

# The Cumberland Magazine



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## Club Rules

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

## Editor...Rob McKenzie

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

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## Greetings from The President's Corner

*Jim McGarry, President*

During the past year there has been a decline in activity at the range, due to in part to the covid virus and its restriction, and now the very limited supply and cost of ammunition. Gun, ammunition, and reloading component availabilities are at an all-time low, prices are at an all-time high, and there are several reasons for this scarceness. However, the overwhelming number of new gun owners across the country seems to be the main reason for the shortage. I am hoping that this will resolve at some point, but gun dealers see no end in sight of the shortage in the near future.

The board members are doing a tremendous job, putting in many hours to keep this club running smoothly. Participation, however, of the membership in the past years in the volunteer work days has been very limited. The board, and myself, are always open for suggestions from the membership.

Our main goals of the club have not changed, in that we strive to have a safe and pleasurable place for our members to shoot. We endeavor to keep on top of the current regulations, laws, and executive orders from our governor, so that we are not cited for fines or charged with lawsuits for non-compliance. Everyone's cooperation in this is vital to our continued

*Continued on page 2*



"Ah, remember those days, when primers were a penny a piece?"

## President's Corner

*Continued from page 1*

operation.

Many of the upcoming gun law proposals currently seem to only affect the law abiding legal gun owners. Maybe if the gun owners of this state and country get out and vote these ridiculous gun laws and proposals can be stopped. I can tell you

this, as having been in local and federal law enforcement for 32 years, I cannot ever

remember myself or my colleague arresting a legal gun owner for a crime involving firearms. I do not see the legal gun owner as a cause in the increase in gun violence or crimes, but criminalizing the legal gun owner is their goal.

We will continue to make improvements at the club as funds allow. We are currently forming a committee to see how we can better utilize some of our funds to improve the plinking range, which is the most used range at the club.

Jim McGarry  
President, CRI

## Cumberland Riflemen Junior Program

By the time you read this newsletter, the Cumberland Riflemen will have started up an **abbreviated 2021 Cumberland Riflemen Junior Program**. Our 2020 Cumberland Riflemen Junior Program Season was cancelled because of the COVID-19 Pandemic, as well as the initial start of our 2021 Season, originally scheduled to start on March 20, 2021.

After a lot of considerations,

**as well as the monitoring of the New Jersey COVID Taskforces, we have decided to start the season on Saturday, June 5, 2021 at 10:00 am until 12:00 noon, on the 100 Yard Range. This was not an easy decision, but we consulted many health care professionals who felt, with proper precautions, we could safely start our program back up for 2021.**

In doing so, we will adhere to Governor Murphy's Executive Orders and will modify our program as he starts to ease up on the many restrictions the State of New Jersey are working under. Presently our regulations will include,

- Masks to be worn if we are not able to maintain social distancing. Please bring a mask!
- Every other shooting bench on the 100 Yard Range is closed to maintain six (6) foot social

distancing. Therefore, we will be shooting in relays as only 8 shooters can be on the range at any given time.

- Shared firearms will be wiped down between shooters to maintain cleanliness and germ-free environment.
- Safety eyeglasses, hearing protection, and empty chamber indicators will still be required by all attendees.
- Continued safety instructions will continue, as we have done for years.
- Instructors and safety personnel will be on-site and monitoring the attendees.

We have secured our group of instructors and safety personnel for 2021, and they will also serve as Range Safety Officers for the season.

I am in the process of sending out the invitations to our existing Cumberland Riflemen Junior Program Members, as well as new members that have contacted me during the 2020-2021 Winter season.

We look forward to starting the program back up, and we ask for your patience as we get up to full speed.

John Patten  
CRI Executive Officer  
CRI Junior Program Administrator  
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# Musings, From The Editor's Pen

## Shooting the Garand, Springfield, and Military Bolt Guns

Years ago I could have said "Your dad probably has one of these guns propped up in a corner somewhere." Now, however, many of you "youngsters" are looking at WWII vintage guns through the eyes of your grandfather. You see, my grandfather, after his stint in the Danish army, came to America in 1912 and ended up BACK in Europe as an American GI in World War ONE!! It was my father, however, who returned home in September of 1945 with a Czechoslovakian VZ-24, and, years later, set off my interest in vintage military bolt guns. I certainly am not an expert in old bolt guns, but I do know that if I have a gun, it's meant to be fired!! In lieu of gunsmith advice, I've strapped my share of mausers to an old tire and pulled a string tied to the trigger. Looks like that one's safe! Maybe I should add, "Don't try this at home." Many a

trip to the hospital has started with: "Hey, watch this!" Just make sure your rifle is safe to shoot.

Those old guns are a real hoot to shoot. The feeling that I am holding, and firing, a rifle that was once carried by a soldier in the line of duty to his country, whether that be Allied, Axis, neutral, or revolutionary, is quite an experience. Where has this rifle been, and what has it witnessed? Triumph and tragedy, unimaginable terror and exultation, victory and defeat, incomprehensible hardship and days and days of boredom. These rifles could have seen it all. Hearing the report, and experiencing the recoil, conjures up the imagination that an AR-15 just can't match. (Bin Laden, however, probably didn't feel that same way, however so briefly.)

