

MCSA NEWSLETTER



AUGUST 2022

CONFUSION IN THE THIRD AGE

Arnaldo Liechtenstein, Physician:

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head".

I answer: No!

Others suggest: "Early symptoms of Alzheimer's".

I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

CURRENT AVAILABLE-CLASSES

PISTOL FOR BEGINNERS

\$60

- Sat September 24th

NRA BASIC PISTOL

\$80

- Sat & Sun, Aug 13th & 14th

NRA PISTOL INSTRUCTOR (Basic Pistol is a pre-requisite)

MCSA Members: \$175

Non-Members: \$250

- Sat & Sun, Sept 11th & 12th

NRA RANGE SAFETY OFFICER

\$80

- Sat & Sun, October 8th & 9th





This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

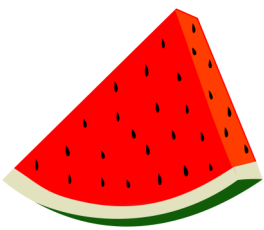
But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:



***Get into the habit of drinking liquids*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work. The important thing is that, every two hours, you must drink some liquid. Remember this!**

Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

MCSA BBQ IS A SUCCESS!

By Val Martin



Thank you for making the BBQ A Success!

I hope everyone enjoyed themselves, I have heard lots of positive feedback.

I want to say thank you to all who have helped and/or donated to the door prize raffle. The food everyone brought was absolutely delicious and no two things were the same!

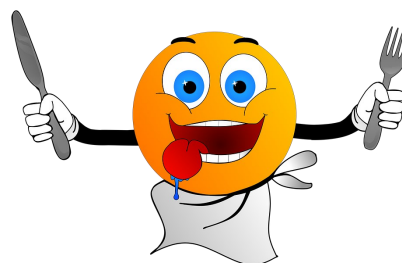
The venue was perfect for the day, almost total shade. The gentle breeze helped keep the heat at bay until about 3 PM...some people even went swimming and/or kayaking.

Special thanks to Dave Hermann and Keith Martin who did the grilling; Mary Hermann, Kathy Hakala and Lou Jackson who helped with setup/cleanup/raffle; Charlie T for coming and getting the gate open and helping with the 50/50 and as needed; and everyone else who stepped up and helped when needed.

The club raised \$68 from the 50/50; congratulations Charlie T for winning the other half. We also raised \$250 from the door prizes. Thank you VERY much to all who donated!

Thanks again for making it a great BBQ!

Val Martin





Great Prizes For The Drawing!



Fantastic Location!! Perfect!

**Yummy
Food**

+

**Good
Friends = Great Day!**





"If summer had
one defining
scent, it would
definitely be
the smell of
barbecue."

— Katie Lee



Raffle Tickets, Please!!



A REMINDER ABOUT THE MCSA RANGE CLEANING PROCEDURE

by Lynn Ludeman



Very soon we will have updated range rules available to all members, which include the range cleaning procedure that was adopted in 2021. All members with current access to the range have signed the range cleaning agreement, but not all members are following the procedure they agreed to. In general, we are all doing a great job keeping the range looking tidy but while the floor may not look like it needs to be dry mopped, the goal is to mitigate the lead dust. So it really does need to be dry mopped as described in the range cleaning procedure after every shooting session.

Here is the procedure for review:

Make all firearms safe, pack up your gear and return it to tables at the rear of the range. Shooters need to sweep up the entire floor, not just your brass. Fans should remain running while dust mopping is done. This new range clean-up procedure is now required to comply with Washington State Department of Labor & Industries regulations.

The procedure is to use the microfiber mop to sweep up the spent brass into a small pile, and pick up using the small broom into the dust pan. Sift the brass, using one of the colanders hanging on the back wall to pour the dust pan contents into while holding over the new white 5 gallon barrel labeled as **“Floor Sweepings”**, then shake colander briefly. The brass now goes into the brass barrel unless you plan to take your brass with you for re-loading.

Now you are ready to micro fiber mop the whole range floor. To do this, begin at the back of the range and go left and right, back and forth, all the way to the front. When you get to the wall

on either side after a few rows, give the micro-fiber mop a good downward shake, which will release the larger chunks onto the floor. These piles of larger chunks are what you'll sweep up with the small broom and dust pan.

All Floor Sweepings must go into the white, covered Floor Sweepings bucket only. No floor sweepings are to go into the general garbage, as they must be weighed and documented before disposal. No brass should go into the garbage or the floor sweepings bucket. Brass should go into the brass barrel or you take it with you to reload.

