The Front Sight

Published by the Lemon Grove Rod and Gun Club

Established Circa 1950

January 2024

Incorporated April 1956

President's MessageJerry Shiller, President

President@lemongrovegunclub.com

The calendar year is coming to an end. We've passed the Winter Solstice, the daylight hours are gradually getting longer, but it's winter now. Let's hope we get some rain (during the night so we can shoot during the day). We have ranges to use, and friends to shoot with. Let's continue to make Lemon Grove Rod & Dub the best range in town. Stay safe, shoot straight, and keep the Club growing. Happy New Year

BLACK POWDER

Jerry Shiller

The December Black Powder match was a pistol match with a playing card at 10 yds, a 6-inch metal gong at 25 yds, and a metal pig at 50 yds. We had three shooters, one of whom didn't get the memo about the pistols. As a result, Travis Bille shot a perfect match with his rifle. When asked to shoot the club in the middle of the ace, he hit it squarely in the middle. The January 21, 2024, the match will be a rifle match. Let Jerry Shiller know if you ant to try shooting black powder so he can bring some extra supplies for you to shoot.

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.

Summary December 19, 2023 Board of Directors Meeting

The Board approved two new

members into the Club. The Board approved a schedule of monthly weekend open range shoots for members only. Some of the dates are Saturdays, some are Sundays. The calendar will be updated soon to reflect the dates that are reserved for members. Note to RSOs - RSOs will be needed on these weekend dates. If you are an RSO and able to support the ranges on weekends only, this is an opportunity for you to participate. The Board voted to sell the extra, used Beomat trap machine to South Bay Rod & South Bay Rod trap machine failed. The Board approved fees for the recently approved Family and Daily Use Membership classes. The annual fee for a family unit consisting of Regular Member plus Spouse plus up to 5 youth under the age of 18 will be \$190. The Daily Use fee for non-members that participate in events will be \$20/day. This will replace the current Gate Fee. The Board voted to rescind its recommendation for construction of a new, fixed restroom building. For this reason, the members' vote on January 2, 2024, has been cancelled. Due to continuing rising costs, plus on-going maintenance requirements, the Board voted to raise Club dues for fiscal year 2024-2025 which starts May 1, 2024 (including Renewal Period February -April). New fees will be:

- Regular Membership \$ 150.00
- Military Membership \$ 75.00
- Senior Membership \$ 100.00
- Gold Membership \$ 60.00
- Social Membership \$ 50.00
- Junior Membership \$ 20.00
- Inactive Membership \$ 40.00
- Family Membership \$ 190.00
- Life Membership (Regular) \$2,250.00
- Life Membership (Senior) \$1,500.00
- Life Membership (Gold Unchanged) \$ 250.00
- NMA Buyout (Unchanged) \$ 150.00
- Daily Use (Public Events only) \$ 20.00



GUN ROOM MUNITIONS

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

	lte	m Name/[Description	Price
PRINCIPAL D	TOP GUN TARGET SHOTSHELLS - 12 GA, 2 3/4", 1-1/8 OZ, 8 SHOT, 1200 FPS, 25/BX			\$9.95/box
PEDERAL SI	TOP GUN SHOTSHELLS - 12 GA, 2-3/4", 1 OZ, 7.5 SHOT, 1300 FPS, 25/BX			\$9.95/box
25 0	REMINGTON GUN CLUB - 12GA, 2 3/4", 1-1/8 OZ, 8 SHOT, 1200 ft/sec, 25/BX			\$9.95/box
to the fire of the Transfer of Transfer of the	RIO STAR TEAM TRAINING LIGHT - 12 GAUGE, 2-3/4", 1 OZ, 7.5 SHOT, 1200 FPS, 25/BX			\$9.95/box
RIO GAME LO 1 OZ, 7.5 SHO			•	\$14.95/box
22Ir CCI Mini Mag 1 30 Luger Fiocchi 93g 357 Magnum- Win S 38 Special- Winches 45acp- Sellier & Bell 6.5 Creedmoor S&B 30-06 PPU Rifle Line 7.62 x 39 South Afric 7MM Mauser Remin 7.65 Arg Mauser No	gr, 50 round box Super-X, 50/box ster 158gr 50/box ot 230gr 50/box 140gr, 20/box e, 150gr, 20/box can 123gr, 25/bx		25 Auto – Fiocchi 50gr 50 32 Auto- Winchester 71g 38 S&W- Winchester 145 9mm -Fiocchi 115gr 50 ro 9mm- Sierra hollow point 308 PPU Rifle Line, 150gr 5.56 Frontier FMJ 55gr, 2 30 Carbine Amer Eagle 1: 45-70 Govt Remington 40 45 Long Colt Winchester	r, 50/box- \$29.95 fgr 50/box \$39.95 bund box \$15.95 t 20/box \$14.95 r, 20/box \$22.25 0/box \$11.95 10gr 50/bx \$34.95 05gr 20/bx \$39.95