To many of us, bringing that old open sighted wood gun to the range drives home the knowledge

that our eyes are no longer up to the task. That however, should not deter us from the pleasure and excitement of putting those guns back into service. I had a \$20 fix for that problem years ago when I realized I could no longer focus on the front sight. Off to the drug store, to the reading glasses rack, and picking up a pair that, when placed in front of my everyday glasses, brought my focus up to the same distance as the front sight of a Swedish Mauser. I paid my money and off to the work bench. Check out the photo. By attaching the reading lens to the flip up mechanism of sunglasses, I had the solution to my problem. Now, you too have no excuse. Of course, there are better and more expensive solutions to our aging eye problem, but it works!

Now, taking that rifle to the line where there are numerous M-1's, several 1903-A3's, and a good representation of military bolt guns, is just the ticket for the teenager, a vintage guy like me, or anyone in between!! You can find that opportunity in our monthly Garand/Springfield/Vintage Military Bolt gun matches. And, by the way, there is a category for the AR-15 too. You gotta love 'em!!

These old guns are just begging

*Continued on page 4*

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# Musings

*Continued from page 3*

to be put back into action, and the GSV matches are just the low key, fun, informative, and rewarding way to do that, learning some real riflery in the process. Let's ditch the rifle rest and experience some real world shooting. I would highly encourage anyone to come out and experience the rush of shooting a piece of history in a setting of like-minded folks. Our schedule for the balance of 2021 is June 13, July 18, August 15, and September 11.

Did you ever wonder what a trained rifleman can do on the battlefield?

A large group of Russian soldiers was moving in the border hinterland of Finland in the 1939 Winter War, when they heard a voice call from over a small hill. "One Finn is better than any 10 Russians." The commander quickly sent his best 10 men over the hill, and a gun battle ensued, lasting for several minutes. The voice once again called: "One Finn is better than any 100 Russians." The furious commander sent his next 100 best men over the hill, and instantly a 10 minute gun battle broke out, then silence. The voice once again called out: "One Finn is better than 1,000 Russians." The enraged commander sent his next best 1,000 men over and around the hill in an enveloping maneuver. There was a long silence until a ferocious gun battle erupted, lasting for over an hour. Finally a badly wounded Russian crawled back to the Russian lines, and with his last breath told his commander, "Don't send any more men...it's a trap, there's two of them".

Come on out. You'll be glad you did.

Rob McKenzie  
Editor




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# High Power Rifle Report

The 2021 Season is in full swing, and we have completed the first two across the course matches ( XTC) of the year.

I have been shooting high power XTC matches for over 30 years, and have seen the sport change in many ways. The most recent change is the majority of competitors are now using scoped rifles, as we follow the lead of the military issue rifles. The biggest change unfortunately is attendance. Cumberland's XTC matches used to have 20 competitors or more at every match, and we would run three and four relays to accommodate the numbers. Year after year the numbers have decreased. Our match attendance now rarely is over a dozen competitors. I believe there are many factors that are affecting our sport. The expense of the equipment, ammunition, or the components needed for reloading has skyrocketed. Gunpowder and primers have become rarer than precious metals and as expensive, when you can find them. The demand far outweighs the supply. Unfortunately the largest factor I believe for Cumberland is NJs (anti) gun laws. A quick look at the attendance of New Holland, PA's first XTC match of 2021 shows over 30 competitors. New Holland regularly has that number at every match. Our matches used to be attended by competitors from many of our surrounding states, but the draconian gun laws NJ has passed, and the high profile arrests of otherwise law abiding gun owners, keep our numbers down. Very few competitors want to take a chance coming to a high power match and ending up in a NJ jail. None of the laws NJ has passed have made NJ a safer place. Governor Murphy clearly stated his beliefs and dislike of firearms when being challenged about his orders shutting down outdoor shooting ranges last year.

He continues working to pass more restrictive gun laws. The election of Joe Biden and the most anti American / anti-gun Congress and Senate in history, may spell the end of gun ownership as we know it.

To fully understand the current gun control movement, a summary of recent history is needed. The "defund the police" movement is being fueled by the anti-gun / civil disarmament movement. The Left knows that legal gun ownership is not the cause of crime in the US. They have tried to pass gun bans in the past, but crime rates had been steadily dropping since the highs of the early nineties. Over the same time period the amount of legally owned firearms has skyrocketed. With the exception of large major cities, the murder/crime rates were the lowest in decades.

The major objective starting in the early seventies was handgun bans. A national handgun ban was never passed because of the realization that handguns are the easiest form of self-defense and very common in our society. Some places did succeed in passing handgun bans that were eventually overturned. In the early 1990's the Left created the term "assault weapon", and has worked tirelessly, along with the Democratic controlled media, to convince people of the need to ban them. The menacing "look" of some semi-automatic firearms was used to confuse the public into thinking these firearms were something new, deadly, and able to fire in fully automatic mode. 60 Minutes and several other TV "news" shows incorrectly showed someone shooting a fully automatic firearm and claimed it was a semi auto firearm. The shows posted retractions after the fact, claiming ignorance. We all know that they knew full well what they were doing. The reality is we have had semi-auto firearms since

the early 1900s. Crime/murder rates with these types of firearms is minuscule compared to other types of weapons.

