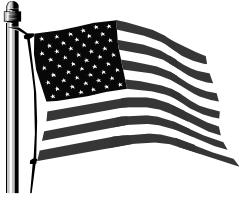


Support the Troops, Inc.

Hellertown Sportsmen's Association Supports Our Troops. Donate items to our troops as well as recycling your men and women magazines by dropping them off in the green tub in our club house. Any questions contact Blair or Valerie Ferguson @ 610-438-8885

see us on the Web and on Facebook www.hellertownsportsmen.com



HSA News



Vol.22 Issue 1

An Official Publication of the Hellertown Sportsmen's Association

October 2018

President Jim Bambu 610-442-7193	Membership Blair Ferguson 610-438-8885	Training Paul Piscator 610-847-5396	Newsletter Pamela Begovich 610-217-4841	Monthly Membership Meeting Third Tuesday of every month 7:30 PM Clubhouse, 1793 Meadows Road, Hellertown, PA
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From the President October 2018

Raffle tickets, raffle tickets! I'm sure you're wondering why it seems like every time you open your newsletter there are more raffle tickets. To put it bluntly, the club needs revenue. Attendance at work parties is down and because of this we are hiring more contractors to accomplish tasks that in the past were done by members. We have made a number of major improvements to the club in the past year and are planning for additional improvements in the future. Our fall and spring shoots and raffles are our major sources of revenue. Each year we examine the results of the raffles and find that only a small portion of the members return these tickets. Your club needs your support. The board is asking all members to purchase or sell all of the raffle tickets you receive in the mail. This will allow us to continue to operate the club and perform the required maintenance and improvements needed in the future. As always, additional tickets are available at the club.

As many of you know, a few years ago we started the Silent Auction at our shoots. Please check your basement or garage for those old unwanted sporting items you would be willing to donate to the club. The auction adds fun to our shoots and raises additional funds. We are also looking for additional ways to increase revenue. If you have any ideas that you have seen work at other organizations you are involved in, please contact the board with the details.

Remember this club belongs to its members. The board continues to work on improving our grounds, adding activities, and making the club as attractive as possible to its members. We welcome any comments and suggestions and hope you are enjoying all that the club has to offer. See you at the club,

Jim Bambu

ATTENTION ALL MEMBERS
You can now renew your membership and update your H.S.A. profile online.

- Go to hellertownsportsmen.com
- Go to Membership page
- Click on Link that says "Online Renewal or Updating your H.S.A, Membership Profile.
- Go to Please Sign In
- Enter your last name and click on "Send Me My Sign-In Name and Password."
- Choose "How Would You Like Your Name and Password Sent?"
- When you have received your password, enter it and your "Membership Information of Record" page will appear.
- Click on "Update Your Info (Profile).
- Change your password and update any entries that need updating and click on "OK."
- You may then renew your membership online with a credit card. There is a small service fee for each renewal.

You will receive a confirmation of payment via email. Your card will be mailed to you shortly afterwards.

ATTENTION ALL LIFE MEMBERS

All Life Members MUST fill out a membership renewal form AT NO COST TO THE MEMBER. H.S.A. is updating all their member records. **Failure** to submit a RENEWAL FORM BY 12/31/18 will result in your name being removed as an active member and all correspondence will be discontinued.

LV Police Revolver League is asking all league member to please do not use heavy duty staplers or industrial length staplers on the targets because is very difficult to remove when setting up the range for the evening. The League is going to begin selling staples and staplers. See the sign in desk if you want to purchase one. Thank you James Kruge for your determination with helping our league! Also if you receive a phone call in the range, please leave the building to take your call. Thank you for your cooperation.

JR Archery League has begun Mondays from 6-9 pm for kids 5 to 18 years of age. Students must be a Jr member of H.S.A. **Please note all ranges are closed for this class!**

Club and Range Closings

All Ranges Closed
Third Tuesday of Month 7:30 pm
During Monthly Membership Meeting

Rifle Range Closed
Every Tuesday 9:00 am - 12:00 pm
Every Thursday 5:00 pm - 9:00 pm
During Trap Shooting Sessions

Board of Directors

Chuck Adams 610-252-3169
Rich Geyer 610-838-8908
Valerie Ferguson 610-438-8885
Paul Piscator 610-847-5396
Dave Schweisgut 610-838-0723
Lou Repyneck 610-838-7455