Ammo Sales by appointment only. Call/text/email for scheduling

^{**}ALL CALIBERS AND SPECIAL ORDERS AVAILABLE- CALL FOR PRICING**



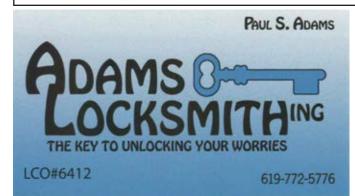
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5995 Mission Gorge Road Suite C San Diego, CA 92120

Dallas Martensen

Proprietor 619.564.6965

dallas@sandiegoguns.com www.sandiegoguns.com





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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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THINKING ABOUT SELLING YOUR HOME OR VACANT LAND?





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LGRGC Member and Alpine resident WWW.CENSOREDTACTICAL.com

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

Advertising

1/4 - \$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.

Training Corner Dave Reed 619-757-9407

Members,

Thanks to you and the RSOs who work the ranges, and the Shootmasters who plan and run our events, their work, and your support in following the rules has helped keep all of us safe on the range. Thank you and keep up the good work!

Please read the SOPs and make sure you know and understand the rules so you can follow them.

A REMINDER TO ALL CLUB MEMBERS - NOBODY IS ALLOWED TO SHOOT WITHOUT AN RSO PRESENT AND THE RANGE TIME SCHEDULED ON THE CLUB CALENDAR A MINIMUM OF 24 HOURS IN ADVANCE. THIS MEANS THAT RSO'S CANNOT JUST SHOW UP AND SHOOT. ANYONE CAUGHT VIOLATING THIS WILL LOSE THEIR RSO PRIVILEGES AND WILL NEED TO SPEAK TO THE BOARD TO DETERMINE ANY FOLLOW-ON ACTIONS FOR VIOLATING THE RULES LISTED IN THE SOP.

Firearms Safety Rules that must be always followed:

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

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.

UPCOMING TRAINING AT LEMON GROVE ROD AND GUN CLUB

We have a ton of great training coming up, both with club members leading it and with national level instructors coming to our range. There is no better way to get some of the best training in the nation from some outstanding instructors. Seats in these classes are limited if you want to attend sign up now. Club members have priority for a limited time, after that they are open to the public, so don't delay or you risk not getting in.

If you have any questions about any of the upcoming training, feel free to email me at davereed 2010@gmail.com

Here is our current training schedule:

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 will use practical "real-life" scenario-based stages, and drill-oriented EDC skill building modules, thematically built upon the **AVOID EVADE DEFEND** concepts of smart EDC.

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 concealed Appendix Inside Waist Band. No other carry positions are allowed. Round count variable. Estimate one hundred plus per event.

Cost per event per member \$15. Non-member guests, including prospects, not allowed. Not open to the public.

New participant orientation, firearm and license check begins at 12:30 pm 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 concealed. You must pass the Basic Standard timed draw to first shot at 3 yards, USPCA A Zone hit, in less than 2.25 seconds to qualify for the Clinic. The remaining time of the first hour will be to set the range for that specific clinics course(s) of fire, for the Module. Prior club member participants begin the clinic thereafter, with a Safety Brief at 1:45 pm.

If you are late for the New Participant Orientation or to the 1:45 Safety Brief or arrive without being pre-registered for the Clinic you will be unable to participate.

Each monthly **CCW SCC Module** will be preprogrammed similarly, yet differently in advance, with varying practical real life CCW scenarios and drills. Pre-registration is REQUIRED due to the scenario and drill staging set-ups and associated materials required for participants in the clinics. The Shoot Master for CCW Skills Check Clinic; Blake Beckcom, is reachable by phone at 619 806 1827.

Handgun Accuracy - Tatiana Whitlock - Feb 10, 2024 - 8:30 AM to 5:30 PM

Hone your pistol accuracy skills and take your marksmanship to a higher level in this 8-hour course. This class aims to develop the core physical, visual, and mental skills that produce consistent accuracy on target. Marksmanship skill builder drills and exercises raise the group's performance, and one-on-one instruction with Tatiana fine-tunes each student's skills. It is a fun and challenging program for shooters of all skill levels!

EXPERIENCE LEVEL: Students should have taken an introductory handgun class within the past year and have a solid grasp of range etiquette, basic gun handling, and safety skills.

