

The MUZZLEDLAST



Florida's Largest Gun Club, over 2300 Strong and Growing...

VOLUME 2008

Bi-Monthly publication of the Gateway Rifle and Pistol Club of Jacksonville, Florida

May-June

The Norris Tucker Chili Cook Off and Swap Meet Saturday, 24 May 2008

On Saturday the 24th of May, Gateway will host the annual Norris Tucker Chili cook Off and Swap meet at the club. If you have never attended one of these events, please join us and have some fun. We will be hosting the North Florida Firearms Collectors Association again this year and we will see their members at our Swap Meet. Since professional gun shops are not invited, this is a swap meet event for our members and invited guests. Please feel welcomed to bring anything shooting related to the meet and sell out of the trunk of your car, back of your truck, or if you are early enough – get a table in the Pavilion. There is no charge for the event (members only) and the tables are free.

Plan to enter a chili in the contest and hope to win one of the cash prizes we offer. We have a team of seasoned judges with chili taste buds which have been cultivated over decades of practice. They will anxiously await your chili entry! The Chili contest rules are simple: make your chili at home using your best recipe, bring it in and put it on line with the others, use your crock pot or electric cooker (or gas cooker if you wish) and we'll supply the bowls and spoons!! The club will also have a big pot of chili to offer and we plan to feed everyone.

The event is also the anchor point for our membership to have an opportunity to meet the Board of Directors and we have a General Meeting of the membership. The General Meeting will be conducted by the Club Secretary, Officers, and Directors. All members are urged to attend and learn more about our wonderful club. Your Public Relations director is Will Hux and he can be reached during normal business hours at 904-355-1777. This is your club, take an active part and enjoy yourself! Please shoot safely and bring a junior shooter out to learn the safe way to enjoy our sport!

Post Violent Event Trauma / Post Shooting Trauma

Thomas W. Eichling, RBP, HMC/USN (Ret)

Many sources state that after experiencing a violent event Posttraumatic Stress Disorder (PTSD) results. This may not be true in all cases. There is something else which is known as Post Violent Event Trauma (PVET), also known as Post Shooting Trauma (PST). At the founding meeting of the International Association of Law Enforcement Firearms Instructors, San Francisco police psychiatrist Dr. Walter Gorski presented the findings of his studies on this topic. Massad Ayoob, NRA Certified Instructor and Director of the Lethal Force Institute (LFI), was there to hear this presentation and interview Dr. Gorski. The following information is derived from Massad Ayoob's LFI-1 course and his DVD entitled Post Violent Event Trauma (1991). PVET/PST symptoms affect law enforcement officers and civilians alike.

The 'grief' response to a PVET will be experienced in one of two ways. One is felt by those who have no knowledge of this matter and assume that the grief comes from the guilt of taking the life of another, even if it is justified. The other is from what he calls 'warrior princes' who have the attitude of 'how DARE I feel badly about taking the life of someone who was trying to take my life or that of someone I love'.

Many of the symptoms of PVET/PST and PTSD do overlap. However, there are two key identifiers that separate PVET / PST from PTSD. The first is Survival Euphoria. A self defense battle is a near death experience and there are only two roles to play, victim or survivor. To paraphrase Bill Jordan, there is no 2nd place winner, or 1st place winner. Just survivors. The effects of surviving the event are that your coffee tastes better, your wife/ husband looks better, your bed feels warmer, jokes are funnier.

Guilt is not the operational dynamic in PST (except perhaps in the case of a mistaken identity encounter) but there is a euphoric feeling to surviv-

Message From The President

Hello everyone. It hardly seems possible that winter has gone, and we are now enjoying this spring time weather. I hope you will take the time to observe all the improvements we have been making. We have completed mining all of the lead from our berms, which came to a little over 100,000 pounds! We have rearranged storage buildings and are improving the parking at our general purpose range. Parking next to the silhouette range has been enlarged, and additional parking is planned next to the main clubhouse. New and improved air conditioning and lighting has been installed in the clubhouse.

On a more somber note: Virginia Tech, shopping mart, etc. shootings. These are tragedies that cast a bad shadow on all responsible firearm owners. This is the kind of negative press that none of us need, and only serves to fuel the gun banners' machinery. We must continue to demonstrate responsibility and good citizenship as gun owners. All too often we see or hear about a shooter at our range or elsewhere who is loud, obnoxious or has otherwise misbehaved. And we all know the type: Mr. Tough guy or firearms expert or know it all, usually delivered with plenty of noisy invective. We do not want or need this type of behavior at our club, and should make sure we curtail any such behavior. This is not condoned or permitted at GRPC.

Post Shooting Trauma

ing the cataclysmic event. Do not mistake it for euphoria because you took a life but rather do understand that it is euphoria because you survived.

The other is the Mark of Cain. Someone threatens you with death or great bodily harm. You survive. You have spent your life building a good reputation. Yet, there is a perception that your identity has been sublimated by the incident as a result of the reaction of the people around you. You are now marked as a killer by your friends, neighbors, the media and society as a result of your survival of a near death experience. You may be arrested and charged. Your neighbors won't let their children play with your children. Your neighbors don't invite you to block parties anymore. The newspapers print that you committed a homicide in their fair city. Still, you survived the event itself. By doing so, you know that you really wear the Mark of Abel, but society casts the Mark of Cain upon you anyway.