The Brady Act passed by Congress and signed into law by President Clinton in the early 90's, was not what the Left wanted or proposed. They did not have the votes to get their original bill passed until the NRA stepped in. At that time the Left only wanted a three day waiting period on firearms purchases with no background check. The idea was to start registering firearms purchases so that sometime in the future those lists could be used to identify firearms owners. The NRA stepped in and proposed a National Instant Check System that would provide gun dealers with a mental history and criminal background check system before purchases were made. The NRA argued: What good was a system that only compiles lists of gun owners, but still sells to criminals and persons with mental disorders? Why not develop a system that provides for safer sales to vetted persons. It was initially opposed

*Continued on page 7*

## 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.



# High Power Rifle

*Continued from page 6*

by the Left because it mandated that gun owner information not be compiled, but it was eventually passed by both parties. The law was supposed to provide money to the states to update and add all criminal and mental histories into the system to prevent illegal purchases. Subsequent Congresses gutted that funding and the system now only contains a fraction of the records that should be in it. In the gun control debates after the Sandy Hook school shooting in 2012, the Left's only desire was to ban so-called assault weapons and register firearms. The attempt failed because ultimately those laws would not have stopped what happened nor prevented more. The Republicans in Congress at that time proposed the NICS modernization act to fund the states to get all of the information into the check system. Passing this legislation should have been supported by both parties. It failed to pass because if the Left couldn't get their gun ban / registration passed, they would not support a Republican proposal that would give the political Right a victory. No laws changed after Sandy Hook because the left could not get what they wanted. The Left realize they couldn't sell gun control to the public even during the Obama presidency because overall crime rates have been dropping for 30 years.

During the Obama presidency a media campaign started reporting that most firearms recovered in Mexico come from the US gun stores. When pressed to show proof the story fell apart. Under someone's direction in the federal government, the BATF started a program to fill Mexico with weapons from the US gun stores to prove the talking point. It was called Operation Fast and Furious. Supposedly the US was working in cooperation with Mexico on the program, but Mexico had no knowledge of the program. Its stated purpose was to allow large firearms purchases from legal gun stores in the US and then track those firearms to see who was ultimately getting them. Straw purchasers were going into gun stores in border states with Mexico with large sums of cash, and placed orders for large numbers of semi auto rifles, and gun store owners contacted the authorities. BATF officials told the store owners that they were running a gun tracking operation and told them to approve the sales. Several gun shops refused the sales even with the urging of the BATF. Over 2000 firearms eventually made their way across the border. The operation ended when a BATF whistleblower came forth after he realized that there was no one on the Mexican side that was following these firearms. The guns started showing up at crime scenes in

Mexico and along the US border. Brian Terry, a US border agent, was killed by one of them. A congressional investigation was started, and the Obama administration said they had no prior knowledge of the program before it was brought to light by the whistleblower. Attorney General Eric Holder was charged with contempt of Congress for withholding information on the program. Eric Holder is the only sitting US AG ever charged with contempt in US history. The committee tried further legal action to get the information but Obama used executive privilege to seal the documents. Why seal documents on a program of which you claim to have no knowledge? The US media all but ignored this stain on the Obama administration. The efforts to paint legal gun sellers as corrupt and the lie about guns in Mexico fell apart.

The anti-gun Left knew to succeed they needed a different plan.

*Continued on page 8*

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# High Power Rifle

*Continued from page 7*

They realized the US public needed to be convinced there is a gun/violence problem, and started working on plans to make that happen. In many Democratic controlled states, laws were changed eliminating the holding of criminals in jail for bail, thus releasing thousands of criminals almost immediately back into the streets. The elimination of bail removed even the slightest chance that these criminals would return for their court dates. Many are rearrested and set free again and again. I can only imagine the frustration this caused police officers who repeatedly arrested the same people.

The next step in the plan was to create sanctuary cities and states for criminal illegal aliens, and their release back into society. The officials who release these wanted illegals have full knowledge why ICE wanted them detained. The illegals are wanted for raping women and children, for murder and armed robbery. Why would such an ideology be adopted? What other purpose could it serve but to cause more of the same crimes to occur? State and local officials have even tipped off these criminals when ICE notified them that operations were being conducted in their state or city.

The coronavirus comes along and with it another reason to release criminals. With sky high unem-

ployment, what possibly could go wrong with releasing thousands of convicted criminals back into society?! More criminals on the street, with no worries of staying locked up after repeatedly being released. The stage was set.

