

The Front Sight

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Lemon Grove Rod and Gun Club

Established Circa 1950

November 2023

Incorporated April 1956

President's Message

Jerry Shiller, President

President@lemongrovegunclub.com

The Club is hosting its annual NRA Family Fun Day on Sunday November 12. This is a community open house where we let members of the public come on the range to learn how to safely shoot firearms. We provide firearms, ammo, and mentors at no charge. We need to have several members present on the rifle, shotgun and pistol ranges that day. We also offer BB/pellet gun shooting for youth under the age of 8 years. Please volunteer to help the Club that day to introduce safe shooting to members of the community. Currently the rifle range is near fully staffed. We need volunteers for shotgun, pistol, BB/pellet gun ranges (probably 4/range will suffice). We also need members to help with check-in, parking lot supervision and safety talks. Ranges open from 8 am to 2 pm. The Club will provide lunch for the volunteers. Please consider coming to help.

Summary

October 17, 2023

Board of Directors Meeting

The Board approved 9 new members into the Club. While not discussed at this Board meeting, the Board took a straw poll at the October members meeting to gauge interest in raising the current cap of 350 Regular + Military members. The consensus of Club members present was that an increase of up to 100 more members would be acceptable. This will be on the agenda for the November Board meeting. The Board approved continuing the Scout Merit Badge program for 2024. Dates will continue to be the first Sundays of even months, except for no event in December. The Board approved switching from our in-house Sporting Clays sign-up software to the commercial Score Chase program. Implementation of the change is planned to occur during December, with use of the new software for sign-ups in January 2024. Board member Rick Gilman will be doing the work to make the change. The 14th Annual Ginger Bass Memorial Trap Shoot generated approximately \$900 to be donated to a woman's

shelter/services organization. The Board voted to add another \$600 for a total donation of \$1,500. The Board to host the 2nd Annual Safari Club International, San Diego chapter, Youth Shooting Day in March 2024. Tom Todd has taken over management of the Sporting Clays machines and supplies. He presented a proposed annual budget to the Board for maintenance and replacement of throwers.

The Board voted to enter into an annual retainer agreement with the law firm of Michel & Associates. While there are no current legal matters facing the Club, the Board made the decision to be prepared in the event of something adverse happening, as well as the changing legal climate in California and the nation.

The Board agreed to a proposal to add two new membership classes to what the Club currently offers. A copy of the proposal was emailed to all members on 10/18/23. Those members without email will receive a copy of the proposal within two weeks. The proposal to add Family Membership and Daily Membership will require a change to the Club By-Laws. Changing the By-Laws must be done by the members of the Club. Therefore, the question of whether to add the two new classes will be brought to a vote of the members at the December 5, 2023, members meeting.






Environmental Training Corner

Members are reminded that the Club recycles common materials such as aluminum cans, glass bottles, plastic containers, and cardboard. There is a dumpster for cardboard located behind the lower trap field. Please flatten all cardboard boxes so we can recycle more material each month. We also provide several large cans around the ranges for the other recyclable materials (aluminum cans, plastic water bottles, glass containers, etc.). The Club uses the money gained from recycling to purchase new targets, paint and other supplies for the range. Please do not mix waste with recycling – it makes more work for others in the Club. Please do not bring off site materials, recyclable or not, onto the ranges.



GUN ROOM MUNITIONS

Dan Selis (619) 818-7147 danselis88@gmail.com License #24274

	Item Name/Description	Price
	TOP GUN TARGET SHOTSHELLS - 12 GA, 2 3/4", 1-1/8 OZ, 8 SHOT, 1200 FPS, 25/BX	\$9.95/box
	TOP GUN SHOTSHELLS - 12 GA, 2-3/4", 1 OZ, 7.5 SHOT, 1300 FPS, 25/BX	\$9.95/box
	REMINGTON GUN CLUB - 12GA, 2 3/4", 1-1/8 OZ, 8 SHOT, 1200 ft/sec, 25/BX	\$9.95/box
	RIO STAR TEAM TRAINING LIGHT - 12 GAUGE, 2-3/4", 1 OZ, 7.5 SHOT, 1200 FPS, 25/BX	\$9.95/box
	RIO GAME LOADS - 28 GA, 2-3/4" 1 OZ, 7.5 SHOT, 1200 FPS, 25/BX	\$14.95/box

