



The Flyer

Official Newsletter of the
Airfield Shooting Club

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Airfield Shooting Club

at the Airfield 4H Center ~ Wakefield, Virginia

P.O. Box 250, Wakefield, VA 23888

Spring Shooting News



Welcome
Winter

Inside this Issue:

Honary Member of the Quarter and Passing of James Josheph O’Kane, Jr.

Excerpts from obituary, JJ served with the USAF 106th Tactical Air Command in the early 60s. He was a life-long supporter of the Boy Scouts of America where he was a member for 46 years. He guided scouts and scout leaders on long-distance mountain treks and wilderness canoe trips about the country and Canada. He was a founder of the Delaware and Potomac Rivers Paddling Association, a group of former Scouts and friends that took “Whitewater Fly-in Paddle-out” adventure canoe trips.

Always a water-sports person, later in life he took up sailing. They retired to Smithfield to be close to the Chesapeake Bay. JJ was certified by the United States Coast Guard as a Merchant Marine Officer and “Master of 50-ton Vessels both Motor and Sail.

He was an avid shooter. Every Monday you could find him on one of the local ranges in Wakefield at the Airfield Shooting Club shooting Skeet, Rifle, or Pistol.



<https://www.littlesfuneralhome.com/obituaries/james-okane-jr>

Women on Target!!

June 8th, 2024 – Join us for Women on Target! All women, ages 12+ are welcome and encouraged to come out to experience firearm education in a safe and supportive environment. This woman only event will cover education in pistol, shotgun, rifle, and archery. The cost is \$75/person this year and will be inclusive of all firearms, ammo and lunch at the Conference Center.



Women will benefit from one-on-one instruction with certified instructors in each discipline.

Participants will receive materials and a certificate of participation.

This is a fantastic event for those women that have never held a firearm before to maybe those that have experience in a discipline but not another.



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Range Maintenance Report From the Maintenance Officer

By Cory Allen

Range Improvements:

If you have been to the range lately, you may have noticed the new shooting benches and tables on the 50. Also, if you have visited the skeet/trap range, some of the new benches and shotgun holders and even a scorer's chair were added. A special thanks goes out to Braden Willis and his Eagle Scout project. On February 18 th , Braden, his father David and a close friend delivered all of these to the range and helped place them all where they needed to go.

This has been a long and ongoing project that Braden decided to take on. Once approved for the project, Braden contacted 84 Lumber and they graciously donated all the supplies for the project. At the March Board meeting our President, Art Schoner, presented a



letter of appreciation to Braden for the project. From me, the MO and the entire board we thank you Braden.

On March 2 nd a work party was held and despite the austere conditions, 10 members showed up to help build new frames for the SRB, 25 and 50. Even in the rain one member took on power washing the bathroom sidewalk and doors. A good cleanup of the SRB/50 was performed. Also new pin tables have been built for this year's upcoming pin matches, which start on the first Saturday of April. Thank you to all that came out to accomplish this task.

Airfield Shooting Club sponsors the Airfield 4-H Swamp Shooters Club.

By Dale Mullin

The Airfield 4-H Swamp Shooters is a 4-H Shooting Education club whose members meet twice a month to hone their marksmanship skills at the 4-H Airfield Center, located in Wakefield, Virginia. But that is only the tip of the iceberg. The Swamp Shooters are also tasked to develop their leadership skills by holding club officer positions. They learn a great deal of self-discipline by relentlessly following the firearm and range safety rules.

Many of the youth in the Swamp Shooters had never fired a rifle, a shotgun, or had ever drawn a bow before joining our group. Members are given the opportunity to sample three different shooting disciplines: Small-bore Rifle, Archery, or Shotgun. Once they've tried the disciplines they think they may like they are asked to choose one primary discipline for further training during the year.

In addition to practicing twice a month the club members compete in sanctioned competition. First in the 4-H District Shoot and later in the 4-H State Shoot. These competitions are designed to be safe and fun and our young shooters really look forward to them.

Bring your young folks out and check us out at one of our practice sessions. Youth age 9 through 19 are welcome to come out to see what we have to offer. We meet on the second and fourth Sundays of most months. For further information contact Dale Mullin— Dale1449@gmail.com

If any of you have an interest in helping the Swamp Shooters as an instructor, we are currently recruiting instructors for Smallbore Rifle, Shotgun, and Archery. Training is available.