The next step was to diminish police presence. Along comes the brutal, videoed, almost cinematic killing of George Floyd. Rioting, mass protests and the defund police movement are encouraged, and increased scrutiny of policing policy. Not allowing police to use non-lethal weapons or tear gas to disperse riots, forces them into use of force situations. Large numbers of police officers then take early retirement, or simply just leave the job. Budget cuts to police departments make it difficult to do their jobs and to find qualified replacements for the cops who quit or retire, while less police on the street allows more crime to happen. NYC cut the police budget by one billion dollars and disbanded a 600 officer plain clothes unit who prevented many crimes before they were committed. Uniformed officers are easy to dodge. One high level commanding officer in NYC stated that removing the element of surprise that the plain clothes units had was a recipe for disaster. The Left also realizes that local cops won't go collecting guns from the most law abiding segment of their communities. Once the police are

gone, or greatly diminished, and gun crime soars, guns bans will be more palatable.

The election of Joe Biden and majorities in both houses of Congress could be all they need to finish the plan. Proposed laws to register all firearms sales and transfers, semi auto bans, and magazine bans, are working their way towards a vote. If these bills become laws, large segments of the population will refuse to turn in their firearms. It may take several years, but eventually the government will push to ban all firearms to get crime under control. The law abiding are not the cause of the crimes, but their firearms will be the only ones registered and subject to bans and confiscation. The Left will push for the "public's safety" that all guns be turned in. Again this may sound far-fetched but it has happened in the UK and Australia. Large segments of the US population will not comply. Eventually the government will need to act for the "public's safety" and start confiscation. Who will do it? The US Military won't do it. US Military members have been asked randomly for several decades if they would follow orders to confiscate firearms from law abiding citizens. The response has been a resounding "NO". Witness now, however, the move to purge "right wing extremists" from law enforcement and the military!! At some point the UN may consider the crime/gun problems and the US citizens refusal to disarm, a human rights emergency.

*Continued on page 9*

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# High Power Rifle

Continued from page 8

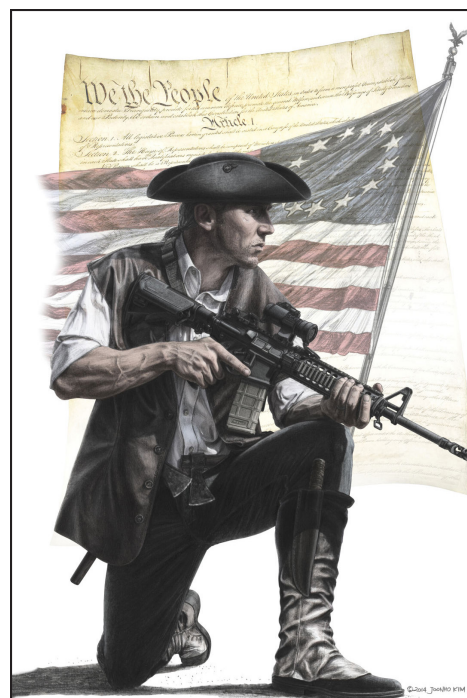


UN disarmament officers might be deployed into US streets to do the dirty work. In a book of fiction written many years ago the government actually used weaponized black clad street gangs (like antifa?) to raid any suspected gun owners home to search for firearms. A blind eye was turned to anything

stolen from the house, or atrocities committed, as long as the firearms were retrieved. We are seeing something like that today in our streets. Major cities run by democrats are telling their police to stand down and allowing violent street protests, turning a blind eye to the violence and atrocities committed. Major celebrities donate money to bail these rioters out and pay their legal fees. Some of this sounds like crazy conspiracy theory, but disarming the American public is definitely a desire of some in the government.

We still have our 2nd Amendment and the most conservative US Supreme Court in recent history, thanks to President Trump. If any new federal gun laws get passed, they will eventually be challenged in this Trump Supreme Court. The most lasting legacy Trump may

have will be the Supreme Court reaffirming the 2nd Amendment and concealed carry going nation-



"And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land ..." Ezekiel 22:30

wide. Hopefully the Supreme Court can strike down any new laws that might get passed.

As for the High Power Rifle report, come on out and shoot with us!!

Darrin Montagna  
Rifle Chairman



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Well ... it wasn't that

## Executive Director Report

As you all are aware, we are slowly moving out of the quarantine phase of the COVID-19 Pandemic and starting to get out in public, as well as mingle with family and friends. This is in evidence when you visit the Cumberland Riflemen Range Complex on weekdays and especially on weekends. As more people are being fully vaccinated, there is more of a comfort level being realized by our members. We ask that you continue to adhere to any of Governor Murphy's Executive Orders regarding masks and social distancing. As he relaxes the restrictions, we will continue to move towards normalcy and safety.

As with any organization, the need for members to actively participate in its growth and work requirements is essential. Our hope is to welcome members into

the actual workings of the Cumberland Riflemen. We have an executive board to plot the direction of our club, as well as committees to exchange ideas and help carry out the mission of our organization. We appreciate the members paying their yearly dues of \$135.00 per year, but we would like to ask you to stand up and volunteer some time and services in the running of our organization. A huge "thank you" goes out to the members of our Cumberland Riflemen Work Party. This group of members is responsible for repairing a lot of damage that occurs through normal range usage. I am sure many members have complaints from time to time on several of the ranges, but remember they will be repaired a lot quicker with your help.

