

KINETIC ENERGY

NEWSLETTER

LINCOLN RIFLE CLUB FOUNDATION

JULY/AUGUST 2025 EDITION



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To contact the office, please call

(916) 434-0308

Or email us at

admin@lincolnrifleclub.com

Office hours are

Monday-Friday 9am-3pm

ANNOUNCEMENTS

- HAPPY INDEPENDENCE DAY! The Dillman Range will be open from 8am to 5pm on July 4th.
- Effective as of **June 1st**, public range fees have increased. These fee increases will NOT affect membership dues. For more information, please see page 2.
- The 5 Days of Summer Sale was a great success! The Club sold over \$3,570 in Range Passes. Due to popular demand, the sale price of range passes will continue to be \$10 during our summer and winter sales. Thank you all for your continued support of the LRCF and keep an eye out for our 5 Days of Christmas Sale in December!
- The Headquarters office will be closed from Thursday July 3rd—July 7th for fumigation and maintenance, if you need assistance during this time, please email us at admin@lincolnrifleclub.com.
- Annie Get Your Gun is coming up soon, keep an eye on your email for the sign up announcement coming at the beginning of August.

NEW PUBLIC RANGE FEES FOR THE DILLMAN RANGE

As of **June 1st, 2025**, public range fees have increased at the Dillman Range. These changes are a result of assessments made by the LRCF Long Range Planning Committee, as agreed upon by the Board of Directors and voted in favor by the club body at the LRCF Annual Business Meeting. They have been implemented to ensure the longevity of LRCF facilities.

New Range Fees

Standard Range Fee: **\$26 (\$25 CASH)**

Club Member Spouses,
Veterans & Active LEO: **\$16 (\$15 CASH)**

Active Duty Military, Active LPD,
and shooters under 15: **FREE**

**THESE FEE INCREASES WILL NOT AFFECT
LRCF MEMBERSHIP DUES.**

UNDERSTANDING BASIC FIRST AID REQUIREMENTS FOR THE SPORT OF SHOOTING

Jason Turner, member #241

I had a recent trip to the range this last week (since it was Spring break) and it was nice to just get out and shoot a bit and enjoy the change of weather. On this particular excursion, I was asked about the pistol I was shooting, the latest gear, and what others carry in their shooting bag. One of the more interesting topics that arose was the “first aid kit” that I carry in my shooting bag. I was asked why I carry one and why I just don’t carry a simple tourniquet which is common within our sport. After some reflection on the conversation I had, it helped me understand how the importance of first aid is often overlooked and the conventional thinking is to simply buy a tourniquet which be used if needed. The purpose of this article is to address the topic of emergency medicine on the range and through this article, I hope to elevate the conversation in order to allow for the development of wisdom relative to first aid. The need for first aid supplies in the shooting sports is an important topic to tackle and it seems there is no shortage of individuals who are willing to give their own opinion about gear and what is needed. I thought for a change of pace I would “chime in” on this subject with a small degree of variation. The intention of this article on “first aid” is to provide a basic list of what needs to be carried, and why I have chosen the gear that I did.

1. The first piece of gear is the tourniquet. Yes, it will be the one piece of gear that all of us should carry, while praying that it should never be used. They should be brightly colored instead of just black as the bright color draws attention to it even after it is placed. The idea is by having it brightly colored everyone (including hospital staff) can see it and understand that an unconscious individual is having an issue relative to blood loss. Yes, the purpose of the device itself is to reduce the flow of blood, but the color of the device helps communication for an individual who can’t communicate.



2. The next piece of gear is the “pressure dressing”. A simple way to describe what a pressure dressing is a rather large piece of gauze that is secured to a long and narrow piece of cloth. The pressure dressing is a small but very handy piece of first aid gear that is used to stop blood flow. Not all gunshots will result in large blood vessels that are leaking out a large volume of blood, so by default the use of a tourniquet might be a bit more than what is actually needed.

The pressure dressing is used by taking the gauze in the middle and placing it directly on top of the wound and the long strip of cloth is used to wrap on top of the gauze and pull directly down onto the wound to exert force to reduce blood flow. It is supposed to mimic the action of a person placing direct pressure on a wound. It is very helpful for large wounds in fleshy areas of the body such as arms and legs. Another feature about the pressure dressing that how they can be used by stacking them into each other with the progression of time, or as the bleeding continues.

3. One of the most difficult wounds to manage in an emergency situation is a “cratering” wound, or a large wound with a large piece of tissue that has been removed or a crater that has been produced from a traumatic event. **The piece of gear I carry**

is the “ABD” pad for this type of injury.

The ABD pad folds out like a “dinner napkin” and can be used to directly pack into a large wound in order to stop the flow of blood or further contamination of a wound. They come directly to you from online sources like ebay, and are sterile and come in single packages. You can layer them and used them for most any application as they are both of a substantial size and flexible in their uses.