Contacting Match Directors

Bowling Pin matches: Steven Gordon
 > pinmatch@airfieldshootingclub.org
 Service Rifle matches: tbd
 > servicerifle@airfieldshootingclub.org
 Defensive Pistol matches: Taylor Strickland
 > idpa@airfieldshootingclub.org
 Rimfire Challenge Matches: Tom Sanford
 > rimfire@airfieldshootingclub.org
 Shotgun Completions: Jon Lester
 > shotguncompetition@airfieldshootingclub.org
 Swamp Shooters: Dale Mullin
 > swampshooters@airfieldshootingclub.org

Secure Storage and Transportation: Best Practices for Ammunition

As responsible gun owners, ensuring the safe storage and transportation of ammunition is paramount. Whether you're storing it at home or taking it to the range, following best practices ensures safety and longevity.

Best Practices:

1. **Keep It Dry:** Moisture is ammunition's enemy. Store it in a cool, dry place to prevent corrosion and maintain performance.
2. **Label and Organize:** Clearly label boxes or containers to identify calibers and types, facilitating easy access and inventory management.
3. **Secure Storage:** Use lockable cabinets or safes to prevent unauthorized access and ensure compliance with local regulations.
4. **Inspect Regularly:** Periodically check stored ammunition for signs of corrosion, damage, or degradation, and replace as needed.
5. **Handle with Care:** When transporting ammunition, avoid dropping or mishandling containers to prevent damage to the rounds or packaging.

By following these best practices and utilizing suitable storage and transportation methods, gun owners can ensure the safety, reliability, and longevity of their ammunition supplies.



Ammunition Storage Options

Method	Pros	Cons
1. Ammo Cans	<ul style="list-style-type: none"> - Durable and secure - Airtight seal keeps out moisture and contaminants - Stackable for efficient storage 	<ul style="list-style-type: none"> - Can be heavy to transport - Bulky storage solution
2. Plastic Ammo Boxes	<ul style="list-style-type: none"> - Lightweight and portable - Usually waterproof and durable - Comes in various sizes for organization 	<ul style="list-style-type: none"> - Less secure than metal containers - Can crack or break if mishandled - Not as airtight as metal ammo cans
3. Lockable Cabinets or Safes	<ul style="list-style-type: none"> - Provides high-level security and theft prevention - Protects ammunition from unauthorized access - Offers fire protection for stored ammo 	<ul style="list-style-type: none"> - Initial investment cost - Requires space for installation - May not be portable for transportation
4. Ammo Bags or Pouches	<ul style="list-style-type: none"> - Lightweight and easy to carry - Ideal for transporting small quantities of ammo - Some models feature padded compartments for protection 	<ul style="list-style-type: none"> - Limited protection against moisture and impact - Not suitable for long-term storage - May not be as secure as other storage methods
5. Original Packaging	<ul style="list-style-type: none"> - Preserves factory-sealed condition - Convenient for organizing and identifying different types - Typically stackable for efficient storage 	<ul style="list-style-type: none"> - Not ideal for transportation without additional measures - Offers minimal protection against moisture and damage



TRAINING CORNER

Best Pistol Training for Beginners from the Holster or Low Ready

By Tom Sanford

For beginners practicing pistol shooting from the holster or low ready position at the range, focusing on fundamental skills and building muscle memory is essential. Here are some effective training exercises:

Dry Fire Practice:

Start with dry fire exercises to develop proper grip, stance, and sight alignment.

Practice drawing from the holster or bringing the pistol up from the low ready position without live ammunition.

Focus on smooth and controlled movements, ensuring the finger is off the trigger until on target.

Holster Draws:

Begin with slow and deliberate draws, ensuring safety and proper technique.

Gradually increase speed while maintaining accuracy and maintaining control of the firearm.

Practice drawing from different positions (standing, kneeling, etc.) to simulate real-world scenarios.

Target Transitions:

Set up multiple targets at varying distances downrange.

Practice transitioning between targets smoothly and efficiently, focusing on sight alignment and trigger control for each shot.

Start with slower movements and gradually increase speed as proficiency improves.

Reload Drills:

Practice reloading from both slide lock and tactical reloads (when there are rounds remaining in the magazine).

Emphasize maintaining control of the firearm and keeping it pointed downrange during the reload process.

Aim for smooth and efficient reloads, minimizing time off target.

Malfunction Clearance:

Simulate common pistol malfunctions such as failure to feed or stovepipe jams.