22lr CCI Mini Mag 100 round box	\$9.95	25 Auto – Fiocchi 50gr 50 round box	\$29.95
30 Luger Fiocchi 93gr, 50 round box	\$44.95	32 Auto - Winchester 71gr, 50/box-	\$29.95
357 Magnum - Win Super-X, 50/box	\$29.95	38 S&W - Winchester 145gr 50/box	\$39.95
38 Special - Winchester 158gr 50/box	\$29.95	9mm -Fiocchi 115gr 50 round box	\$15.95
45acp - Sellier & Bellot 230gr 50/box	\$25.95	9mm - Sierra hollow point 20/box	\$14.95
6.5 Creedmoor S&B 140gr, 20/box	\$25.75	308 PPU Rifle Line, 150gr, 20/box	\$22.25
30-06 PPU Rifle Line, 150gr, 20/box	\$24.95	5.56 Frontier FMJ 55gr, 20/box	\$11.95
7.62 x 39 South African 123gr, 25/bx	\$18.95	30 Carbine Amer Eagle 110gr 50/bx	\$34.95
7MM Mauser Remington 140gr 20/bx	\$29.95	45-70 Govt Remington 405gr 20/bx	\$39.95
7.65 Arg Mauser Norma 150gr 20/box	\$29.95	45 Long Colt Winchester 250gr 50rnd	\$34.99

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**Lemon Grove Rod & Gun Club
Mission Statement**

The object of this organization shall be the encouragement of organized rifle, shotgun and pistol shooting with a view toward a better knowledge of the safe handling and proper care of firearms, as well as improved marksmanship. It shall be our further objective and purpose to forward the development of those characteristics of honesty, good fellowship, self-discipline, team play and self-reliance which are essentials of good sportsmanship and the foundation of true patriotism. To foster the maintenance, development, restoration and wise use of all wildlife and other natural resources through education of the people and support of appropriate legislation.

Parkway Real Estate

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Jerry Shiller

EAST COUNTY COMMUNITY FOUNDATION
A 501 c (3) foundation formed to benefit
East San Diego County Sportsmen
For information or to donate,
Contact gshiller47@cox.net

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**All items offered for sale must be sold in
accordance with federal, state and local laws.**

Advertising
¼ - \$35 per year for non-members or commercial ads. The year will run concurrently with the membership fiscal year.
Personal ads are free for members and will run for only one month unless additional months are requested.

Possible Club by Law Change

Jerry Shiller

The Board of Directors is recommending the creation of two new membership classes. This will require changes to the Club By-Laws as that document is where membership classes are defined. By-Laws changes must be approved by a majority of the members of the Club present at a General Members meeting. The Board is required to give members at least 30 days' notice when scheduling such a vote. To be in compliance, the vote on the Board proposal included below will occur at the members meeting scheduled for Tuesday December 5, 2023, 6:30 pm in the Dave Reed Training Center trailer.

The proposed new membership classes are shown below with information given regarding the qualifications for each new class. Unless changed at the meeting by the members, the text presented below will become part of the Club By-Laws

DAILY USE MEMBERSHIP – SCHEDULED EVENTS OPEN TO THE PUBLIC

Includes use of one or more of the Club's ranges for one calendar day

Does not include voting privileges.

Not eligible to run for elected office.

Not eligible for 10%-er or other Club awards

Non-monetary assessment not required.

NRA membership not required.

May not sign-up for RSO shifts

Not eligible to be a Shootmaster

Not eligible to use the Club campground.

Not eligible to bring a guest onto Club property.

Payment must be made the day of range use; no prepayments allowed.

FAMILY MEMBERSHIP

Includes two related Adults (age 18 or older), plus up to 5 children under the age of 18

One Adult must be eligible to be a Regular, Senior, Gold, or Military member and satisfy all of the membership requirements current at the time of joining

For renewal of Family Membership, the eligible Adult must continue to satisfy all of the then current membership requirements to be a Regular, Senior, Gold, or Military member.

One vote per Family Membership on items brought before the general membership, including election of officers, By-Laws changes, or other matters that may require voting.

Members of a family unit are eligible individually to earn Club awards if they meet the award qualifications.

No more than one family member may concurrently hold an elected or appointed Club office.