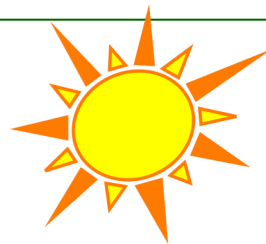
Floor sweepings may not be swept into the pit for any reason.

- NOTICE -

**Tuesday Night Shoots
Remain Cancelled
Through August**



Guest Waiver Forms



Just a reminder to all members...
when you bring a guest to the range,
they **MUST**
complete and sign a “Range Rules, Safety Considerations and Waiver” form and pay the guest fee, currently **\$5 per person,**
EACH time they come to the range.

The “Waiver” forms are located in the rack on the table by the front door and also in the rack on the wall by the bathroom.

This waiver helps to protect the Club in the event something happens.

Don't forget, you as the MCSA “sponsoring member” must also sign the form.

Please direct any questions
to the BOD members.

Thank you.





**MASON COUNTY SPORTSMAN'S
ASSOCIATION
RAFFLE
\$ 3.00 TICKET**



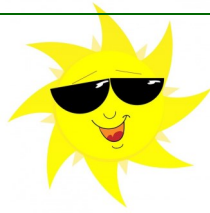
**MUST BE 21 AND LEGAL TO OWN A FIREARM IN WA STATE
1000 TICKETS PRINTED EACH \$3.00 TICKET WILL GIVE YOU A
CHANCE TO WIN A**

Sig Sauer P 365 9mm Pistol



**DRAWING WILL BE HELD AT MASON COUNTY SPORTSMAN'S RANGE
521 W. BUSINESS PARK RD SHELTON. MCSA IS A 501 (C) 3
CHARITABLE NON PROFIT ORGANIZATION**

**DRAWING ON Sept 1, 2022
AT MEMBERS MEETING
NEED NOT BE PRESENT TO WIN**



We meet from 3 – 6 PM, 3rd Sunday of the Month, except for December.

Cost for each event is \$8 MCSA member/ \$10 non-member.

Most meetings include range time for practice in addition to the program. Bring your unloaded firearm in a box or bag, at least 50 rounds of ammunition, eye and ear protection and a brimmed hat.

August 21, 2022 Agenda

Guest Speaker: Gary Hakala

The true story Norco80 - The most spectacular bank robbery in American history! Member of MCSA Gary Hakala will tell his story of when he was car jacked, pistol whipped and was held hostage for 5 and a half hours.

**Contact Kim 360-507-0009 or
Bonnie 360-490-7911, Bonniejubb@msn.com**



LADIES OF CALIBER: AMMO

by Suzy Sands



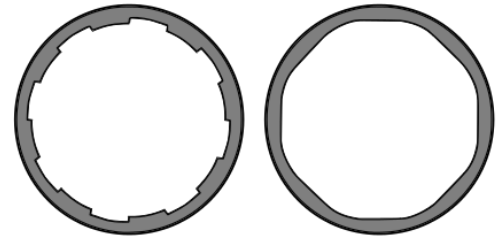
At our last LOC meeting, in July, Charlie Jones and Jack Fitch talked to us about ammo. We learned a little history, had reminders about what happens when the wrong ammo is used, and we talked a bit about caliber differences.

- Did you know that Hitler wanted Czechoslovakia for their gun and ammo factories? I didn't.
- Do you know what SAAMI is? I had never heard of **Sporting Arms and Ammunition Manufacturer's Institute** (SAAMI). They have created the specifications to be followed for all ammunition made in the USA. Manufacturers in the USA follow SAAMI standard, but there is also NATO specifications. If you reload, you need to really know about the differences between the two. For everyone else, I think it's safe to say you need to remember there is a difference and be sure to use SAAMI ammo. Here is link that explains the difference more in depth: <https://gunsmagazine.com/up-on-ars-2/saami-vs-nato/>.
- Have you ever checked your new ammo for defects or to confirm it matches the specs? Much like checking the tires on your car before driving off, you should look at your ammo before loading it into your gun. I must admit, I have never considered the need and just trusted that the factory did what they were supposed to do. Jack



showed us some ammo with defects that he found in a new box he purchased. It opened my eyes and I will be more diligent about looking before I load.

