing every other week until our August break. For the first time ever, we have been having full relay's on the 100 yard range.

If this sounds like a great time, it is! A check of my records shows

we re-instituted our CRI Junior Program seven years ago and have continued to grow each and every year. The students, as well as their parents and grandparents in

many cases, love the program. Our primary goal is to teach the kids the safe handling of firearms, the discipline of shooting, the fun of the shooting sports, and the comradery of working with kids their own age as well as younger and older. We vary our curriculum throughout the season to include various shooting positions, scoring for achieving awards and pins, fun shoots including an end of season meet where they compete against their parents, benchrest shooting, shooting techniques, and high-power (.22 cal.) shooting if they so desire.

Our great program would not be as successful without the help of our fellow instructors and eyes on the range. They include Frank Hignutt, Ken Hignutt, Jim McGarry, Sherman Hartman, Lou Rider, Raymond Varity, Frank Karwowski, Scott Rhodes, and myself. Many of these gentlemen are retired law enforcement, retired military, competitive shooters, and all are firearm

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"Shoot like a girl in the CRI Junior Program ! Some of them are REALLY good !"

Cumberland Riflemen Junior Program

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enthusiasts. In addition, the CRI Junior Program has the full support of the Executive Board of the Cumberland Riflemen. It is through the generosity of these individuals, as well as Janet Hignutt, that we have the equipment and the means to keep this program going.

Hopefully I've whetted your appetite! If you have any children, grandchildren, or neighbors from age 10 to 20 that show an interest in the shooting sports, please feel free to join us on any of our sched-

uled Saturday's from 10:00 to 12:00 noon. Check out scheduled dates on our website under "Matches", or contact me directly through my contact information listed below. These children are our future!

Have a great summer,

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



OK, guys. This is supposed to be a work party!

High Power Rifle

The high power season started a month late due to unfavorable weather forecasts. Our first *Cross the Course* (XTC) match of the season saw 17 competitors. True to its name, this 80 round match is fired across all distances, from 200 to 600 yards. Congratulations to Lenny Kurtich, who drove down from NY, for winning the match, with a 776-18x. Where are all the Jersey boys? We need more of you out here.

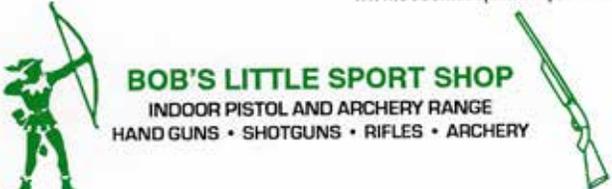
The first Mid-Range match, on May 13th, with all 60 rounds fired from 600 yards, saw 29 competitors. Congratulations to Mark Schaefer for winning the match with a score of 599-35X. There's more room out here for some of you guys with beanfield or precision rifles!

Please remember, anyone interested in really learning how to shoot high power rifles, should join us Tuesday evenings between 4:30 and 5:00. Someone is always there to help new shooters learn the basics. This is a great program on the go-to range in New Jersey. See you at the range.

For more information email:
Darrin Montagna
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The Medical Aspect: MATURE SHOOTERS

For every dollar we spend on medications, we spend another dollar to fix a complication caused by the medicine, sometimes by prescribing another medicine. Most conventional practitioners don't realize that drug safety and



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efficacy can be enhanced by nutritional complements, either from food or from a supplement. This is such because the doctor has no time to read the research. It takes longer than an hour to read and understand a medical paper. A recent study shows that practically zero physicians read papers in their fields. But they do have time to listen to the pharmaceutical rep, whose job is to hype the benefits of a drug, not to detail its side effects. Among the worst side effects of a drug is the depletion of essential nutrients. Practically every drug you will ever take removes one or more vital elements from your body. That is so involved a subject that this article likely will require more than one episode.

Why should you care? Nutrient depletion may cause fatigue, indecisiveness, foggy thinking, testiness, inability to concentrate, and for a shooter, it may increase wobble as nerve impulses stutter on their way to closing a circuit. Funny that in the infancy of the pharmaceutical industry, many, if not most, medicines were made from plants by extracting the active constituents and turning them into pills. Aspirin is probably the most recognized of these. Today, drugs are mostly a mix of chemicals.