The Board is recommending the creation of a Family Membership class as a means to encourage entire families to become Club members without the separate paperwork and fees currently required for Junior or Social members. This

is in keeping with the Club's goal of having more members of the community interested and participating in the shooting sports. Social and Junior membership classes will still exist if this proposal is approved. Approval of this proposal will not preclude multiple Adults from the same household having separate Regular, Senior, Gold, or Military memberships.

The Board is recommending creation of a Daily Membership class to improve tracking of income for the Club. If this membership class is approved, the current gate fee will be replaced by the Daily Member fee. The current policy for Members bringing guests to the Club will be unchanged.

All questions will be answered at the meeting on December 5. That way all members interested in voting will have access to the same information. If you are unable to attend the December meeting, you may register a proxy vote with me prior to the start of the meeting.

I hope many members will attend the meeting to participate in the work of the Club. Whether the Board proposal is approved or not will depend on how the majority of members who are present at the meeting in December vote.

Club Dumpsters

Cardboard goes in the recycling dumpster near the building on the lower trap range. Please DO NOT put it in the trash dumpsters.

Cash Turn-In

The Secretary and Treasurer ask that cash being turned in either be consolidated to the fewest number of bills or, turn in a check.

For example, instead of turning in 20 one dollar bills, convert it to a single twenty dollar bill.

OPEN SHOTGUN

Open shotgun please note: You still need to sign range inspection, and everyone needs to sign. Nonmembers need a waiver. Forms in 4 drawer file cabinet at the back of the sign in shack. Put the completed form in the file on the wall above the file cabinets.

Situation at the Range?

Contact a board member if there are any situations that effect range operations. For example, a recent homicide investigation resulted in Sycuan Truck Trail being closed so there was no access to the range.

Other board members will be notified and action taken to notify members by mass email, web site notice or other methods as the situation dictates.

3D ARCHERY

28 Target 3-D archery shoot will be every second Sunday of the month. Shooters can start anytime between sunup and 8:45 AM. Sign up is in the upper sign and shack. Members \$5 active-duty military \$10 guests \$15. All guests must have a current year waiver on file to shoot the course. These are available at the sign-up shack. Contact Louie (619)933-4835 with any questions.

VOLUNTEER OPPORTUNITIES

Between now and the end of 2023, there will be several opportunities for volunteers to help the Club with various shooting activities. Specific volunteer requests will be forthcoming. In order, they are:

11/12 Sunday – NRA Family Shooting Sports Camp/Club Open House; all ranges open 4-5 mentors needed on each one plus 2 for pellet rifle; also needed are sign-in help (2-3), parking guide (1-2), safety brief (1-2). The Club will provide lunch for members.

11/11 Saturday (out of order, but not a Club event) – Mataguay Scout Ranch will be having their Fall Shooting Sports Day. This is the first time in 4 years to hold this event. Basically, this is their open house with up to 200 youth participants expected. It takes 20-25 volunteers to run this event, but due to the pandemic, their Shooting Sports volunteers are less than half that. Mentors needed for .22 rifle, center fire rifle, pistol, shotgun, archery, and black powder. Contact Jerry Shiller for more information.

BLACK POWDER

Jerry Shiller

We shot playing cards at 25 yards, a shoot-no shoot duck at 50 yards, and turkey at 100 yards. Next match is Sunday November 19. Let me know if you want to compete or try black powder for the first time so I can bring enough materials for you to shoot with us.

Plumber Needed

Craig Knox (619)322-0183)

We need a Plumber for the installation of toilets and sinks. Please contact Craig Knox if you are able to assist. We are at a standstill until someone helps and steps up to the plate. This will benefit all members of the club and their guests.

No Smoking Areas

Smoking IS NOT allowed on the range or in any building with the exception of the picnic area and the area around the utility building.

Youth Trap

Rick Gilman 619-204-8014

lgrgcyouthtrap@gmail.com

For those of you who may not know, especially new members, the Lemon Grove Rod and Gun Club has a program designed specifically to introduce youth shooters, ages 10 through 17, to the shotgun shooting sport of Trap.

The shoot is open to the public and because the shooters are minors, parents/legal guardians must attend with their youth.

For a flat fee of \$15 per youth (10-17 years old), this event provides 2 rounds of regular trap and one round of doubles.