Practice identifying and clearing malfunctions quickly and safely while maintaining control of the firearm.

Emphasize proper diagnosis of the malfunction and executing the appropriate clearance technique.

Timed Drills:

Incorporate timed drills to add a pressure element to training sessions.

Set specific time goals for completing various exercises, focusing on maintaining accuracy while improving speed.

Use shot timers or partner-assisted timing to track progress and identify areas for improvement.

Mindful Practice:

Stay mindful and focused during training sessions, concentrating on proper technique and safety.

Regularly assess performance and identify areas for improvement.

Seek feedback from experienced shooters or instructors to refine skills and address any issues.

Remember to always prioritize safety during training exercises and adhere to range rules and regulations. Start with slow and deliberate movements, gradually increasing speed as proficiency improves. Consistent and focused practice will help beginners develop confidence and proficiency in pistol shooting from the holster or low ready position.



Photo taken at ASC shooting range during last years concealed weapons training.



Did You Know — Mastering Cold Bore Shift: Ensuring Accuracy Shot After Shot

Cold bore shift, a common challenge for shooters, refers to the phenomenon where the first shot fired from a cold barrel deviates from subsequent shots. This inconsistency can lead to frustrating first shot misses, especially in precision shooting competitions or hunting scenarios. However, understanding the causes and implementing preventative measures can significantly improve accuracy and consistency.

Moisture in a rifle barrel can potentially affect the velocity of the bullet. Water in the barrel can create extra friction between the bullet and the barrel, leading to increased resistance and potentially reducing the velocity of the bullet. Additionally, moisture can cause rust and corrosion in the barrel, affecting the smoothness of the bore and potentially impacting bullet speed and accuracy. It's essential to keep firearms dry and properly maintained to ensure consistent and reliable performance.

Understanding Cold Bore Shift: Several factors contribute to cold bore shift, including barrel harmonics, temperature differentials, and fouling buildup. When a rifle's barrel is cold, its material properties and dimensions may slightly differ from when it's warmed up, affecting bullet trajectory. Additionally, fouling from previous shots can alter the barrel's characteristics, leading to further deviation in the first shot.

Preventing First Shot Misses: To mitigate cold bore shift and ensure accuracy shot after shot, shooters can implement several strategies:

Consistent Warm-Up Shots: Fire a few rounds to warm up the barrel before taking critical shots, especially in competitions or hunting situations where accuracy is paramount.

Barrel Conditioning: Properly condition the barrel by shooting a few rounds through it before important shots. This helps stabilize barrel harmonics and reduces the impact of cold bore shift.

Maintain Consistent Shooting Conditions: Try to maintain consistent shooting conditions, including temperature and humidity, to minimize environmental factors contributing to cold bore shift.

Regular Barrel Inspection and Cleaning:

Visual Inspection: Regularly inspect the barrel for signs of fouling buildup, corrosion, or damage. Look for carbon deposits, copper streaks, or rust.

Bore Cleaning: Use a cleaning rod, patches, and solvent to remove excess carbon buildup and fouling from the barrel. Ensure thorough cleaning to restore optimal barrel condition.

Carbon Removal: For stubborn carbon buildup, consider using specialized carbon removal solvents or bore brushes designed to effectively dissolve and remove carbon deposits.

By implementing these preventative measures and maintaining proper barrel care, shooters can minimize the effects of cold bore shift and improve overall accuracy. Consistent training, regular maintenance, and attention to detail are key to achieving success on the range and in the field.

Stay Informed: Stay informed about the latest techniques and best practices for barrel maintenance and accuracy improvement by reading your firearm manuals. Receive expert tips, product recommendations from your firearms manufacturer to help you elevate your shooting performance.

Don't let cold bore shift hold you back—master accuracy shot after shot with our comprehensive guide. Do you count cold bore shift in your groups?



Image

from reddit.com/r/longrange/



Letter from the Editor: Embracing the Rich Heritage of Shooting Sports

Fellow Members,

As we begin another exciting year at our shooting club, it's essential to reflect on the rich history and diverse array of shooting sports that have shaped our community and the broader world of firearms enthusiasts.

Shooting Sports, from its humble origins as a means of survival and self-defense to its evolution into a dynamic and inclusive recreational pursuit, the shooting sports have captivated generations with their blend of skill, camaraderie, and competition.