**Presently I am looking for at least 2-3 members to serve on my Plinking Range Committee, to come up with a list of improvements to be presented to the**

**Executive Board for the 2021-2022 year. This range is actually the busiest range at our complex, yet receives the least amount of attention. Please contact me at my contact information listed below if you would like to serve on this important committee with me.**

One of the many responsibilities of the Executive Officer is the condition of the ranges at the Cumberland Riflemen Range Complex. If you have any problems or ideas, please contact me and we can discuss your thoughts. ***Remember the range belongs to our membership!***

We wish you all a great and safe 2021 and 2022 season, and I look forward to hearing from many of you regarding my points listed above.

John Patten  
CRI Executive Officer  
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# From The Editor's Pen

## Reloading for the Vintage Military Guns

In my experience, the old wood and steel military guns are a very forgiving lot when it comes to reloading. They are not particularly finicky, like many .22 LR firearms that surely show a preference for certain ammo, but can still benefit from some judicial handloading. There is a lot of information out there on this subject, but, of course, you should always depend on the load data from a major supplier, rather than the internet yahoo who likes excessive feet per second and uses that to perforate propane tanks, televisions, and engine blocks!!

The new Hornady manual does a nice job of covering these guns, even treating the M-1 Garand separately. For the re-chambered M-1 and the M-1A types, they list another category as .308 Service Rifle loads, (and even address the AR-15 .223 and 5.56 service rifle data individually). The Hodgdon yearly manual also carves out the .308 Service Rifle loads. The semi auto service rifles do require a somewhat different approach than a bolt gun because of the needs of the action to operate under the proper pressure curve. The M-1 Garand is especially notable, as the gun was designed around particular powders and their pressure curves. The saying goes a powder "No faster than IMR-4895 and no slower than IMR-4064," will keep the action, and especially the op rod, from being damaged.

Common sights out on the firing lines across the country are the M-1, the 1903 Springfield series, the US 1917, Swiss K-31 straight pull rifles, Swedish mausers, numerous other mausers, the Japanese Arisaka, the British SMLE, and the Mosin Nagant.

For the many 6.5 mm, 7mm, 8mm, and .310 - .312 rifles out there, the reloading recipes are pretty "standard", with some exception. The European and Japanese .30 calibers most often benefit from slugging the bore with an appropriately sized lead shot, and measuring the maximum span left by the impression of the grooves, that is if the barrel has an even number of lands. There are numerous bullets available to best fit the bore of your gun, unless it's oversize, which happened often enough during war time manufacture.

The Hodgdon manual lists approximately 50 powders between IMR 3031 and IMR 4831 in their burn chart, so there are many suitable powders out there that lend themselves well to most military rounds. The recoil, however, of some .30 caliber and 8 mm rifles especially can be intimidating for some, so choosing a light bullet and the suggested starting load mitigates that to an extent. Another route for light recoiling loads is to check out **Hodgdon H4895 Reduced Rifle Loads** on their web site. H4895, (but **NOT IMR 4895**) can safely be reduced, by 40%, to



Care in reloading can lead to some very good loads. Same bullet, four different powders.

60% of the maximum load for your cartridge and bullet weight, and loads can be worked up for best accuracy from that starting point. I have used these loads quite often in the 8x57 for my own practice and also for new shooters. A new shooter should never be given a heavily recoiling firearm. We want them to like the experience!!

Shooting the Vintage Military Rifles is a real experience, and hand loading for them not only keeps the price down, but can measurably enhance the experience with them. Our GSV matches, and the new Silhouette match, are great events to cut your teeth on one of these splendid rifles.

Rob McKenzie  
Editor

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## Prostate Health for CRI

Women have their health worries; men have theirs. If there is a difference between genders in the health care arena, it's that women do not fear seeing their doctors. They are the ones who push their men to get a check-up. For men, prostate cancer is the most common non-dermatologic cancer in guys older than fifty. The risk of such a diagnosis is one in six over a lifetime. Median age at diagnosis is seventy-two, though more than 75% of prostate cancers are found in men above sixty-five. Risk is higher for black men.

The disease usually progresses slowly and seldom causes symptoms in the early stages, when bloody urine later on may be among the first signs. Straining, hesitancy, weak flow and a sense of incomplete emptying are others. Screening by a digital rectal exam

and a PSA blood test are common diagnostic tools, and are nothing to fear. It's odd that screening is recommended by some professional organizations and discouraged by others. A discussion with the doctor about risks versus benefits can help to make a decision about the next steps. Some men might want to eradicate cancer at all costs; others choose to accept some uncertainty.

It appears that the cause(s) of prostate cancer is/are still unknown, but a few risk factors are suspected. Alterations in a prostate cell's DNA are among them. Changes in DNA can be heritable or acquired. But there's valid argument that inheritance (genes) can account for only a moderate percent of chronic disease. Today, genetics is a hot item. Genes are blamed for a raft of maladies. Let's see...