Here's a partial list of nutrient-depleting medication:

Anti-hypertensives abound in senior circles. Believe it or not, thiazide diuretics are esteemed for preventing cardiac events in high-risk people, even better than some other blood pressure medications.

The physician might let you know that thiazides deplete potassium, the electrolyte needed to relax a cell after a contraction. But he probably won't tell you that they also interfere with magnesium, the instigator of potassium activity. The contraction of a cell depends on sodium, also a victim of thiazides. Loop diuretics, like bumetanide and furosemide, for example, deplete potassium, magnesium,

calcium, zinc, pyridoxine, thiamine and ascorbic acid. See a need for supplementation?

Beta-blockers are among the oldest blood pressure controls. They reduce the effects of catecholamines, the stimulating chemicals like adrenaline that enhance the force and speed of the heartbeat. One nutrient blocked by these drugs is Co-enzyme Q10, a chemical vital to energy production that functions by donating an electron to what is termed the electron transport chain. Upset of this intricate mechanism is implicated in several pathological disorders, including cerebral. The heart is loaded with mitochondria (tiny energy plants) that crave CoQ10, the persistent deficit of which may lead to heart failure. CoQ10 ex-

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The Medical Aspect: MATURE SHOOTERS

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traction from its plant source is controversially proprietary, so the cost is controlled...and high. The benefit of supplementation, though, is worth it.

When the sun sets, darkness initiates a message that is sent to the pineal gland, whose job is to produce melatonin from serotonin and make us sleepy. Neuro-hormones that direct this message enlist receptors that promote sound sleep. Beta-blockers disrupt this messaging system and cause insomnia or otherwise disturbed sleep. Every blood pressure medication has its strong and weak points. If you need one, talk with the doctor about the least intrusive to your well-being.

The urine stimulated by a diuretic carries away minerals that contribute to electrolyte activity; be-

ta-blockers have additional bothersome side effects, including falling hair, vivid dreams, cold extremities, and weight gain. But because the heartbeat is slowed, wobble may decrease for bullseye shooters. There are medical colleagues who do not have hypertension, but who take a beta blocker prior to a handgun competition.

Among the most-prescribed drugs on earth are the statins, the cholesterol-lowering magicians that cause a host of side effects that include a kind of serious amnesia and a type of muscle wasting that leads to kidney failure. Remembering that the heart is a muscle, it's no wonder that statins may cause heart failure, as well as irritability, moodiness, depression, diabetes and impotence, all of this from too little

cholesterol. Depleted here, too, is CoQ10, which is made in the body along the same pathway that makes the cholesterol we need to insulate nerve fibers, to promote sex hormones and the immune system, and to make vitamin D from exposure to sunshine. The makers of one particular statin have a patent that includes CoQ10 with their drug, but refuse to enforce it because of the cost. Outside the U.S., this statin-CoQ10 combination must be in the pharmacy. Taking 100 mg to 200 mg of CoQ10 daily is suggested, taken with fat in the stomach from a meal.

This dispatch will end with acid blockers—antacids, H2 blocks and proton pump inhibitors (PPIs). Gastric distress that once was held to be caused by too much stomach acid may actually be caused by too little. Insufficient stomach acid reduces availability of several nutrients because food fails to break down properly. Therefore, the risk of vitamin B12, and other, deficit rises. The geriatric population is already lacking the intrinsic factor needed for B12 absorption. Combined, these shortfalls decrease uptake of folate (folic acid), iron, and zinc. Strong acid reducers, like Prilosec, cause a drop in calcium and vitamin D absorption, both needed for bone health, the compromise of which destabilizes the platform needed for offhand and comfortable kneeling positions. One option to acid blocks is deglycyrrhizinated licorice (DGL), which encourages the stomach to manufacture a mucus coating to protect its surfaces from acid attack. Chewed twenty minutes prior to a meal, it stops heartburn. More later.

Dr. Tom Wnorowski, BCIM, CNCC



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The Vice President's Niche

As another shooting season starts, I am again proud to part of the Cumberland Riflemen Junior Program. We have a great group of shooters this year, with some very talented youngsters among the group. I don't get a chance to shoot as much as I would like, but the time I get to spend with our group of junior shooters, and the great group of volunteers that assist, makes up for the time I get stuck home trying to keep up with the yard, house, and honey-do list. There is nothing like the feelings of achievement you get when we see one of our juniors shoot their highest score to date, and know we were part of this accomplishment. I would also have to thank all the great parents that take the time to spend with their kids and

bring them to our program. Without the parents' support, we would not have a junior program. As with all successful programs, it all comes down to having a great administrator, and for that I would like to commend John Patten for a job well done.