Exploring the Legacy of Shooting Sports: The history of shooting sports is a tapestry woven with threads of tradition, innovation, and passion. Dating back centuries, shooting sports have played integral roles in hunting, marksmanship training, and military preparedness. Over time, these disciplines have evolved into a wide range of recreational and competitive activities enjoyed by millions worldwide.

Types of Shooting Sports: At our club and beyond, enthusiasts can explore a variety of shooting sports, each offering unique challenges and opportunities for skill development. Here are just a few examples:

Recreational Shooting: Casual target shooting and plinking provide opportunities for relaxation and enjoyment while honing marksmanship skills.

Local Competitions: Participate in club-sponsored matches and competitions, including pistol, rifle, and shotgun events, to test your skills and connect with fellow shooters.

Scholastic Competitions: Support youth development through scholastic shooting programs such as the Scholastic Clay Target Program (SCTP) and the National Archery in the Schools Program (NASP), fostering teamwork, discipline, and sportsmanship.

NRA Programs: Engage with the National Rifle Association (NRA) and its diverse range of programs, including competitive shooting events, firearms safety training, and advocacy efforts to protect Second Amendment rights.

National Sporting Associations: Explore opportunities offered by other national sporting associations, such as

USA Shooting, the Civilian Marksmanship Program (CMP), and the International Practical Shooting Confederation (IPSC), which promote excellence in shooting sports through training, competitions, and community outreach.

Exercises and Drills for Skill Development: Regardless of the shooting sport you pursue, incorporating targeted exercises and drills into your training regimen can enhance your performance and proficiency. Here are some examples tailored to different shooting disciplines:

Pistol Shooting:

Trigger control drills to improve accuracy and consistency.

Draw and presentation exercises to enhance speed and efficiency.

Bullseye target practice to refine sight alignment and sight picture.

Rifle Shooting:

Prone, kneeling, and standing position drills for stability and control.

Breathing and trigger control exercises to minimize rifle movement.

Distance estimation drills to improve accuracy at various ranges.

Shotgun Shooting:

Clay target drills to practice leading and timing shots.

Swing and follow-through exercises for fluidity and consistency.

Low gun mount drills to refine gun mount and sight alignment.

By embracing the rich heritage of shooting sports and actively participating in a variety of disciplines, we continue to honor the legacy of marksmanship excellence while fostering a welcoming and inclusive community for shooters of all backgrounds and abilities.

See you at the range!

Sincerely, Tom Sanford



Elevate Your Shooting Skills with Rimfire Challenges at Airfield Shooting Club

Are you looking to take your shooting skills to the next level? Look no further than the Rimfire Challenges offered at Airfield Shooting Club! Every third Sunday of the month, shooters of all skill levels gather to test their accuracy, speed, and precision in a variety of exciting competitions, modified to fit our range. Whether you're a seasoned marksman or a beginner looking to improve, there's a challenge for you.

American Rimfire Association Bench Rest: The ARA Bench Rest challenge focuses on precision shooting from a bench rest position at the 50 yard line. Participants shoot at 25 bull targets, aiming for tight groupings and maximum accuracy. With meticulous attention to technique and consistency, shooters hone their skills in a fun, supportive and somewhat competitive environment following the ARA style format.

NRA Silhouette: In the NRA Silhouette challenge, shooters take aim at small metal silhouette targets representing various animals, chickens, rams, turkeys and rams. Participants engage targets at different distances, testing their ability to adjust for range and wind conditions. This dynamic competition emphasizes marksmanship and quick target acquisition, shooting offhand makes it both challenging and exhilarating. This is a modified competition to fit our range.

Rimfire Know Your Limits: The Rimfire Know Your Limits challenge offers shooters the opportunity to push their limits. Participants engage 2", 1 3/4", 1 1/2", 1 1/4", 1", 3/4", 1/2" and 1/4" progressively smaller targets at each distance, testing their precision and skill. With each successful shot, shooters gain confidence and improve their ability to judge distance and adjust for elevation and windage. This is a two minute timed drill at the 50 yard line, 10 shot limit off a front bag only.

Steel Challenge: The Steel Challenge is a fast-paced and exciting competition where shooters engage steel targets with pistol or rifle. Participants race against the clock to hit each target as quickly and accurately as possible. With multiple stages and challenging layouts, this competition rewards speed, accuracy, and agility. This is a timed drill beginning at the low ready, 10 shot limit, recommend semi-automatic pistols or rifles with 2—5 magazines. Revolvers are welcome, but recommend speed loaders.

