

# KINETIC ENERGY



JANUARY/FEBRUARY 2020

## 2020

**Inside this issue:**

MGD Match Report	2
Q-Course	2
CMP Match Report	3
Conventional Pistol Match Report	4
Ladies Night Match Report	4
JR. Division Match Report	5
Sporting Rifle Match Report	6
Weekend Trap Match Report	6
Combat Action Pistol Match Report	7
Fundraising—THANKS	8
John Taylor—CCW Book	8
Changing of the Guard	9-10

As we begin the new year, it is time to take pause and recognize our “award winning” shooters for their outstanding performances. In keeping with the American tradition of FOOD, FAMILY, FUN, and FIREARMS, we like to celebrate by putting on the worlds best potluck dinner. There is just nothing like the aroma of the many homemade dishes that are brought to this potluck. This is when it is an advantage having so many hunters in our Club. In the past we have enjoyed venison chili, elk stew, venison taquitos, and etc., but if the “wild cuisine” is not for you, we also have everyone’s favorites like mac ‘n cheese, enchiladas, lasagna, several salads, breads and desserts.



This event is a long-standing Club tradition and is **FREE**, for our members and their family and friends. Drinks are provided by the Club. All we ask is that you bring a dish to serve 8 people. If you cannot decide what to bring, we offer the following suggestions.

**If your last name begins with A—F bring a salad side dish, or bread, if your last name begins with G—M bring a main dish, and if your last name begins with N—Z bring your favorite dessert to share.**

This year, our awards potluck is scheduled for, **Saturday, January 25th, in the Pavilion building, located in McBean Park. Doors will open at 6:00** and the fun begins immediately. We invite EVERYONE to attend with your families and friends and help us congratulate last years shooters.

In addition to a shooting merchandise raffle, we will also draw a ticket for the winner of our participation rifle. Yep, for all those collecting signatures on the back of your membership card for participation in Club events, it is time to exchange each signature for a chance to **WIN A FIREARM!!** Good luck to everyone. Remember, ya gotta play to win and ya gotta come to play. See you there!!



ANNUAL AWARDS POTLUCK DINNER



## MULTI-GUN DIVISION MATCH REPORT

*Submitted by Jeff Boyes, Match Director*

The weather forecast for Pearl Harbor Day was about as dismal as the results of Japan's 1941 attack on Hawaii. A few brave souls ignored the predictions and turned out for the match. Au daces, Fortuna, Juvat translates to, "Fortune Favor the Bold" and the bold were rewarded with a break in the weather that lasted for just as long as the match took. The gun gods were smiling upon us!



Our match winner was LRC member **John Guidero** shooting in the Senior MGD Open division. John continues to give hope to all of us shooting geriatrics. Of the five matches held since August, John has won two, **Russell Holetz** has won two and **Anthony Duong** has won one.

The MGD Q-Course (introduction to 3-gun shooting) has been held three times and we have added a dozen new shooters to our ranks. The Q-Course is on hold for the next two months as we don't have enough daylight to complete the training after doing match setup.

Our vision for the year 2020 (pun intended) is to continue to expand our sport to more shooters; more women and more juniors. When I took over as match director my goal was to make the matches fun and fast paced. Feedback from our shooters tells me that we are meeting that goal. I want to continue that into 2020 and to include new and different challenges for our shooters. Our July match falls on the 4th, and I plan to make it a full-throated celebration of our 2nd Amendment rights.

The Q-Course will resume in March on Wednesday the 4th. To anyone who is interested in the sport of 3-gun, I invite you to come out and watch a match or to sign up for the Q-Course. The matches are open for public viewing. REMEMBER: eye and ear protection required for everyone on the Range.

---

### MGD OFFERS Q-COURSE FOR NEWCOMERS

The multi-gun division is offering a Qualifications Course for anyone who may be interested in shooting the 3-gun matches, held on the first Saturday of each month at the Ormsby Range. The Q-course is scheduled on the Wednesday PRIOR to our Saturday matches. These short courses are intended for people who are already experienced shooters, have the required firearms, and most of the equipment required (holsters, belts, magazines etc.). If you think you would be interested in becoming more involved with the 3-gun shooting matches, contact Match Director Jeff Boyes at [jeffboyes1051@gmail.com](mailto:jeffboyes1051@gmail.com).