Emphasis is on safety and proper gun handling.

12- & 20-gauge ammo provided by a NRA Foundation grant.

Shotguns will be provided (if needed)

Shoots are scheduled on the 2nd and 4th Saturday of each month

Registration is 11:30-12:00, Safety briefing is 12:00-12:30, Shooting starts at 12:30 until done (before 4:00pm).

First time shooters will have 1 on 1 coaching on the lower trap field and experienced shooters will shoot on the upper trap field.

The shoot is open to the public and because the shooters are minors, parents/legal guardians must attend with their youth.

Scores count toward NRA marksmanship awards - patches and medals will be awarded when earned.

Please contact the shootmaster for any additional information or to volunteer.

We Appreciate Our Volunteers at LGRGC

The 2023 appreciation gifts have arrived for our terrific top 10% volunteers. It's a classy navy vest with the club logo pictured below. We think you will like it. Please pick yours up at the next board or general meeting.... or see Jim Williams next time you visit LGRGC.

Why is it often said that 10% of members do 90% of the work?

Some folks just try to get by while others jump in and help make an organization run! Why not join us and help if you are interested. Volunteer appreciation gifts are just our way of expressing our gratitude for your time and talents. If you see someone at the range in their 10%er gear - please take a moment to thank them.

If you are interested in helping at LGRGC for a special event, training, admin, workshop, or civic event watch our newsletter or contact Pres., Jerry Shiller or watch this newsletter for opportunities.

Volunteers Needed!





HOLIDAY SALE!

It is time to start shopping for gifts!

Lemon Grove Logo Merchandise Makes Great Gifts!

Hats, Shirts, Jackets, License
Plate Frames,
Bottle Openers, Tote Bags,
Hoodies & more!

All in a variety of colors,
styles and sizes.



Whether you're shooting with your friends at the club, an outdoor enthusiast, or simply want to represent LGRGC in a classy way...we have you covered! We have built our online store for club merchandise and hope you will shop for holiday gifts. Thank you!

Check it out today at:

<https://www.zazzle.com/store/lemongrovegear>
(Link in our newsletter too)



Jim Kasten

Perpetual Memorial Cup

You're invited to attend our club annual Jim Kasten Memorial Cup Match. The Jim Kasten Memorial Cup is a Sporting Clays Match consisting of Four yearly matches, 100 clays per match. Cost \$ 40. Per match. Awards eligibility, Jim Kasten Cup will only be awarded to Lemon Grove Shooting club members of good standing highest scorer will be declared match winner. Participants must attend all four yearly matches to be eligible for the awards. Awards will be awarded at the end of the fourth match.

Dates

10 December

Starting Times

7:00 AM - Match Registration

7:00 AM - Safety Briefing

8:00 AM - Match Shoot Begins

Bring Grievances, safety issues to the attention of the shootmaster or his/ her staff may be addressed at end of each match Shoot Master

Mr. Frank Valdez, Shoot Master - valdezfra@gmail.com - cell: 619-250-4734

WELCOME NEW LGRGC CLUB MEMBERS

By Susan Vandendriesse

avandendri@aol.com

We are adding a section to this newsletter and will be interviewing some of our newest members each month so other members at large can get to know them and make them feel welcome. If you know a new member and would like to highlight them let me know.

Please be assured all information will stay in our members-only newsletter.

We hope all our members take advantage of serving on volunteer projects and committees, and will feel free to network with members at the club if there are any questions or suggestions.

Online Store

Whether you're shooting with your friends at the club, an outdoor enthusiast, or simply want to represent LGRGC in a classy way...we have you covered! We have built our online store for club merchandise, and we can't wait for you to shop! Check it out today. Thank you!

Go to:

<https://www.zazzle.com/store/lemongroovegear>

Check it out today!

RSO Safety Corner

Just a reminder for everyone about the firearms safety rules:

ALWAYS KEEP THE MUZZLE POINTED IN A SAFE DIRECTION-IF THERE ARE PEOPLE DOWN RANGE IT IS NOT A SAFE DIRECTION

ALWAYS KEEP YOUR FINGER OFF THE TRIGGER UNTIL YOU ARE READY TO SHOOT-YOU SHOULD NOT BE READY TO SHOOT IF THERE ARE PEOPLE DOWNRANGE

ALWAYS KEEP THE GUN UNLOADED UNTIL READY TO USE-YOU SHOULD NOT BE READY TO USE YOUR GUN IF THERE ARE PEOPLE DOWNRANGE.