We pollute the water we drink, the foods we eat, and the air we breathe with industrial, commercial and agricultural wastes, and when sickness comes knocking, we blame the genes. We deplete the soil of minerals and assorted vital nutrients and replace them with chemicals, including a variety of sprays and fertilizers. We get sick and blame it on genes. We eat food with virtually no nourishment, packaged with volumes of salt, sugar and oxidized fats, filled with ingredients with too many syllables to pronounce, and when we get sick, we blame the genes. Maybe it's the genes that force us to smoke, overindulge in alcohol, and use illicit drugs...and send some of us to jail. Genetics researchers work in labs that used to focus on basic science, now gathering lots of money for continued study. Sooner or later there will be identified a gene that makes auto

*Continued on page 13*



# Prostate Health for CRI

*Continued from page 12*

insurance commercials as ridiculous as they've become. There could be more to this than we can see. Maybe lifestyle changes genes more than genes change themselves. In prostate cancer, most cases appear in men without a family history of it. And those who are diagnosed are more likely to die with it than from it.

Conventional treatments are pretty effective in modern times, and clinical trials often enlist new ones, some almost coming from a science fiction movie, like proton beam radiation or the photodynamic therapy that uses lasers to activate some kinds of drugs.

How about integrative measures to address prostate cancer? Good that you ask. Few modifiable risks have been identified as playing a role in the disease. One that stands out, though, is dairy. Cattle and humans are the only mammals that share a common hormone—insulin-like growth factor-1, which has been associated with the incidence of prostate cancer. To the contrary, cooked tomatoes and their lycopene are negatively associated with the onset of disease. Risks from red meat and dietary fats, soy and phytoestrogens are contradictory. But smoking, inactivity and obesity are suspect.

Because experiments on humans are unethical, laboratory animals have been bred to have body systems that respond similarly to physiological stimuli. Even without specific manipulation, as is done with rodents, canine prostates are similar to humans'.

Using rodents, in two separate tests, Mexican researchers found, in 2013, that iodine has the potential to exert anti-tumor effects on several strains of prostate cancer cells, reducing proliferation and in-

ducing apoptosis (programmed cell death). It's already been accepted as ameliorative to fibrocystic breast disease. Ever since Food TV programs introduced kosher salt to the masses, iodized salt has fallen by the wayside, eliminating this vital nutrient from the Western diet... except for fish. A complementary study performed in Brazil, six years after the Mexican one, concurred with the finding that iodine, albeit used as radioactive pellets in a procedure termed brachytherapy, is a viable treatment for prostate matters.

Iodine is one of the halogens, the weakest of that group, so much so that the others can inhibit its healthy reputation. It's like the nerdy kid on the playground who gets bullied, but who emerges as the physician who saves the life of the biggest bully. Fluoride, also a halogen, is all right to use on the outside, but not on the inside of the body. Chinese scientists realized IQ deficits in children who live in agricultural areas with elevated fluorine levels in soil. Have you ever wondered why toothpaste tubes suggest not swallowing too much fluori-

dated product? Mothers who lack sufficient iodine during pregnancy often deliver infants with challenges. Pregnancy demands adequate iodine because it's responsible for myelination of the developing central nervous system.

Bromine, common in brominated flour, is used to age flour so that gluten bridges can develop in bread making. In the early days of commercial bakeries, flour was exposed to air for weeks to improve its gluten plasticity and elasticity. Bromine used in sodas, like Mountain Dew, keep the citrus pulp suspended. Bromine is banned in Europe as a food ingredient. Another halogen, chlorine is so common that we ignore it, but It, too, can displace iodine.

Besides supporting the thyroid, iodine enhances healthy breast tissue, ovaries, skin, and brain function, and may prevent other cancers. In sufficient amounts, it detoxes the body from the unhealthy members of its group.

A little-known and unheralded substance made in the colon by the bacterial fermentation of resistant starch is butyrate, a short-chain fatty acid with remarkable health-giving attributes, including

*Continued on page 14*



# Prostate Health for CRI

*Continued from page 13*

the righteous replication of DNA. Resistant starch is that which is not easily digested, such as the skins of legumes and some fruits, grains and seeds, cooled (yes, cooled, already cooked) rice and potatoes, and unripe bananas. The main job of butyrate is to feed the cells that line the colon, called colonocytes. But we don't get enough resistant starch to make much difference.

Butyrate also acts as a histone deacetylase inhibitor (HDAC), a chemical that helps to avoid DNA mutation by controlling gene expression. HDAC's are being investigated as treatments to inhibit the proliferation of tumor cells through the induction of cell cycle arrest and programmed cell death (apoptosis). They're being eyed for use in psychiatric and neurologic disorders.

In a 2004 German study, sodium butyrate was discovered to stop proliferation of cancer cells in prostate disease, thus confirming earlier work at Johns Hopkins. Later studies performed in 2007, 2012, 2013 and after, agree. In the meantime,

avoidance or reduction of the insulin-like growth factor from milk has been recommended by researchers from the UK and Belgium. There are drugs that can do only some of what butyrate can do because they lack the full character of the indigenous substance. But these are not broad-spectrum and are focused on a single biological application.