4. Sometimes a bit of tape is needed to “make magic happen” or, hold a dressing together.

I use a tape known as “vet wrap”. It goes by a few other names in the medical community however, it is great stuff. It is easy to cut, shape, and it sticks to itself very well. Yet, it does not stick to skin well and can be used on animals (yes, the kind with two or four legs). I carry a full roll of this stuff in my shooting bag I have made all sorts of dressings with it. I can use it on me, I can use it on others, and I can use it on the cat if need be.



5. In an emergency, sometimes things need to be written down. **In my kit I carry a small notepad and a sharp marker**

the patient. When an emergency happens, our body is designed to send more blood to our muscles in order for us to fight or run away from a dangerous situation (this is called our fight or flight system). During times of an emergency, it can be difficult to manage small details such as names or numbers. Being able to simply write down small fact like the time did an incident occurred, or time was the tourniquet applied can help answer questions later if need be.

6. One of the more common places to find gunshot wounds in humans is within the torso region. The police, military, and individuals with CCW permits are training to shoot center mass. The only issue is that gunshot wounds to the chest that leak out both air and blood are impossible to manage with just basic band aids. **A simple piece of gear to buy is called “chest seal” which is the one piece of gear that is designed for this sole purpose.** It is like a big

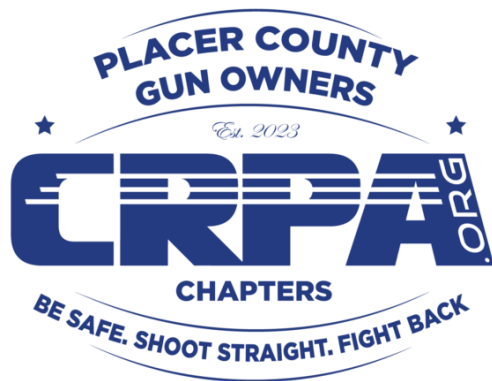


piece of thin rubber of very flexible plastic that is just placed directly over to hole in a chest cavity to help maintain lung function in case of deep wounds that involve the lungs. It does not stop further injury, but it helps reduce the severity of a pneumothorax and buys “time” so that proper medical attention can be given and improved the survival rate of gunshot wounds to the chest that involve the respiratory system. Much like the tourniquet, it is a piece of your first aid kit that you don’t ever want to use, but if you need it, you will forever be grateful that you had it with you.

7. Last but not least, the simple “band-aid”. It is a humble piece of equipment, but if you need one, they are handy for small wounds. Buy and carry the ones with cloth adhesive strips opposed to the standard plastic ones. They seem to be a bit more effective at staying on and they seem to be more rugged. Carry ones that are one or two inches in size as they are the more effective at being wrapped around fingers and areas of the hand where it is common to have injuries.



Jason Turner, *CAP Match Director*



The Placer County Chapter of CRPA meets at the Lincoln Veterans/Legion Hall, 541 5th Street in Lincoln on the 2nd Monday of the month from 6:00pm to 7:30pm. These meetings are open to the public and free of cost.

UPCOMING MEETINGS

JULY

July 14th, 2025 6:00PM

Guest Speakers:

Craig DeLuz

Founder of Uncommon Sense Media Group.

AUGUST

August 11th, 2025 6:00PM

Guest Speakers:

John McGinnis

Retired Sheriff & Talk Show Host

For up to date information on CRPA events near you visit

<https://crpa.org/chapterprogram/calendar/>

CONVENTIONAL PISTOL

Conventional Pistol had another successful winter of shooting. Once again, a first-time female shooter took home “Top Gun” honors in “F” class. Way to go Laura.

Conventional Pistol is a relaxed sixty-five round match. We have husband and wives, father and daughters, father and sons in our mix of experienced and new shooters.

We will begin again in November shooting the second and fourth Wednesdays. Relays start as early as 2:30 and as late as 7:00. Should be easy to fit into your schedule. There will be a free Conventional Pistol class the last Wednesday in October for those who haven't shot the match previously.

This being the seventeenth year I've been working at the indoor range I am looking for an interested party to take over this match. If interested please contact me at scottyo-lin@msn.com.