Representatives

LVPRL
Bill Books 610-417-0161
Sr. Archers
Lou Bove 610-865-5857
Action Pistol
Ken Ortbach kjoine@aol.com
Trap
Lou Repyneck ljr1944@ptd.net

Officers

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Jim Bambu 610-691-0449
Vice President
Brock Williams 610-748-1209
Recording Secretary
Lou Bove 610-865-5857
Membership Secretary
Blair Ferguson 610-438-8885
Treasurer
John Delre 610-838-7869
Financial Secretary
Susan Piscator 610-847-5396

Newsletter

Pamela Begovich pambego@gmail.com
Hellertown Sportsmen's Association
P.O. Box 30
Hellertown, PA 18055-0030

Range Hours and Rules

9:00 AM – 9:00 PM Every Day

Use of Ranges Limited to
Members Only

When using any of our outdoor ranges you must have your membership card visible. Please use sign in book.

Due to insurance requirements and liability issues guests are not permitted to use the facilities except for organized events.

Members who permit guests to use the ranges will immediately lose their membership for a minimum of one year.

Guests may observe but under no circumstance may participate or take an active role in use of the ranges.

USE PAPER TARGETS ONLY

After shooting, please take off all targets and pick up your spent brass.

Observe all club/gun safety rules printed on the back of your membership card and also posted at the ranges. You will lose your membership privileges for not obeying the rules.

Calendar of Events

Monthly Membership Meeting
Third Tuesday of every month 7:30 PM

Action Pistol

1st, 4th, & 5th Tuesday - 6:00 PM
Ken Ortbach kjoine@aol.com

L.V.P.R.L. Bull's-eye

Wednesdays 5:00 PM - 9:00 PM
Bill Books 610-417-0161
Chuck Adams 610-252-3169

Hellertown Archers

Mon. Morning & Evening during Winter
Wed. & Fri. League 6:00 PM - 9:00 PM
Lou Bove 610-865-5857

Jr. Archers

Mondays 6:00 PM – 9:00 PM
Don Jenny 610-691-1903

Trap Shooting

Tuesdays 9:00 AM - until
Thursdays 4:00 PM - until
Phil Crossley 610-871-0028

2018 & 2019 Firearms Training Schedule

Paul Piscator

NRA Certified Instructor

Introduction to the Handgun for Women Only:

2 half day programs for each class
from 9 AM to 12 PM. Cost \$100.00

Oct 27, 2018 and Nov 3, 2018.
May 18, 2019 and June 1 2019
October 19 & 26, 2019.

Conceal Carry Level I:

One and a half day program
Day one 9 AM-4 PM
Day two 9 AM-1 PM
Cost \$175.00

December 1 & 8, 2018
April 20 & 27, 2019
September 21 & 28 2019.

Please see the H.S.A. website for Registration Application.

Lehigh Valley Project 9-12

WWW.LVTP.ORG

Monthly Meeting
1st Thurs of Every Month at 7:00 PM
Fearless Fire Co. Starlight Ballroom
1221 S. Front St., Allentown, PA
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Upper Black Eddy, PA 18972 Fax: 610-847-5063
E-mail: padona@epix.net

How Stress Seizes Performance

Paul Piscator, Firearms Instructor

Stress – Any physical, physiological, or psychological force disturbing equilibrium. **Psychology Stress** – Includes perceptions, emotions, and anxieties which are considered threatening to one's physical health, personal safety, or well-being. Taking it one step further, **Anxiety** is defined as a potential signal warning of impending danger and enabling the individual to take measures to deal with the threat.

A situation commanding a response to a threat necessitating the use of lethal force creates an *acute stress* generating "over 1,400 physiochemical changes in the body". The physiological, emotional, and cognitive impact effects performance when it "*hijacks*" the brain. Climacteric circumstances and a combination of interactions of this magnitude establishes in the mind ambiguity, doubt, disbelief, and fear, greatly retarding our ability to act precipitately and affectivity to threatening conditions in a constantly changing equation.

Looking at the "chemical dump" precisely which occur are cortisol, dopamine, and adrenaline infusing our neurological impulses and the panic/fear portion of the brain, the amygdala. At this point the frontal lobe cortex, which controls rational thought (self-control, planning and decision-making) takes over. This region of the brain sorts bytes of memory combined with gigabytes being processed through the visual cortex every second eliciting a response, remembering the mind follows the eye.