Butyrate from foods or from nutraceuticals exerts influence on glucose control, neurological and neuromuscular disorders caused by protein irregularities, soft tissue maladies, appetite, systemic inflammation, certain metabolic issues, and things yet to be discovered.

Keeping the gut healthy and maintaining a bacterial community that belongs only to you (and possibly those in your household), eating right (with just some beer), aiming for half the plate filled with produce, and staying amply hydrated will help to keep you focused when you are on the firing line.

References are available.

Dr. Tom Wnorowski, BCIM, CNCC



"I hate it when the 600 yard line is occupied when I get there".

## Flag Day June 14

Remember to fly the flag on every appropriate day, and remember those who have served, especially those who have sacrificed all, so we can keep her flying. God bless the men and women who now serve.



*Oh Trinity of Love and Power,  
Our bretheren shield in  
danger's hour,  
From rock and tempest,  
fire and foe,  
Protect them where so e'er  
they go.  
Thus evermore shall rise  
to Thee,  
Glad hymns of praise from  
land and sea!*

*—Navy Hymn*

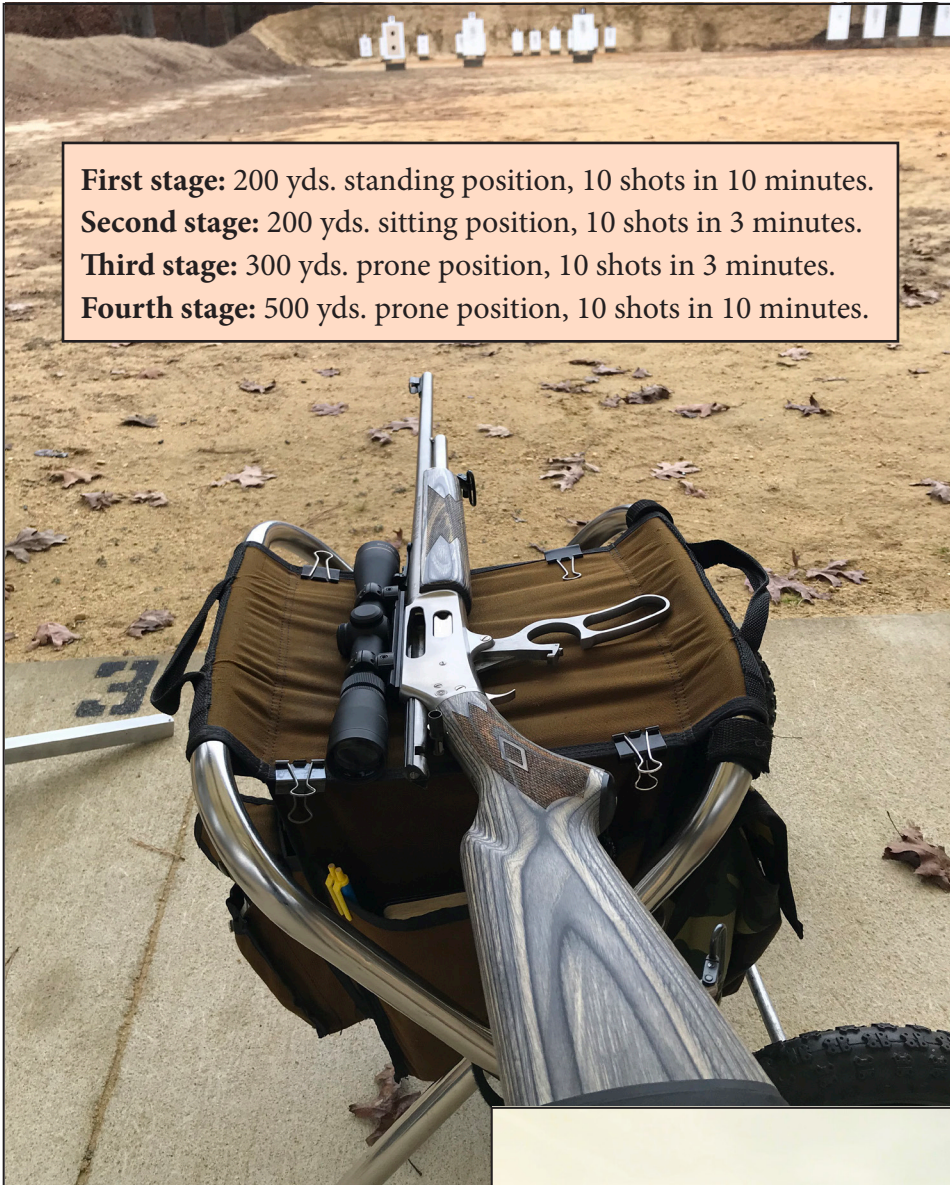


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# 2021 Cumberland Riflemen CMP Matches



**First stage:** 200 yds. standing position, 10 shots in 10 minutes.

**Second stage:** 200 yds. sitting position, 10 shots in 3 minutes.

**Third stage:** 300 yds. prone position, 10 shots in 3 minutes.

**Fourth stage:** 500 yds. prone position, 10 shots in 10 minutes.

(in the black of the silhouette) or a miss (outside of the black silhouette). Course of fire is as follows, with 2 sighting shots before each stage.