Training Corner

Dave Reed

619-757-9407

Defensive Handgun Clinic - 2nd and 4th Friday of every month

Come join us for an instructor-driven clinic to develop good defensive handgun skills and be challenged by ever-changing defensive scenarios. Members and member-accompanied guests 11 years and older are welcome to attend to learn defensive handgun fundamentals. Minors 11-15 must be always accompanied by a non-shooting adult while on the range unless approved by Shootmaster. We will have available instruction on handgun safety, defensive handgun practice, drawing from the holster, and rapid target engagement at distances from close contact to 45 feet.

If you feel intimidated, please join us on the 2nd Friday of the month session where in one night you will become a confident shooter! For first-time shooters or those who have never had formal handgun training, this class teaches you the basics of grip, stance, sight alignment and trigger control.

The second clinic of the month is held on the 4th Friday of the month. For those who have taken the Beginner Handgun class and have been approved by the Shootmaster, this clinic is designed to hone your skills to become a proficient, confident shooter. The class is limited only by the skills of who shows up, and can involve shooting while moving, multiple target acquisition, one-handed malfunction clearances and low-light shooting. No beginners allowed.

The Frontsight training methods will be used to guide you comfortably and safely through your training. If you have ever heard of Frontsight training in Nevada but could not afford to go, this clinic will help you get prepared for this great training.

Stan Luhr, an NRA RSO, pistol instructor, and 3-time Frontsight Distinguished graduate is your Shootmaster. The course is free for members and \$10 for guests. Advanced registration is required as there will be a limited number of openings for each clinic. If you are a Frontsight graduate and want to help, please join us. Contact Stan at ("sluhr@ppcexpert.com") to sign up now!

CCW SKILLS CHECK CLINIC - 3rd Sunday of every month

This clinic uses practical "real-life" scenario-based stages, and drill-oriented EDC skill building, in escalating degree difficulty "Modules", thematically built upon the AVOID EVADE DEFEND concepts of smart EDC.

Pre-registration is REQUIRED due to the scenario and drill staging set-ups and associated materials required for participants in the clinics. THESE CLINICS ARE LIMITED TO THE FIRST 17 REGISTRANTS. The Shoot Master for CCW Skills Check Clinic; Blake Beckcom, is reachable via email a blknatr@yahoo.

com and by phone at 619 806 1827 to register. Be sure to look for this clinic and future clinics on the Team Up Calendar.

Requirements: Pre-registration with the clinic Shoot Master is required. A current CA, valid CCW license, must be presented to attend CCW SCC. The firearm used must be on the license. Firearm and license check are mandatory, prestart to participate. An appropriate sturdy gun belt with IWB holster, preferably Kydex and two magazines will be needed. All draw work is from "on body" concealed.

Cost per event per member \$5 to cover paper, or USPSA targets; paint when steel targets are utilized, tape, and participant clipboards with pencils/pens for your record keeping. Non-member guests, including prospects, not allowed. Not open to the public. CCW SCC is once a month on Sunday afternoon, 2pm to 6pm, such that we are done/clean/stored and off range before 6pm.

ALL PARTICIPANTS MUST BE IN THE PIT AT 1:45. SAFETY BRIEF IS AT 2PM. IF YOU ARE LATE, YOU WILL NOT BE ALLOWED TO PARTICIPATE.

New participant orientation, firearm and license check begins at 1:45pm SHARP to align safety protocols and assess dry fire draw skill and safe gun handling skill from concealed, culminating in an abbreviated basic marksmanship live fire from conceal. If a club member is new to CCW SCC and shows up late missing or cutting the orientation/safety check initial time, that club member will not be able to participate. The course of fire for all participants, both new and returning, will generally be from 2:15 pm to 6pm, such that we are done/clean/stored, and off range before 6pm. Round count variable. Estimate one hundred plus per event.

Methodology: Use of standards will be employed, with records and scores that are participant kept, enabling recognizable, provable data-based improvement over time. Repeatable standards such as the Wizard Drill; Wilson 5x5, Active Self Protection 10 Round Skill Check, Baseline Skill Assessment, El Presidente, The Dicken Deck, and the FBI Pistol Qualification Course and others, will be employed throughout a given year.