DURATION: 8-Hours COURSE FEE: \$275

To sign up 2/10/24 – Handgun Accuracy – Tatiana Whitlock

Take a Seat - Tatiana Whitlock - Feb 11, 2024 - 9 AM to 12:30 PM

We spend a great deal of time sitting down at home, at work, in the car, in restaurants, and in classrooms. How often have you worked shooting from concealment or simply drawing from a holster while seated? What happens if you're in a booth, on a bench seat, on a roller chair, in metal folding chair, or seated in a car? Emphasis is placed on individual skill building as well as essential communication techniques, partner skills, movement, and after-action processing. Train in the context of your life for the fight of your life!

EXPERIENCE LEVEL: Students should have at least taken a basic handgun class within the past year and have a solid grasp of range etiquette and gun handling, holster and safety skills. DURATION: 3.5-Hours COURSE FEE: \$150

To sign up -2/11/24 – Take a Seat Workshop – Tatiana Whitlock Yoga With Guns - Tatiana Whitlock - Feb 11, 2024 1:30 PM to 5 PM

Yoga with Guns, also known as \$#!t Happens is a 3-hour workshop dedicated to the worst case scenario – shooting from the ground. Whether we find ourselves fighting from the ground because we were pushed, or just have two left feet, learning how to manage yourself and your firearm safely from grounded positions is an important skill set to develop. Are you prepared to work through the awkward but highly likely non- standing (non-standard) positions you could probably find yourself in if a confrontation doesn't go to plan and gravity wins? This session will have you on the ground, working two-handed, dominant and support hand only while adapting to what your body and vision need to be successful and safe. Learn techniques to overcome personal injuries and physical limitations to safely fight your way back to your feet. Being prepared means being ready to take control of the situation and respond appropriately when \$#!t happens!

EXPERIENCE LEVEL: Students should have at least taken a basic handgun class within the past year and have a solid grasp of range etiquette and gun handling, holster and safety skills.

DURATION: 3.5-Hours COURSE FEE: \$150

To sign up - 2/11/24 - Yoga with Guns - Tatiana Whitlock

Intro To Red Dot - Brian Hill - The Complete Combatant

May 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 oneday 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 if for you.

Description can be found here: <u>Intro to Pistol Optics - THE COMPLETE COMBATANT</u>

Inner Game of Shooting - Brian Hill - The Complete Combatant

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

To register: <u>CALIFORNIA: Inner Game of Shooting with</u> 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 a 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.

Symtac Consulting 2-Day Tactical Shotgun Skills Class - May 11-12, 2023 - Alpine, CA.

This course primarily focuses on the Push/Pull method of recoil control. Using Rob's unique method of recoil management, the student will be able to reduce felt recoil by nearly 50% and be able to fire follow-up shots with a 12 gauge shotgun as fast as most shooters can fire their pistols. The student will also be introduced to the shotgun CQB technique, which effectively shortens the weapon by 33%, making it effective even in extremely tight quarters. Other topics include: marksmanship fundamentals, patterning zones, ammunition selection, tactical manipulation, equipment selection, low light considerations, malfunction clearances, pistol transitions, pivots/turns, and shooting on the move.

Instructors: Rob & Matt Haught

Dates: Sat/Sun, May 11-12 2024 8:30am-5:00pm

Location: Lemon Grove Rod & Gun Club

Tuition: \$475.00 (Plus \$20/day range fee, payable on-site)

To sign up - Symtac Consulting's Shotgun Skills with Rob Haught - Alpine, CA Tickets, Sat, May 11, 2024 at 8:30 AM | Eventbriteþÿÿÿ

Modern Samurai Project Red Dot Pistol Fundamentals and Performance Instructor Class 2-Day - February 1-2, 2025 More information to follow

Are you interested in either a Glock or a SIG armorer course being hosted at the club? If so let me know and we will work on setting it up.

What other courses are you interested in? Let us know and we will do our best to make it happen.

Shoot straight and stay safe,

HAPPY NEW YEAR!

Need Warm LGRGC Gear for the Season?

Lemon Grove Logo Merchandise Store

Hats Sweat Shirts, Jackets,

and more!

All in a variety of colors, styles and sizes.



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/lemongrovegear Check it out today! Link in our newsletter too.



Lemon Grove Rod and Gun Club

| Alpine, CA |

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.

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.

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 \$ 45. 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 March

09 June

08 September

08 December

Starting Times

7:00 AM - Match Registration

8:15 AM - Safety Briefing

9:00 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: $619\hbox{-}250\hbox{-}4734$

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.

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 2^{nd} and 4^{th} 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.



Content Needed

Please send articles to Phyllis Hansen thehansensfour@yahoo.com

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.

ATV Usage on the Range

ATV's must be used in a responsible manner on the range. The intent of allowing them on the range is to enable access for those with physical limitations.

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.

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.

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.

Range Phone

The range phone is for business or emergencies only! Because of the type of service, the club has to pay a toll for some calls that would normally be free on your home phone.

If you need to make a personal call, use your cell or borrow one.