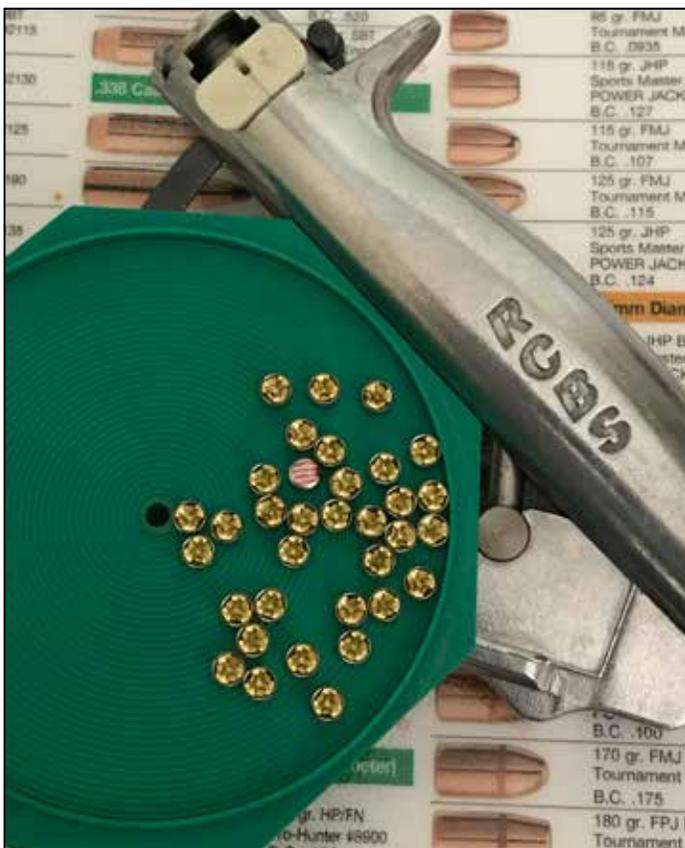
As I finish my little corner of this newsletter, I would like to thank all members of the Cumberland Riflemen for doing their part in keeping the range a safe place to shoot, and for helping keep the facilities picked up and clean for the next shooter. As always, keep an eye on what our legislators are doing and remember to be a voice. A voice can make a difference, while sitting silently only sends the message that you agree with what they are doing to our gun laws.

To all, have a great and safe shooting season and feel free to check out our Junior Program if you get a chance.

Frank Hignutt
Vice President

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.



Babysitting 101: No, I'm not reloading. We're playing "Where's Waldo?"

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Cumberland Smallbore

Good things are coming to Cumberland Smallbore this season. We have our usual array of monthly 1600 point conventional prone matches. We will also be hosting the New Jersey 3200 Conventional Prone State Championship and the New Jersey Junior 3 Position State Championship. It's encouraging to see that all the hard work we've put into establishing a reputable program is paying off.

The Conventional Prone Championship will coincide with our annual "**Ron Maxwell Memorial 3200**" on October 27th & 28th. For those not familiar, Ron is the guy responsible for bringing smallbore competition back to Cumberland. Although his presence is sorely missed, his spirit is with us at every match.

The Junior 3 Position will be on September 23rd. We're looking



Congratulations to Scott Rhodes for achieving the prestigious NRA 1600!

Pistol Program

Spring has sprung, according to the calendar, and the weather is finally being cooperative. The leagues are underway and the ranges are busy with avid, law abiding gun owners who will be plinking, target shooting, and practicing their shots.

The NRA Conventional Pistol Sectional Matches held in February were well represented by CRI. We had eight CRI members participate in the matches, including individual and team competitions. I would like to give a shout out to those who participated: Bob Baker, Chet Asher, Liz Corson, Greg Modelle, Gabe DiTamasso, Mark Smanitto, Greg Warde, and a special thanks to Paul Adamowski. Without him we would not have had two full teams to compete.