Each monthly CCW SCC Module will be preprogrammed similarly, yet differently in advance, with varying practical real life CCW scenarios, employing active use of "verbal commands" aimed at would be threats, maximizing heart rate response. A "standards" drill component, within each clinic module will be executed.

Movement and shot timers will be employed. Paper alone, steel alone or combinations thereof will be used at varying distances, utilizing the Pistol Pit to its fullest.

As a CCW EDC, you know you need to train like this,
.....but do you?

Intro To Red Dot

April 3, 2024 - 9 AM to 6 PM \$155-170 (Discount for signing up for both classes)

To register: CALIFORNIA: Intro to the Red Dot with Brian Hill Tickets, Fri, May 3, 2024 at 9:00 AM | Eventbrite

Brian Hill of The Complete Combatant is back to teach a one-day Intro to Red Dot class. He has taught both the one day and the two-day class here and club members have thoroughly enjoyed each and learned a lot. If you are new to red dots, thinking about red dots, or just want to improve your skills this class is for you.

Description can be found here: Intro to Pistol Optics - THE COMPLETE COMBATANT

Inner Game of Shooting

April 4-5, 2024 - 9 AM - 6 PM

To register: CALIFORNIA: Inner Game of Shooting with Brian Hill Tickets, Sat, May 4, 2024 at 9:00 AM | Eventbrite

The Inner Game of Shooting is not an instructor certification course, but we do require your level of shooting to be intermediate

- advanced. It is a 2-day program covering physiological, psychological, and technical aspects of YOUR development. Self-coaching requires a multi-discipline approach applying diagnostic skills, cognitive interviewing, understanding the decisional process, predictive analysis, and adapting to YOUR unique needs. Identifying and understanding YOUR learning style and more importantly, YOUR blind spots.

Performing at our highest level should be the goal of all shooters. Unfortunately, the modern methods of coaching have not been applied to shooting in a cohesive and unified manner which leads to lots of wasted time and effort.

In this class we will explore the three modes of training, technical (accuracy and precision), speed (speed and efficiency), and performance (neuroscience triggers), allowing the athlete to understand the requirements of each aspect of training.

Development of a plan for practice, understanding how to measure and refine for continued improvement, and how to approach qualifiers, classifiers, test, matches, or personal protection.

The mental game is the most important part of high-level performance, consisting of the technical/physical, psychological, and physiological. Understanding how to modulate and capitalize on these states is what will allow the shooter to perform in an accurate, consistent, efficient, and disciplined manner.

Neuroscience has made great strides in recognizing the precursor to high level performance, and these can be performed in the moments allowing the athlete to use all their available skill while making timely decisions which ultimately lead to success.

Shooting is more than a technical methodology, it requires quick processing, predictive decisions, and recognition primed decision making. You can make great progress and perform at your highest level by training appropriately. This is the missing piece, and the most important.

FUTURE TRAINING

Lemon Grove RSO Refresher

I know I am late in putting these on this year due to my travels. I need to put at least 6 of these on close to each other to make sure I reach each RSO. This past weekend Tom Todd coaxed me into getting them set up so I can do them via ZOOM so I don't have to be physically present. Sometime in the next two weeks I will be sending all RSOs a schedule. All 6 classes will be available on Zoom but I will be on club property for some of them if you want to attend in person, I will identify those on the schedule.

SPECIAL EVENT

Tatiana Whitlock will be teaching a class here on February 10th. She is a fantastic trainer and is the National Director of Training for A Girl and A Gun. More specifics on the class will be released as soon as possible. If you are interested, you must be ready to sign up as soon as the information is released. She travels across the nation teaching classes and this is her only one west of Colorado, there will be a lot of interest from non-members so do not delay registering for the class.

For more information about Tatiana: <https://tatianawhitlock.com/>
This class is for everyone, not just women.

Classes we are working on setting up:

Rob and Matt Haught from SYMTAC Consulting will be coming next year for a defensive shotgun class, still working on confirming dates.

CPR/First Aid with AED

Basic Pistol and Basic Pistol Instructor

Shotgun training (Trap and/or Sporting Clays oriented)

Shoot straight and stay safe,