Mark your calendars and join us each month for these thrilling Rimfire Challenges at Airfield Shooting Club. Whether you're a seasoned competitor or just getting started, there's something for everyone. Be sure to stay updated with notifications for each challenge offered on the Airfield Shooting Club website, and come test your skills alongside fellow shooting enthusiasts.

See you on the range!
Tom Sanford





Navigating the 2024 Hunting Season in the Commonwealth of Virginia: Tips for Success and Safety

As the hunting season unfolds in the Commonwealth of Virginia, outdoor enthusiasts eagerly prepare for memorable adventures in the wilderness. From lush forests to sprawling fields, Virginia's diverse landscape offers a wealth of opportunities for hunters seeking game and camaraderie. However, with the thrill of the hunt comes the responsibility to ensure a safe and productive season for all. Here's a comprehensive guide to navigating the 2024 hunting season in Virginia, along with best practices to enhance both safety and success.

Know Your Seasons and Regulations: Before heading into the field, familiarize yourself with Virginia's hunting seasons, which vary depending on the game species. Whether you're pursuing deer, turkey, waterfowl, or small game, adhere to specific season dates and regulations set by the Virginia Department of Wildlife Resources (VDWR). Stay informed about any updates or changes to hunting regulations to ensure compliance and ethical hunting practices.

Safety First: Prioritize safety at all times during the hunting season. Equip yourself with the necessary gear, including blaze orange clothing to enhance visibility to other hunters. Always carry a reliable means of communication, such as a cell phone or two-way radio, and inform someone of your hunting plans, including your location and expected return time. Familiarize yourself with firearm safety rules and ensure firearms are unloaded when not in use. Additionally, practice safe tree stand usage by wearing a harness and inspecting stands for stability before each use.

Scout and Plan Ahead: Maximize your hunting success by scouting your hunting area before the season begins. Look for signs of game activity, such as tracks, droppings, and feeding areas, to identify prime hunting spots. Utilize trail cameras to monitor wildlife movements and patterns, helping you strategize your approach. Plan your hunts in advance, considering factors such as weather conditions, wind direction, and legal shooting hours to increase your chances of encountering game.

Respect Wildlife and Public Lands: Practice ethical hunting by respecting wildlife and their habitats. Avoid disturbing nesting areas or disrupting natural habitats, and adhere to bag limits and regulations to promote sustainable hunting practices. When hunting on public lands, be mindful of other outdoor enthusiasts and follow established rules and regulations to ensure a positive experience for all users.

Continuous Learning and Improvement: Hunting is a life-long journey of learning and improvement. Take advantage of educational resources, workshops, and hunter education courses offered by the VDWR to enhance your knowledge

and skills. Stay informed about conservation efforts and participate in initiatives that support habitat preservation and wildlife management.

As the 2024 hunting season unfolds in the Commonwealth of Virginia, remember to prioritize safety, adhere to regulations, and respect wildlife and public lands. By following best practices and embracing the spirit of responsible hunting, hunters can enjoy memorable experiences in Virginia's great outdoors while contributing to conservation efforts and preserving our hunting heritage for future generations.

The list below provides a high-level overview of the diverse types of hunting activities enjoyed by outdoor enthusiasts. Each type of hunting offers unique challenges, experiences, and opportunities to connect with nature. You can access the Virginia Department of Wildlife Resources @ the following website for official rules and regulations

<https://dwr.virginia.gov/hunting/regulations/>

Type of Hunting Opportunities

Deer Hunting — Pursuing white-tailed deer or mule deer, often during specific hunting seasons.

Turkey Hunting — Hunting wild turkeys, typically during the spring or fall seasons.

Waterfowl Hunting — Pursuing ducks, geese, or other waterfowl species in wetland habitats.

Upland Bird Hunting — Hunting game birds such as quail, pheasant, grouse, or partridge.

Small Game Hunting — Pursuing smaller animals like rabbits, squirrels, or raccoons.

Big Game Hunting — Hunting larger mammals such as elk, moose, bear, or wild boar.

Predator Hunting — Pursuing predators such as coyotes, foxes, or bobcats to manage populations.

Bow Hunting — Using archery equipment, such as bows and arrows, for hunting various game.

Rifle Hunting — Using rifles, typically for hunting larger game animals at longer distances.