Scotty Olin

Conventional Pistol Match Director

MULTI GUN DIVISION

Congratulations to the May and June Match winners:

MGD Open:

1st- Scott Fischer, 2nd- Spencer Fowler

MGD Open Senior:

1st- John Guidero, 2nd- Jim Epp

PCC:

1st- Allen Lowe

PCC Senior:

1st- Ken Shelton, 2nd- Dan Pfiefer

MGD Open:

1st- Blair Abdon, 2nd- Scott Fischer

MGD Open Senior:

1st- John Guidero

PCC:

1st- Allen Lowe,

PCC Senior:

1st- Ken Shelton, 2nd- Dan Pfiefer

Clay West, *MGD Match Director*



CIVILIAN MARKSMANSHIP PROGRAM



Our monthly match for May was held on the 17th. At first, the morning looked like we were in for a big rainstorm. It was cold and windy and very cloudy, with very dark, grey clouds toward the South. After a while, all of the grey clouds blew away and the morning became sunny and beautiful with just a cool breeze. Jaime Bagtas decided to try out his new toy which was an AR platform with a 4.5 power scope. This combination entered him into the Unlimited Modern Military category. He shot very well in the first two stages scoring a 99-4X and 97-2X respectively. His offhand score was an 82-1X. His total score of 278-7X earned him a bronze award pin

information. In his experience the factory loaded Swiss Military round has a bullet that comes to a sharper point than the one I was using. By sharing this information I learned that I needed to seat my reloaded ammo's bullet deeper in the case to aid in better chambering during rapid fire stages. The value of comparing notes with other experienced shooters.

In our group of "regulars", we share quite a bit of shooting information about what certain rifles need to be more accurate or to function better. In my case, I was using a Swiss K-31 in the Vintage Foreign Military category. I guess Swiss means it must be precise, like a Swiss watch and the ammo that I reloaded had to have had a precise seating depth for the bullet I was shooting that morning. It happened to be a Hornady SST 150grain, .308 diameter. Another shooter who also owns a K-31 and I shared

Our July match will be held on the 19th and our August match will be on the 16th. If you wish to shoot in a fun match using vintage or modern military type rifles, and also share or learn something about these rifles, come join us on the third Saturday of each month. We take entries at 7:00AM and start our match somewhere around 8AM. Match fee is \$15.

Chuck Riglick
CMP Match Director

NOW HIRING

TENG ARTILLERY VAULT

Firearm Sales Associates

Teng Medical Foundation, P.C.

Lincoln, CA, USA

Employment Type: **Full-Time**

Benefits Offered: **Dental, Life, Medical, Paid Time Off, Retirement, Vision**

Compensation: **\$19 per hour**

Teng Artillery Vault is a brand-new state of the art gun store located in Lincoln CA. This is a full-time on-site role for a Firearm Sales Associate at Teng Artillery Vault, Inc. located in Lincoln, CA. The Firearm Sales Associate will be responsible for sales of firearms, accessories, and ammunition, providing customer service, maintaining inventory levels, and ensuring compliance with all firearms regulations.

- **EDUCATION:** High School Diploma/GED required.
- **EXPERIENCE:** a minimum of 1 year of experience in a firearms retail environment.
- **BACKGROUND:** Successful completion of pre-employment drug screening, physical, and background checks is mandatory.
- **GROOMING AND APPEARANCE:** maintain a neat and professional image at all times.
- **CERTIFICATE:** Due to the sale of ammunition and firearms, incumbent must be at least 21 years old and successfully obtain and maintain eligibility for all the necessary permits.

**APPLY
HERE!**

<https://www.ziprecruiter.com/job/c01a45d9>

RANGE MAINTENANCE DAYS

On the first Saturday of every month, the Dillman Range closes for Range Maintenance Day. This is an excellent opportunity to earn hours towards your work credit requirement. Range Maintenance Day will begin at 8:00am at the Dillman range. We are always looking for volunteers to help complete projects out on the range. Different months might have different projects or tools needed, so keep an eye out for special announcements.

In lieu of attending our workdays, there are other opportunities to earn work credit towards your membership. If you have spare cardboard lying around, you can donate it to the Lincoln Rifle Club. Make sure the pieces are at least **14"x40" and have no horizontal seams**. You can just bring it by the Dillman Range and submit a picture of your cardboard to the office email (admin@lincolnrifleclub.com) and we will add work credit to your account.

SAFETY CLASS

The next LRC Safety Class/Member Orientation sessions will take place on **July 12th & August 9th** at the Headquarters Office located at 620 3rd Street, Suite 200 in Lincoln. Please call the office at (916) 434-0308 to enroll, and remember to bring your green Provisional Attendance sheet with you.

This class is one step to completing your Provisional Membership requirements and becoming a full LRC Member.

We hope to see you there!

LRC MATCH DIRECTORS

.22 Conventional Pistol	Scott Olin	scottyolin@msn.com
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Club High Power Matches	Scott Bonivert	bonivertm@gmail.com
CMP Matches	Chuck Riglick	cpriglick@yahoo.com
Multi-Gun Match	Clay West	clay.west@hotmail.com
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Ladies Night	Christina Mays	lincolnrc@sbcglobal.net
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