## CIVILIAN MARKSMANSHIP PROGRAM MATCH REPORT

*Submitted by Chuck Riglick, Match Director*

The last two months of 2019 were very good for Club member, **Cary Triplet**. In the November match, Cary used a 6.5 x 55mm Swedish Mauser to shoot a score of 279 – 3X, earning him a gold Vintage Foreign Military award pin. The December match had Cary shooting an as-issue M-1 Garand for a score of 262 – 2X, earning a bronze Garand award pin. Congratulations, Cary!

**Chris Jen**, from Salinas, placed second with a score of 254 – 1X, while RO **Steve Michelli** shot his personal best with a 255 – 2X. We welcomed Club member, **Bill Diamond** at this match, who shot his M-1A (M-14 Civilian equivalent) in the standard modern military Rifle category. Bill said he's caught the bug and will be a regular!!

During the upcoming "Roaring 2020's," we have eight matches sanctioned by the CMP. They will start on Saturday, February 8th. All CMP matches are listed on the Club calendar, available in the newsletter and on our website.

Competitors will need to bring a minimum of 35 rounds of ammunition to complete the course of fire. Registration begin at 7:30, with the actual match beginning at 8:00. Matches routinely last about 1.5 hrs. Cost to participate is \$15. Check the CMP website for the John C. Garand course "A" course of fire or view the posted schedule with the course of fire in detail, located at the Range.

This match is designed for the use of any military rifle issued to US troops in the 20th century (M-1 Garand, M1903 Springfield, Johnson Rifle, Krag Jorgensen), or Vintage Foreign Military (Mauser, Mosin, Arisaka, SMLE, etc). However, as mentioned above, the CMP has opened the list to modern military (as issued, BUT NOT FULL AUTO) such as AR, M-1A, and scoped AR. You just have to post a higher score in this category to get an award pin.

The Club has two M-1's which may be checked out by Club members, for use during the match. If you are interested, you must contact the Club's property officer, **Jason Turner**, at least a week prior to the date of the match. The Club has .30 Cal. (.30-06) ammo for sale FOR USE DURING THE MATCH ONLY, for these rifles. The older LC 69 CMP ammo is \$15 per box (two boxes are needed to complete the match).

CMP shooters are encouraged to download and have notarized The Liability Waiver located on the CMP website. Many of our regular shooters have this form on file with the CMP due to past participation at regional competitions or steady attendance at our Club matches.



## CONVENTIONAL PISTOL MATCH REPORT

*Submitted by Scott Olin, Match Director*

We've had our warm-up matches and starting January 8th, we begin our normal schedule starting of shooting every 2nd and 4th Wednesday through April. It's a seven stage 22 handgun match requiring 65 rounds of ammunition and lasting about one hour. Doors open at 4:00 pm and relays begin at 5:00 and 6:30 pm. No experience required as several new shooters have found this match a relaxed environment to ease into competitive shooting.



This match is designed for LRC members only at least 18 years of age. Cost to shoot this match is a one-time \$10 registration fee, with a \$5.00 range fee for each initial relay shot. If you choose to shoot in both relays, each additional relay will cost you \$1.00.

Hope to see you there. If you have any questions, contact **Scotty Olin** at 916-587-3330.

---

## LADIES NIGHT MATCH REPORT

*Submitted by Scott Olin, Match Director*

It has been wonderful to see several husband/wife couples out for "Ladies Night", as well as some new shooters. Some experienced shooters have been dropping in to take advantage of space available shooting so our facilities are being put to good use. As always ladies have priority. If we get crowded husband/wives will be asked to share a lane, and other shooters will share available lanes. Matches are held on the first and third Wednesday's from 6:00 – 8:00 pm at the Indoor Range, located in McBean park. Open to both Club members and the public, at least 18 years of age, cost to participate is \$1.00. Coaches are available at this match to work with shooters who want to develop proper shooting skills and increase their marksmanship skills with .22 LR firearms. Doors open at 4:00 pm; we hope to see you there. If you have any questions, contact **Scotty Olin** at 916-587-3330.



Ladies\*  
Night\*

## JUNIOR DIVISION MATCH REPORT

*Submitted by Steve Katsuyama*

The beginning juniors had their Holiday Fun Shoot on December 16, trading their smallbore rifles for Daisy Air Pistols. A fun time was had by all and several learned how to shoot a pistol for the first time!