- Wadcutters....that was a new one for me as well. We learned that wadcutters are perfect for competition because they cut a perfect hole, making it easier to determine scoring. They are flush with the cartridge casing.
- Remember learning about rifling being a combination of lands and grooves? Not true about Glocks...they have polygonal rifling, not as sharp as the lands and grooves.
- Brass is better than steel for our guns. Steel is cheaper but can cause “sticking”.



If you would like to see some interesting test results of the different calibers and manufacturers of ammo, check out Lucky Gunner gel tests. Here is the link:

<https://www.luckygunner.com/labs/self-defense-ammo-ballistic-tests/>



History of Air Guns

By Frederick J. Nachbar

1580 is the year that most historians recognize as the beginning of the modern air gun. Through 17th, 18th, and 19th centuries air guns of .30 to .51 calibers were used to hunt deer, boar and other game animals. These air guns were charged using hand pumps to fill air reservoirs and gave surprising velocities of 650 to 1,000 feet per second. In addition to hunting air guns were used in warfare.

At that time air guns had important advantages over the firearms of the day. These formidable weapons were impervious to rain and snow unlike the flintlocks and matchlocks whose priming powder would get wet or damp to the point that they would not ignite. They held other advantages as well.

Air guns were quieter than firearms of like caliber, had no muzzle flash and were smokeless, thus making them the stealth weapon of their time. Skilled soldiers of many nations used air guns in sniper fashion and whole detachments were created for sniping purposes.

In 1769 a Tyrolean watchmaker and gunsmith, Bartholomeus Girandoni, invented an air rifle called the Windbuche, German for wind rifle. It was about four foot long and weighed about ten pounds, comparable to muskets of the day. The air reservoir was a removable club shaped butt. The Windbuche carried 22 - .51 caliber lead balls in a tubular magazine. A skilled shooter was capable of emptying the magazine on a target in approximately 30 seconds., It had the power to put a shot through a one-inch wooden board at 100 paces, roughly 75-100 yards.

Lewis and Clark (1804) were equipped with an air rifle that held 22 - .46 caliber balls in a tubular magazine attached to the side of the barrel. Again, the butt served as the air reservoir with a working pressure of 800 psi. With a skilled marksman the 22 balls could be fired, with accuracy, in about a minute. At the time it took around a minute for a shooter to fire one ball from a firearm. Not surprising the native Americans wanted to trade for this gun!

In 1886 William F. Markham's Markham Air Rifle Company of Plymouth, Michigan mass produced a wooden air gun, the Challenger. Not to be outdone Clarence Hamilton of Plymouth Air Rifle Company, later changed to Daisy Manufacturing Company in 1895, marketed all metal BB guns in 1888. Markham responded with the "Chicago" model in 1888 and the "King" model in 1890. The name of the Markham Company was changed to the King Rifle Company after a buyout by Daisy in 1916. The King model continued until 1935. The company ceased operations all together in the 1940s.

In Merry Old England in the 1890s competitive air rifle clubs sprang up around the country. Target air rifle shooting became so popular that by 1899 the National Smallbore Rifle Association was created. During this time air rifles became associated with poaching as there was minimal muzzle report.

In a future newsletter we will be looking at more history, different power plants and types of pellets used.

*** ALWAYS, ALWAYS, ALWAYS ***

ALWAYS keep your firearm pointed in a safe direction.

ALWAYS keep your finger off the trigger until ready to shoot.

ALWAYS keep the gun unloaded until ready to use.



DO YOU HAVE A STORY TO TELL?

**WOULD YOU TELL US YOUR FAVORITE GUN AND
EXPLAIN WHY YOU LOVE IT?**

**HOW ABOUT A STORY ABOUT WHEN YOU
LEARNED TO SHOOT?**

**WOULD YOU LIKE TO WRITE ABOUT A CLASS
YOU RECENTLY ATTENDED?**

The newsletter is one way you can earn volunteer hours. We can ALWAYS use stories, articles, and pictures. Everyone has a story to tell.

If you want to submit to the newsletter, please send your submission to me, Suzy Sands, suzysands@gmail.com, by the 15th of the month. Check with me if you need a little more time.

Sometimes, to make everything fit, I might have to edit or re-arrange the format. If you want your format a certain way, please let me know when you send it to me.

Please do not send me a .PDF. It is difficult to make PDFs work with Microsoft Publisher, which is the software I use for the newsletter. They are not impossible to work with, but they have to be manipulated and sometimes the finished product looks distorted.