March 28th was our bullseye clinic. It was a little chilly, but we had a good turnout. Two new shooters attended the clinic and were introduced to how the matches are conducted and what gear they should have on hand to participate in the matches. There will be another clinic on June 1st. This clinic will be mostly focused on the specifics of precision pistol shooting, sight alignment, sight picture, and trigger control. Mark your calendar !!

April 4th was our first league night match of the 2018 season. It was very windy at times and had to chase targets, but we had a very good turnout.

Mark your calendars for our NRA approved 1800 aggregate bullseye matches. The remaining dates are

June 30th and October 27th. The April 28th match is in the books. Congratulations to Chet Asher for his win.

In closing I would like to leave you all with this. Safety is paramount on the ranges. Remember, the gun is always loaded.

1. Keep your guns pointed in a safe direction.
2. Never load until you are ready to shoot.
3. Keep your finger out of the trigger guard until you are ready to shoot

Safety First, Last, Always.

God Bless.

Greg Warde
Pistol Chairman



The firing line at a CRI pistol match. Lots of room left!



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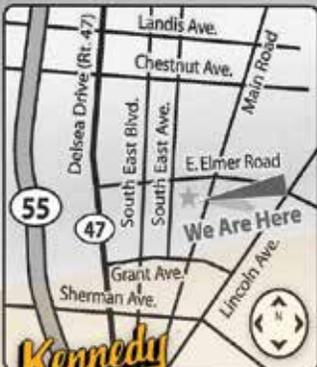
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.22lr Unlimited Benchrest Competition



Cumberland Riflemen

Matches at Cumberland Riflemen are held the second Monday of the month from April through October. As a sanctioned match there are points to be earned for national recognition. It also means the matches are open to all members and non-members alike.

Registration & Practice: 4:30PM - 5:30PM

Match Start Time: 5:30PM

of Targets: 3 (25 bulls each)

Type of Match: Unlimited ARA - .22lr Rifle @ 50 yards. There are few restrictions as to the weight and makeup of the rifle, scoped or not and the use of one piece rests is allowed.

Cost: \$10 match fee per competitor

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American Rimfire Association

20 Minutes

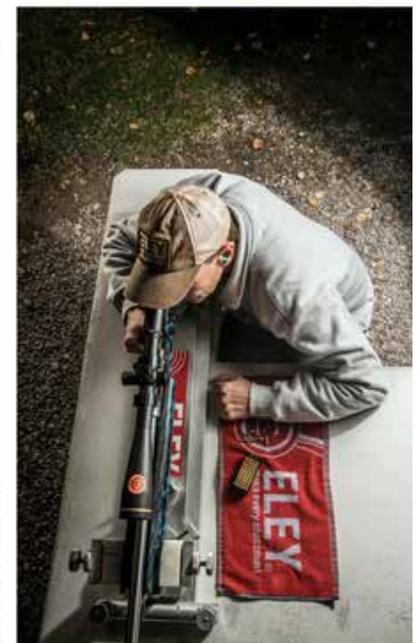
25 Bulls

Shot per bull

SCORING

 This graphic contains several elements: a red alarm clock icon, a target diagram with scoring zones (100, 50, 25, 10, 5, 0), a '25 Bulls' icon, and a 'Shot per bull' icon. The text 'American Rimfire Association' is at the top, and 'SCORING' is at the bottom of the target diagram.

Shoot This (with your phone) to easily install 'Benchrest Buddy' FREE mobile app.



From the Loading Bench: Reloading for Accuracy

Everybody wants an accurate firearm/ammunition combination, right? However, different folks define accuracy differently. The deer hunter using a lever gun may be quite impressed with 2" 100-yard groups, while the competitive bench rest shooter is looking for groups measured in thousands of an inch. Most of us fall somewhere in between. I can't begin to cover all the measures that can reduce our group sizes, and many folks may feel the extra effort would not be worth it. For those who would chase the ultimate in accuracy from their reloading, I suggest you try to attain a copy of "Precision shooting - Reloading Guide -" by Dave Brennan. While not commonly available, it is a timeless gem. Meanwhile, I'll try to offer a few suggestions that you may find useful. To keep things manageable, I'll offer my suggestions in installment form with a few more tips next newsletter. We'll start with some basics.

Load your ammo as "LOTS" and keep those lots separate.