The advanced team started out the season with a bang. The first matches were held in November at the Indoor Range. Lincoln won the first team match of the season in the Best in the West 3-position air rifle match with a solid 2352, 99 points ahead of second place! The team of **Morgan Vander Linden** (593), **Logan Michael** (589), **Tori Watts** (586) and **Lilly Polakovic** (584) combined for this awesome performance! For this early in the season, these scores are fantastic giving Lincoln a solid start on the year! Lincoln also crowned a new Standing Air Rifle State Champion as **Tori Watts** led the state with her NCAA level 584 and her first Bear trophy. This season is already shaping up to be competitive not only within the team, but bodes well for the National Championships again this summer.

Lincoln also had four juniors compete in the US Air Rifle Olympic Trials in Colorado Springs the first weekend in December. We had several personal bests and more importantly, these athletes were able to compete side by side with our nation's 2020 Olympians. Final selection will occur in the Spring.

The advanced team is continuing to train during the holiday break, honing their skills for the Junior Olympic qualifier in January. The first of the year marks the busiest portion of the indoor season with matches almost every weekend during the winter and early spring. So far the team is off to a fantastic start and we are looking forward to a strong year from the Juniors!

The Juniors would like to thank all those that participated in this year's Giving Day, substantially bolstering our Midway USA Foundation account. The support provided to the program this year was truly phenomenal. Special thanks to **George Lewis** who again made a substantial donation to the program, ensuring these kids will have the funding to train with the best equipment available! Good luck to the juniors in the coming weeks as they have several important matches and hope everyone had a Merry Christmas and Happy New Year!



*Best of luck!*

## **SPORTING RIFLE COMING IN APRIL**

*Submitted by Mike Coad, Match Director*

The first match will be on April 4 at Dillman Range and continue every Tuesday until mid- June. Matches are scheduled to begin at 5:00 pm and we endeavor to have shots down range by 5:30. Equipment needed to participate is a center-fire rifle with either iron sights or scoped; your choice. Your rifle must not weigh more than 9.5 pounds, including your scope, to qualify.



Additional equipment needed is a shooting mat for comfort, as we lay down on the concrete to shoot a portion of the match. A spotting scope is helpful and the Range has 3 loaners. A sling can also be helpful but not required. You will need 32 rounds of ammo for score plus 4-8 rounds for sighting. The course of fire will start with sighting rounds prone then 8 rounds standing (offhand) in 8 min. We move to 2--4 round strings 30 sec each in sitting position followed by 2—4 round strings 30 sec. each in prone. Lastly is 8 round string prone in 8 min. slow fire.

We have 12 matches scheduled for the year 2020, and cost to participate is a \$10 registration fee and a \$5 weekly range fee. This is a fun shoot and we invite all interested shooters to come out and toe the line. If you have any questions, contact **Mike Coad**, Match Director at [keyluke@hotmail.com](mailto:keyluke@hotmail.com)

## **WEEKEND TRAP MATCH REPORT**

*Submitted by Margaret Moore, Match Director*

We are very excited to hand out our annual awards at the Annual Awards Potluck, scheduled for Saturday, January 25th. We have had some spectacular shooting this past year. Also, we are looking forward to a very busy 2020!! We plan to expand our trapshooting to include more skeet and will be sponsoring a clinic to improve our shotgun shooting skills. Everyone is welcome to our clinics and we hope to see some of you there. Our first clinic is scheduled for January 25th, and the information is listed below. If you are interested, contact me at [moorem2@sbcglobal.net](mailto:moorem2@sbcglobal.net) and we will get you a spot. Hope to see you there!!

We are going to adjust our award scoring formulae this next year to average in ALL rounds shot, and not just the best 30. Shooters must, however, still shoot at least 30 rounds to qualify for awards. We will continue our sub-gauge competition as well, with 20 rounds required to qualify for sub-gauge awards. If you have considered trap, please come on out and shoot with us. We are very glad to assist. We shoot on the first Sunday & second/fourth Saturdays of each month. Cost is \$5 per relay for members and additional Range fees for non-members.