The target used at 200 and 300 yards is the head and shoulder silhouette, and the 500 yard target is the full body silhouette. On the “difficulty scale” this is relatively easy, tailored for the newer shooter, and to remove some of the “competition reluctance”. This should make for a fun match, so come on out and give it a try.

## BREAKING NEWS:

The inaugural match was held on May 22, and six new shooters came out!! On the line were several bolt guns, an M-1A, and various styles of the AR-15. We all had a great time. Lee Nugent, with his AR-15, bested the competition with a perfect 40, a record for this format, which cannot be broken!!

Our next silhouette matches will be July 24, August 14, Sept. 25, and Oct. 10.

For more information, see our programs page at [cumberland-matches.com](http://cumberland-matches.com) or contact me, Joe Burkel, at [j.burkel@comcast.net](mailto:j.burkel@comcast.net). Hope to see you at the range!!!

Any gun, any sight, can be used in the new Silhouette Matches.

We wanted to get the word out to our club members about our CMP matches and tell you about a new match we will be running this season that is geared towards the average rifle shooter.

Our new match is the Silhouette Match. This match is specifically designed to bring new shooters to our competitions. There are no restrictions to what rifle you may use other than it must be legal in NJ. The match will be shot on the paper silhouette targets at 200, 300, and 500 yards. There are no scoring rings, so your shot is either a hit



The riflemen in the first Silhouette Match.



# CMP Rifle Program

The Editor wanted the program directors to write an article that was more of a personal touch rather than simply a report on our program. I do not have the word smithing skills that our editor possesses, but I will do my best. I figured I could discuss how I got interested in rifle competition.

In the late 70's my girlfriend (now my wife) bought me a Remington .22 for my birthday. We used to just go out into the woods in Sicklerville and shoot at anything we could find laying around. It was lots of fun and I thought I was a great marksman, because I could hit anything within 25 feet (I would later learn that was not especially extraordinary). When I joined the Air Force and moved to North Carolina, the .22 went with me. I lived in a trailer in Goldsboro, NC. It was right next to some railroad tracks, and I used to go into the woods just beyond the tracks and shoot the .22, a Mossberg 12 gauge I had purchased, and a .32 Special my father gave me. Again, I thought I was quite the marksman!!

Fast forward to 2001. I was now a mechanic in the NJ Air National Guard, and had not really done any shooting since 1986, when I had left the Air Force and returned to NJ. One day I was in our squadron's office and overheard an officer talking

about shooting AR-15's on the NJ Air Guard rifle team.

I asked him what it was all about, and once again bragged about what a great shot I was. He told me to come out to one of their practice shoots and see if I liked it. When I arrived at range 15 on Fort Dix, and saw the 600-yard range, I was taken back by the distance!! Anyway, the Major set me up with an Army Guard M-14 and started training me.

I quickly realized that, not only was I not a very good shot, but I was kind of bad. I joined the team just prior to the team going to Camp Perry for the National Matches, so, my first competition was the President's 100 at the Nationals. It was kind of comical as I was cross firing and missing in the heavy winds (I had not received any training yet with shooting in the wind). Even though I did so poorly I was hooked. I was able to purchase an AR-15 that year and started shooting it the following season.

I have always been a competitive person and strived to improve, which I did in short time with a lot of practice. Every time I fired, my goal was to improve my scores and climb up the classification ladder. I do not remember how long it took but I made NRA Master class in 3 or 4 years, and became a CMP Distinguished Rifleman in 2006.

I also spent a lot of time shooting

the M-1 Garand, 1903 Springfield, and the US 1917 Enfield. Shooting those old rifles always gave me a lot of pleasure. I believe I have bronze, silver, and gold medals for all three rifles from the Nationals, and even a few state championships. So, even if you are not a natural marksman, you can, with practice and dedication, become a very good marksman and enjoy the fun and great friendships in the process.

I owe a lot of thanks to Lt. Col Andrew Kuhtik (ret) for getting me started in a hobby / sport that I love. I try to pass on the knowledge to others, as he did for me, and hope that they get as much joy as I do from participating in High-power rifle competition. I do not know what I would be doing with my free time if it weren't for the shooting sports.

Look at our match schedule for 2021, as we have many CMP matches that will appeal to all levels of marksmen. Come on out and give it a try! The new silhouette courses are geared toward new shooters, and will be fun matches. We have a bunch of great regular shooters that will take the time to give advice to new shooters and even loan equipment when needed.

For info contact Joe Burkel  
(j.burkel@comcast.net )  
Joe Burkel  
CMP Program Director

## Dues Notice — Please Read!

**The online application and this one will be the only notices you will receive to pay your dues.** Notices will **NOT** be mailed to you. Your dues are due no later than September 20, 2021. The dues this year are \$135.00. Please complete the form below and send, along with your check or money order, made out to Cumberland Riflemen, Inc. and a copy of your current NRA membership card (or the label from your NRA magazine showing a current date), to:

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

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