Shotgun Hunting — Using shotguns loaded with birdshot or slugs for hunting waterfowl or big game.





A Bullseye Through Time: Exploring the Rich History and Techniques of Archery

Archery, an ancient art and sport dating back thousands of years, continues to captivate enthusiasts around the world with its blend of precision, skill, and tradition. From its humble beginnings as a tool for hunting and warfare to its evolution into a modern Olympic sport, archery has a storied history marked by technological advancements and cultural significance.

A Journey Through Time: Archery's origins can be traced to ancient civilizations such as the Egyptians, Greeks, and Chinese, where bows and arrows were integral to hunting and warfare. In medieval Europe, archery played a pivotal role in battles and tournaments, earning recognition as a symbol of nobility and skill. With the advent of firearms, archery declined in military use but flourished as a recreational activity and competitive sport.

Traditional vs. Modern Archery Equipment: While traditional archery enthusiasts embrace the simplicity and craftsmanship of bows and arrows made from natural materials like wood, modern archers benefit from technological innovations and materials such as fiberglass, carbon fiber, and aluminum. Key differences between traditional and modern archery equipment include:

Bows: Traditional bows, such as longbows and recurve bows, feature a classic design and are often made from wood or laminated materials. Modern bows, including compound bows, utilize pulley systems and advanced materials for increased accuracy and power.

Arrows: Traditional arrows are typically made from wood with feather fletchings, while modern arrows may incorporate aluminum, carbon fiber, or composite materials for improved durability and consistency.

Accessories: Modern archery equipment includes sights, stabilizers, and release aids to enhance accuracy and stability, while traditional archers often rely on instinctive shooting and traditional shooting techniques.



Archery Drills for Stamina, Endurance, Strength, and Accuracy:

Traditional Archery Drills:

Static Hold: Hold the bow at full draw for increasing durations to build stamina and endurance.

Blank Bale Shooting: Practice shooting at a blank target or bale at close range to refine form and focus on accuracy.

Stump Shooting: Walk through wooded areas and shoot at natural targets like stumps or fallen logs to improve field shooting skills and adaptability.

String Walking: Experiment with different anchor points and finger positions along the bowstring to adjust for various distances and improve accuracy.

3D Archery Courses: Navigate through 3D target courses to simulate hunting scenarios and develop shooting skills under realistic conditions.

Modern Archery Drills:

Bow Shoulder Exercises: Use resistance bands or light-weight dumbbells to strengthen shoulder muscles and improve drawing and holding capabilities.

Cardio Shooting: Incorporate running or brisk walking between shooting stations on an archery course to build cardiovascular endurance and shooting accuracy under fatigue.

Strength Training: Perform exercises such as pull-ups, rows, and lat pulldowns to enhance back and arm strength for drawing and holding the bow.

Shot Sequence Drills: Practice a consistent shot sequence, including drawing, anchoring, aiming, and releasing, to improve muscle memory and shooting consistency.

Distance Judging: Set up targets at various distances and practice estimating range and making adjustments for elevation to improve accuracy at different ranges.

Whether embracing the timeless traditions of traditional archery or harnessing the latest innovations in modern equipment, archers of all backgrounds and skill levels can benefit from a diverse range of drills to enhance stamina, endurance, strength, and accuracy. With dedication, practice, and a keen eye for precision, archers continue to hone their skills and embrace the timeless pursuit of hitting the bullseye.



Stay Ready, Stay Safe: Essential Range Checklist for Pistol and Rifle Shooters

Tom Sanford, Newsletter Editor

In the world of shooting sports, preparation is key to success. Whether you're heading to the range for target practice, training sessions, or competitions, being well-prepared ensures a productive and enjoyable experience while prioritizing safety. To help you stay organized and ready for your next range session, we've compiled a comprehensive checklist of essential items for pistol and rifle shooters. Now I know from personal experience, showing up at the range forgetting essential gear makes for a short range day.