**SKEET SHOOTING CLINIC—JANUARY 12TH, 1:00 PM COON CREEK TRAP & SKEET CLUB COST: \$35**

**NO REGISTRATION REQUIRED**

**BRING 4 BOXES OF AMMO TO COMPLETE THE CLINIC**

**INSTRUCTOR: JOHN KISSAM**

**SPONSORED BY: LRC WEEKEND TRAP/916-704-6609**

## **COMBAT ACTION PISTOL MATCHES REPORT**

*Submitted by Jason Turner, Match Director*

The last year within the Club there has been a progressive movement forward relative to pistol shooting which has illustrated the need for a match with an emphasis on the basics of action pistol, or the ability to handle a pistol in a variety of positions and deliver an accurate volley of fire. The history of the CAP matches goes back to the older PPC match where police and law enforcement were engaging targets in prone, sitting, kneeling, and standing at distances from five yards to fifty yards. The CAP matches established this last Spring embrace this same spirit and require shooters to engage targets from all four positions.

The matches are held at the back of the Dillman Range in the Ormsby range (bay #4) and are held every Wednesday from May through September from 1700 through 2100. There are two relays and the first relay is at 1730 and the second at 1900. During the hour and a half relay each shooter is required to shoot 150 rounds for record and all shooting is done from the holster. The match itself is "revolver friendly" meaning it limits all shooters to only six rounds in each magazine and each shooter should come with at least four magazines. All shooting will be done in a single line abreast, meaning that all shooters in a single relay will fire together.

There is a total of five target changes and engagement distances are from five to twenty-five yards, with a reduced fifty-yard target used at the 25 yard line. The course of fire requires that shooters engage the target with two hands, one hand, and use both dominant and non-dominant hands as well as position changes during particular strings of fire. The emphasis and goal of the match is to help pistol shooters develop an increased skill set with their handling of the pistol under the pressure of a match while being forced to balance basic pistol marksmanship against time. The last season was characterized by good weather, a good shooter turnout, and I truly believe that everyone increased their individual skill level with their pistol of choice. The equipment required to shoot the match include a pistol, a holster, (a gun belt might also be a good idea), 150 rounds of ammo, and either four magazines or four speed loaders for reloading. I would arrive early and sign up as the relays are filled on a first come and first serve basis. The cost of each match is five dollars and a twenty dollar sign up fee is required for the first match and covers the cost of awards at the end of the season. We have had a good turnout for our first year of running the matches and would like to see it grow in the coming years. We would also like to encourage all Club members to partake in the Club matches in order to further promote the sport of shooting while increasing your skill level. We hope to see all of you at the Range.

## **YOU MAKE THE DIFFERENCE—FUNDRAISING**

The “5 Days of LRC Stocking Stuffers” fundraiser was a huge success. We want to thank all of you who supported our Club by participating in this fundraising event. As no real surprise, we saw a lot of interest in the raffle for the Glock 19 handgun. Who doesn't want to add another fire-arms to their collection? We would like to thank everyone who took a chance on winning this quality firearm. The winner of the Glock was James Barrett. A special thanks to everyone who participated.

We also have another fun raffle running RIGHT NOW through Thursday, January 2nd. We are raffling off a 5-year LRC membership. Tickets are 1 for \$10 and 3 for \$20. If you are interested in purchasing tickets, contact Club Headquarters at 916-434-0308 ASAP!!!

Please keep an eye out for future LRC fun fundraisers! Your participation makes the difference!

# *Thanks*

Longtime LRC member, John Taylor, has written a  
one of a kind book for CCW Holders:

## **California CCW Training Guide & Scenarios Handbook**

Written by John Taylor, this updated guide includes over 200 areas where a  
CCW permit holder is not permitted to carry in CA.

Packed full of laws that every CCW permit holder MUST know for self-defense.  
Includes over 100 scenarios and examples, as well as dozens of useful tips.



For a limited time, you can purchase a PDF version of this  
guide for only \$19.95 by visiting:



**<https://www.Californiaccwtraining.com>**

## **CHANGING OF THE GUARD**

*Submitted by Jason Turner, Member LRC BOD*

The term “changing of the guard” is military verbiage used to describe what happens in the military when a new sentry comes on post to take charge of his duties and relieve the off going watch. As I write this it makes me think of cold nights and early morning hours standing in a small space in order to make sure that only friendlies could pass and that equipment under my custody would stay safe. The term itself also can be used to describe the passage of time and the change that occurs as all of us get older, and times like people change as all things evolve into what they are supposed to be. The changing of the guard in my life occurred this last year as I awoke and became aware that every shooter who taught me how to shoot as a child and as a younger man was now gone. The purpose of this article is to shed light on how the passage of time changes the membership of the club and why it is important to reflect back on the lessons taught by older shooters as we move forward as a club, and sport.