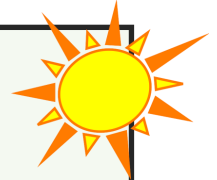
Word documents are the easiest and preferred format. Google Drive is okay too. For pictures, .JPEG formatting is easiest. Anything from a Mac is not easy for me to handle...not impossible, but not fun to fix. I am not an Apple girl, but I will try.

I enjoy working on this stuff, so , please, send me something to work on!

For the business side of things, to keep everything legal, include your sources for things written by someone else or if you are sending pictures, make sure you have permission. If the picture is of other members, get their permission to publish. Sources and permission is a must!! All work is passed on to our proof-readers for approval before the final newsletter is sent out.



WINCHESTER PROGRAMS



Members: \$8.00

Non-Members: \$10.00

NRA .22 Pistol Marksmanship

First Thursday of each month from 6:00 to 7:30 pm. Bring revolver or semi-auto .22 pistol and 100 rounds.

NRA Winchester Bullseye

Second Thursday of each month from 6:00 to 7:30 pm. Bring .22 pistol and 100 rounds.

NRA Rim Fire Rifle Marksmanship

Third Thursday of each month, 6:00 to 7:30 pm . Bring your .22 rifle and 100 rounds and any equipment you need for rifle bench rest position.

NRA Defensive Pistol Marksmanship

Fourth Thursday of each month, 6:00 to 7:30 pm. Bring revolver or semi-auto .380 caliber or larger and at least 60 rounds.

If you have **articles, stories, pictures, classified ads, or ideas** for the newsletter please send them to **Suzy Sands....**

Email suzysands@gmail.com

cell phone 530-262-1893

MASON COUNTY SPORTSMAN'S ASSOCIATION

MAILING ADDRESS:

PO Box 1122
Shelton, WA 98584

LOCATION:

521 W. Business Park Road
Shelton, WA 98584

MCSA 2022

Board of Directors

President	Lynn Ludeman	206-406-3562	president@masoncountysa.com
Vice President	Keith Martin	805-231-2937	vp.masoncountysa@gmail.com
Executive Officer	John Schute	360-280-0951	iwschute@icloud.com
Treasurer	Val Martin	805-231-7950	treasurer.masoncountysa@gmail.com
Secretary	Dan Kronyak	360-328-6025	secretary@masoncountysa.com

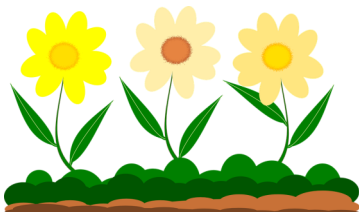
Trustees

Trustee 3, term ends 2024	Terry Miller	360-229-9348	tc-miller@comcast.net
Trustee 1, term ends 2022	Keith Williams	360-426-7931	keithwilliams777@comcast.net
Trustee 2, term ends 2023	Sue Albee	360-507-0776	info@masoncountysa.com

Committee Chairs

Air Pistol Booth	Keith Martin & Sue Albee		
Charitable Giving	Keith Martin	805-231-2937	vp.masoncountysa@gmail.com
Chief Range Safety Officer	Terry Miller	360-229-9348	tc-miller@comcast.net
Christmas Party	Val Martin	805-231-7950	valeriejean91360@yahoo.com
Christmas Party	Susanna Jones		
Finance & Audit	Board of Trustees & Treasurer	refer to info above	refer to info above
Fundraising	David Kaufman	360-427-4007 or 360-229-6948 cell	fund_raising@masoncountysa.com
Grant	Dave Hermann	360-462-0265	daveradar@aol.com
Membership	John Mohn	240-427-7596	membership@masoncountysa.com
Maint & Operations	Keith Martin & Dan McCarty	805-231-2937 or 206.947-2038	info@masoncountysa.com
Newsletter	Suzy Sands	530-262-1893	suzysands@gmail.com
Nominations	appointed in the fall		
Standing Rules/SOPs Revision	Terry Miller	360-229-9348	tc-miller@comcast.net
Social Media	Claire Voskuhl	360-426-6461	membership@masoncountysa.com
Training	Dan McCarty	206-947-2038	training@masoncountysa.com
Volunteer Coordinator	Sue Ickes	360-627-1064	cats1915@gmail.com

update 08.03.2022



Consider joining the  **NRA**
You can follow the [Affiliations and Links](#) tab on the MCSA home page to a direct NRA link. MCSA gets a contribution when you join or renew using our homepage link.