Range Checklist: Before heading to the range, make sure you have the following items:

For Pistol Shooters:

- a) Pistol(s) and holster(s)
- b) Ammunition (appropriate for your firearm)
- c) Eye and ear protection
- d) Targets
- e) Cleaning kit
- f) Magazine(s)
- g) Range bag or case
- h) Shooting mat or towel
- i) Pen and notebook for recording drills or objectives



For Rifle Shooters:

- a) Rifle(s) and sling(s)
- b) Ammunition (appropriate for your rifle)
- c) Eye and ear protection
- d) Targets (paper or steel)

- e) Bipod or shooting rest
- f) Cleaning kit
- g) Magazine(s) or ammunition holder
- h) Shooting mat or ground cloth
- i) Ballistic calculator or shooting log
- j) Spotting scope or binoculars (optional but recommended)

Importance of Preparation: Ensuring you have all your gear and ammunition before heading to the range is crucial for a successful and safe shooting session. Forgetting essential items can not only disrupt your training or practice but also compromise safety and performance. By following a checklist and double-checking your equipment before leaving home, you can avoid unnecessary distractions and focus on improving your shooting skills.

Setting Objectives and Drills: In addition to packing the right gear, it's equally important to have a clear set of objectives or drills to accomplish during your range session. Setting specific goals helps you stay focused and productive, whether you're working on improving accuracy, speed, or mastering a new shooting technique. Consider creating a list of drills or objectives tailored to your skill level and areas of improvement. For example, you might focus on:

1. Perfecting your draw and presentation for pistol shooters.
2. Practicing different shooting positions or transitions for rifle shooters.
3. Working on speed and accuracy through timed drills or target transitions.
4. Fine-tuning sight alignment and trigger control for both pistol and rifle shooters.
5. By setting objectives and drills beforehand, you can maximize your time at the range, track your progress, and make meaningful improvements to your shooting skills over time.

Conclusion: Preparation is the cornerstone of a successful and rewarding shooting experience. By following a checklist, ensuring you have all your gear and ammunition, and setting clear objectives or drills for your range session, you can make the most of your time on the range while prioritizing safety and skill development. So, pack your bags, check your list twice, and head to the range with confidence and purpose.



"Defending Liberty: The Vital Importance of the Second Amendment"

The Second Amendment of the United States Constitution, which states, "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed," holds significant importance for both the Constitution and the citizens of the United States for several reasons:

Protection of Individual Rights: The Second Amendment enshrines the fundamental right of individuals to keep and bear arms for self-defense, hunting, and recreation. It ensures that citizens have the means to protect themselves, their families, and their property, empowering them to exercise their inherent right to personal safety and security.



Preservation of Liberty: The Founding Fathers recognized the right to bear arms as a critical safeguard against tyranny and oppression. By allowing citizens to possess firearms, the Second Amendment serves as a check against government overreach and ensures that the people retain the ability to resist any encroachment on their freedoms and liberties.

Support for Civic Responsibility: The Second Amendment fosters a sense of civic responsibility and community defense. It emphasizes the importance of a well-regulated militia composed of armed citizens who are prepared to defend their communities and uphold the security of the nation in times of need.

Historical and Cultural Significance: The right to bear arms has deep historical and cultural roots in American society, dating back to the colonial era and the struggle for independence. Firearms ownership and marksmanship have played integral roles in shaping the nation's identity, values, and traditions.

Legal Precedent and Interpretation: Over the years, the Second Amendment has been affirmed and interpreted by various court rulings, including landmark decisions such as *District of Columbia v. Heller* (2008) and *McDonald v. City of Chicago* (2010), which affirmed the individual right to bear arms for self-defense.

Promotion of Responsible Gun Ownership: While affirming the right to bear arms, the Second Amendment also underscores the importance of responsible gun ownership and regulation. It recognizes the need for reasonable restrictions and regulations to prevent firearm misuse and ensure public safety.

In summary, the Second Amendment is integral to the Constitution and the fabric of American society, serving as a cornerstone of individual liberty, civic responsibility, and the preservation of democratic principles. It remains a fundamental right that embodies the enduring values of freedom, self-reliance, and the right of the people to defend themselves and their nation. The information provided in the article is based on general knowledge and understanding of historical and constitutional principles. Some potential sources for further reading include:

1. United States Constitution: The Second Amendment.
2. Supreme Court rulings such as *District of Columbia v. Heller* (2008) and *McDonald v. City of Chicago* (2010).
3. Historical documents and writings of the Founding Fathers, such as the Federalist Papers and correspondence between Thomas Jefferson, James Madison, and others.
4. Academic articles & government publications. Academic articles from legal scholars, historians, and constitutional experts discussing the origins, interpretation, and significance of the Second Amendment. Government publications and reports from agencies such as the Congressional Research Service and the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) discussing firearms laws and regulations.