Don't mix lots. Shoot each individual lot as though it were a separate load and don't be surprised if your results vary slightly.

Use only the same make and/or lot number of brass.

If using military surplus brass, make sure the headstamps are the same for every lot. Lake City 72 is not going to be the same as Lake City 91. Winchester commercial brass will have a different capacity than Federal brass.

Within each lot of brass weigh the cases.

Case capacity can differ from case to case and this can

Continued on page 19

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Visitor Passes??

It appears that several of our visitor passes have passed their way home with a visitor. We know they are really good looking, and really won't do as Christmas gifts, so they need to be returned. If you can ask around, maybe one of your buddies has one.

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From the Loading Bench

Continued from page 18

affect the performance from shot to shot. Segregate them into groups of +/- 2 or 3 grains, depending upon caliber, and load them as individual lots.

Weigh your projectiles.

Segregate them into lots as well. Most modern bullet makers offer surprisingly consistent bullets but every now and again you'll get a clunker. This could be a gut shot or an 8 that none of us want. (Do I need to remind you to not mix bullet makes? Just because two bullets are 130 gr .270 bullets does not mean they are the same or will fly the same!)

Avoid mixing lots of powder and primers.

Again, modern manufacturers are

very consistent but it is not unheard of for different lots of the very same powder to produce very different velocities with the same charge weight. I recommend avoiding different primer lots simply because I'm a bit anal retentive.

Weigh your powder charges.

This is subject of considerable debate. Many use the Audette ladder method of finding a sweet spot (<http://precisionrifleblog.com/2012/07/13/creighton-audette-ladder-testing/>) I feel more comfortable weighing each charge ..again that anal retentive thing.

Seat your primers consistently.

This is best done by insuring the



My wife and my teammates told me to stop acting like a flamingo. I had to put my foot down.

primer pockets are clean before re-priming. Either a primer pocket cleaning tool or a pin tumbling case cleaning does this just fine.

Remember what we are looking for is consistency, trying to keep each individual cartridge performing just

like every other one. If we can do that then the only other variable is the shooter which is a whole other subject that someone else can tackle!

That's a good start for now. Each discipline (hunting, service rifle, Long Range, etc) has its own unique demands, and I'll try to give some suggestions on each in subsequent newsletters. Until then, Safe Shooting, Safe Reloading, and take a kid out to the range.

Art Snellbaker

Accomplishments

Congrats go to Chet Asher for shooting a 1565 in the season's first 1800 Aggregate pistol match, and besting the field of contestants.

Congrats also go to Rob McKenzie for besting the field in the CMP matches of 3/18 and 4/15. Rob is shooting his Swedish Mauser, which looks like it could use a real rest, but Rob manages to put it through its paces, and take home the bacon in a lot of matches. Rob was also high shooter in his class in the Over the Course Match on May 5. Rob shot in the Master Class. The Match Winner was a High Master from New York, and bested Rob by only two points.

Joe Burkel did best Rob and a field of shooters to in win the CMP Garand, Springfield, and Vintage Rifle Match. Joe shot in the Modern Military Class.

Frank Karwowski continues to carry the CRI flag in many benchrest matches. He has shot with great results in matches in Ohio and Virginia this year.

Cumberland Smallbore

Continued from page 15

forward to seeing the best young shooters that New Jersey has to offer right here at our 100 yard range. We'd really like to see the line filled with shooters from our own Junior program as well.

Our matches are usually on the last Sunday of the month (check the schedule to confirm). Sign up will be from 8:00-8:45, and first shot at 9:00. All you need is a bolt action 22LR with iron sights. Also a sling, spotting scope, a pad to lie on, 200 rounds of ammo, and you're ready to go. We'll talk you through the rest. Ours are the perfect low pressure match to enter the world of smallbore competition.

We're pleased to announce that "The Kathy's"

have signed on for another season, registering and scoring the shooters for us. Can't tell you how big of a help that is on match day.

On a final note, our own Scott Rhodes is the newest member of



the NRA 1600 Club. This is open to any shooter that shoots 1600/1600 in a registered Conventional Prone match. On 5/19/18, at the Seitzland Rifle Club in New Freedom PA., he shot a 1600-139 (X) with iron sights. Congratulations to him for achieving this milestone.

Looking forward to another great season of Cumberland Smallbore !!

Scott Rhodes

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