My mother died over two years ago and she was the first competitive rifle shooter I knew and was a member of the college team at UC Berkley. The first rifle I ever held as a child was the older Remington “Match master” that was bought for her and is still in my collection. The most interesting thing about this particular firearm is that it is stamped “Property: UC Berkley”. I don’t know if in the current political climate within the state of California the college would ever want their rifle back, but if they ever do, I can honestly say that it was well used and well taken care of by my family. Through the lessons of my mother and her ability to shoot I learned how a person can perfect themselves through the use of the rifle as a medium for excellence and how the rifle was an extension of the shooter. My mother taught me the basics of how to execute a good shot with the rifle and gave me an understanding of basic four positions (prone, sitting, kneeling, and standing) for rifle shooting. Because of the influence of my mother as a rimfire shooter I picked up the rifle as a young man and after a stint in the military and after a bout with cancer, I earned three national records which I still consider the apex of my shooting career. The last time I took my mother to the shooting range was about ten years before she died. When she was shooting I could see the passion and desire for the rifle and the quest for perfecting the shot, the same as it was when I saw her shoot when I was a kid. I will never forget the way my mother looked in that moment on the range.

My father passed away the Friday before spring break of this year. He was a nuclear power plant machinist, planner, and mechanic at the old Rancho Seco power plant. He spent over twenty years of his life there and because of its location both my father I joined Sacramento Valley Shooting Center, and frequently used the Cordova shooting center because it was closer to the house. My father loved high power rifle and pistol shooting. My father taught me basics of machining, welding, reloading, and maintenance of the rifle and pistol. When I look back at the time I spent with my father at the range I could honestly say the most important aspects of shooting I learned are the importance of sportsmanship and the need to have passion in the sport of shooting. Some of the best people I have ever known in this sport have been people that I met through my father. Some of these guys were the salt of the Earth and could absolutely shoot anything, anytime, and anywhere. One of these gentlemen was the late Captain William Hyatt who was a true collector of the rifle and was a club member. He passed away two years ago and was a real

## **CONTINUED FROM PAGE 9...**

“warrior” as he not only was one of best rifleman I have ever known but, served in Vietnam as both a “green beret” and a “pathfinder”. My father was not a quiet man and was well known for his brand of humor and his general overwhelming personality. But the one thing I never saw him do was brag about his ability to shoot, nor belittle anyone because of a lack of skill. Through my father I learned that a rifle or pistol, or having skill with either one does not define you as a man. Who you are as a person is defined by your thoughts, deeds, and actions, and the same philosophy of characteristics are found only the finest of shooters. My father loved the seeking of knowledge and was an avid collector of shooting books and it is through his estate that I was given the first edition copy of the “Pistol Shooters Treasury” which is considered classic reading for the pistol competitor. After my father passed and per his wishes I had him cremated and I was given possession of his remains. He left no instructions concerning what I was to do with them. However, during this last Summer I did take my father to the range for the last time. I took the container with his ashes and placed it on the shooting bench as I shot and it was my way of saying good bye. It seemed only fitting for a man who passed down his passion of shooting to his son. My father loved to smoke a cigar at the range and I must admit that it is a habit that I still have today. On my late fathers last trip to the range I made sure to bring two cigars, one for each of us.

As I am now a board member and reflect on my membership at the club, many members of the “old guard” have passed and the lessons of these people who have enriched our club need not be lost or forgotten. Our younger generation of shooters we frequently find at the range need to be groomed in the same climate of sportsmanship, perfection of the self, and a refinement of basics in shooting technique as we have done as part of a sporting culture for generations. Masters in shooting are created by mastering the basics of shooting and when we pass on the “soul” and richness of our sport to the new generations we help groom and mentor future shooting greats as we honor those shooters who are no longer with us. The club, like our sport is growing and changing with the passage of time. All things evolve into what they are supposed to be and the club is no different. When we pass along the lessons and information given to us by older shooters their legacy in this sport is honored and it is important because it gives the club direction as time moves forward and it keeps the club truer to our founding roots which is to be a cornerstone of the community and provide a facility for the shooting sports. I wish all of my fellow club members well and I hope to see you at the Range.