Psychophysiology is the study of how the brain influences and affects physiological function. Humans have a forebrain and a midbrain. As stated above the forebrain is the portion of the brain where cognitive processing and decision making takes place. The midbrain plays a role in situational awareness, sleep, arousal, alertness, trained and subconscious memories containing the facts, events, impressions, and recalling or recognizing previous training experiences - (*Training* – "When the computer between your ears looks for a program to handle a crisis, you don't want it to come up with "no file found.").

It takes an average of 0.58 seconds to experience a threat and determine if it is actual as opposed to possible or potential. Then it requires an average of 0.56 to 1.0 seconds to address the situation which is: Defend, Disengage, Posture, Hypervigilant, or Submit. Under threatening circumstances, the brain automatically infuses the body with adrenalin, endorphins, and dopamine, "chemical dump." Adrenalin is a stimulant, endorphin is a pain blocker, and dopamine is an euphoric pain blocker. These chemicals when released can cause effects: 1) making us faster, stronger and more pain tolerant or 2) attenuated or diminishing performance causing tunnel vision, loss of near vision, and auditory blocking, each of which negatively affects surviving violent encounters.

Under the influence of the chemicals which create adverse or unusual circumstances, the body's basal metabolic rate, measured by heart rate, blood pressure, and respirations, escalate greatly in milliseconds potentially affecting further psychophysiological impairments such as vasoconstriction, impairing weapon manipulation, cognitive processing, and memory recall following an encounter.

How we correct these situations:

Research of actual incidents have shown that individuals defending can only accurately hit their moving assailants 14% of the time in life or death situations from the distance of two to ten feet. Assailants are able to successfully engage and hit subjects 68% of the time within those distances. By any chance are assailants more familiar with their weapons and usage??? Maybe it is time we reevaluate our training experiences to reduce the infusion of chemicals which have adverse effects on our performance. Training under stress is a vehicle to ensure individual skills and competencies exceed substandard performance.



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MISCELLANEOUS

Penn State is leading a research project focused on deer parasites, specifically ticks and deer keds (a type of fly), which may transmit disease to deer and Hunters. They are asking hunters for the 2019 season to submit specimens they collect from deer and have free sampling kits available for the first 500 who pre-order them. Project information is on the website PAParasiteHunters.com.

There is a bat house on the H.S.A. property. See if you can find it but don't disturb the bats. Thank you.

We had a presentation from our "Friends of Minsi Lake" at our monthly meeting to present their project to improve the fish habitat. H.S.A. voted to sponsor this project which grants us free tuition for conservation school students 2019.

Marty Nothstein, candidate for PA 7th Congressional District paid us a visit. Don't forget to vote on November 6th.

L.V.P.R.L

I would like to thank the league members that have volunteered to help by being range officers. Please consider volunteering to run the range during the practice shooting season.

The last night for scores will be Wednesday October 17th. L.V.P.R.L. We will start the practice league on Wednesday ,October 24th until January 2nd 2019. The LVPRL banquet is November 10th 5:00pm. At the banquet we ask members to donate gifts for our door prizes, and vote for officers for the new shooting season.

Shoot Safe,

Chuck Adams, LVPRL President

Fall Turkey Shoot

**Block Shoot for
Turkey or Meat Trays**



Silent Auction



Food and Beverages

**Sunday, November 18, 2018
From Noon Until 5:00 PM**

*Our main source of fund-raising.
We need all of our members to participate
in this very worthwhile and
needed effort.*

**Wheel Spins for
Turkey or Meat Trays**



Raffle Ticket Drawing



Fun for the entire family

Gun Raffle Mossberg 590 Shockwave

There will be a .22 cal Rifle Game in addition to the Block Shoot

Raffle Tickets

In the mailing you will find Club Improvement Raffle Tickets. Please sell these tickets to your friends and return the ticket stubs with appropriate funds in the self-addressed envelope. We need all of our members to participate in this very worthwhile and needed effort.

HSA Silent Auction

Back by Popular Demand

Donate your unwanted items to this very worthwhile fundraiser activity.

Bring your items to the Monthly Membership Meeting or contact one of the Board of Directors to arrange for a drop off.

FALL TURKEY SHOOT

November 18, 2018

**Block Shoot for
Turkeys or Meat Trays
Wheel Spins
Silent Auction
Food and Beverages
Raffle Ticket Drawing
Fun for the entire family
From Noon Until 5:00 PM**