Massad Ayoob published in 'The Ayoob Files', American Handgunner, Jan/Feb 2008, a story about Jim Cirillo. He was a long time law enforcement officer with many credits to his name. Yet, as quoted in the article, "Even Cirillo couldn't escape 'post shooting trauma' entirely. One element of that is what police psychiatrist Walter Gorski described as 'Mark of Cain Syndrome', the situation of being seen by others

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Gateway R&P Club
9301 Zambito Rd.
Jacksonville, FL, 32210



Gateway Rifle & Pistol Club
9301 Zambito Road
Jacksonville, FL 32210
904-771-2937
Business Manager
 club-mgr@grpc-jax.com

BOARD OF DIRECTORS

Fred Gatlin 779-1722
Charles Preston 545-9435
Bill Craig 737-5252
Thomas Beattie 387-9827
 tbeattiesr@comcast.net
Lloyd Watkins 733-1513

Randy Erickson 448-3174
Marion Estes 641-7775
 hipowerman@grpc-jax.com
Jodi Graves 904-284-8413
Ray Kerbs 904-284-5941
Will Hux 355-1777
Sam Grimes 207-3587
Arvil Budd 777-6932
John Graves 904-284-8413
Jerry Stahler 904-284-4572

Post Shooting Trauma

primarily as a killer instead of the good person you are. Jim learned that, despite strong recommendation for promotion by the superiors who knew him, it had been turned down farther up the NYPD food chain by a commissioner who had said 'If we promote Cirillo, it would be telling all the young cops who come on the job that we promote cops who kill.'

Dr. Gorski's Inoculation Effect can help survivors to cope with the after effects of PST. In other words, knowing what to expect 'inoculates' against the after effects of the trauma and lets you cope with them better than someone who does not know what to expect. Some of the expected PST symptoms do overlap with PTSD and include depression, appetite and sleep disturbances, denial, substance abuse, social withdrawal and social ostracism. Flashbacks and dreams that relive the event are also to be expected. Many symptoms are said to be negotiable in that they may or may not be experienced. Others, including appetite disturbance, sleep disturbance, and Mark of Cain syndrome are non-negotiable and will always be experienced as a result of being involved with a violent shooting event.

continued on page 3

For Sale

Winchester 1897, 12 gauge, 30" barrel, full choke, takedown in excellent condition. This is my Cowboy shotgun. \$350.00

S&W Pocket Pistol, 38 S&W 5 shot break action da/sa pistol in excellent condition. This is my Cowboy pocket pistol. \$275.00

Colt HBAR AR15 PREBAN, New in the box, UNFIRED & UNOPENED in original box, with 5 - 30 round UNUSED magazines in sealed plastic bags - 100 rounds of military ammo. \$1550.00

Jeff 904.868.2110
 Jeffreyzeitlin@mac.com

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Just So You Know... Bringing Some Relief

We shooters are just like any other athletes. And I mean that, because if a golfer is considered an athlete, then so are we.

We shooters, just as in any other disciplines that requires physical performance, we have to keep up with a number of things as well as take steps to maintain a minimum shape in order to remain competitive, or at least be able to perform.

Some of us have bad knees, which makes it hard to handle certain shooting positions (this was particularly obvious at the DrOpZOne latest 3-GUN match at the Special Position Rifle Wall) or to move fast enough to win.

But regardless of size and physical condition we ALL (pistol shooters) deal with recoil which can damage your elbow as fast as playing tennis can. I used to shoot about 10,000 rounds of 45 per year and I probably own every type of brace there is on the market to try to alleviate that sharp elbow pain. I even tried to adjust my shooting position but that led nowhere.

Working in the Emergency Room as a volunteer at Baptist Hospital I met Dr. Jack Wang, an acupuncturist with a practice in Jacksonville et on Amelia Island. We have a common friend, Lyndan, who had long insisted that I share my elbow issue with Jack. I finally did (she pushed me pretty hard) and this is what happened.

He felt my elbow and pinched me a couple of times to see where the pain was coming from exactly. Then he grabbed a butterfly needle from the rack, pinched the skin again and stuck the needle under the skin. "Tell me four minutes" he said to me, as he started wiggling the needle under the skin he was holding pinched away from the bone. By the way I felt nothing. After four minutes he stopped, removed the needle but leaving the plastic tube under the skin, and taped the whole thing.

"Make no effort for 12 hours, keep dry for 24 hours, and then remove the tape and pull the tube out" he said.

This was over a year ago and I am yet to have any pain coming back in that elbow from shooting. Needless to say that I sent my wife there and even treated friends of sessions to share with them the miracle.

I asked him one day "Why isn't this more well-known?" to which he replied that most US Olympics team have an acupuncturist on the medical team. And that when we see a tennis player complaining of pain and calling for a break, to come back five minutes later in perfect shape, it's not a bluff—it's an acupuncturist. Whatever the secret is, I am sold. So if you have tennis elbow or some joint/nerve/muscle pain, Jack is your man—he is mine for sure.

Comments? Questions? E-mail me at OIC@DrOpZOne360.com
 God bless.

Florida's new guns-to-work law faces legal challenge

Florida's so-called "guns-to-work" law is the target of a lawsuit filed Monday in federal district court in Tallahassee by the Florida Chamber of Commerce and the Florida Retail Federation against Florida's attorney general.

The law, signed April 15 by Gov. Charlie Crist and effective in July, allows employees with concealed-weapons permits to keep guns locked in their vehicles at work.

The business groups are challenging the law as unconstitutional. They also claim it will increase the risk of serious physical harm to customers, employees or others invited to Florida's places of business.

The National Rifle Association and other supporters of the law say it upholds the constitutional right to bear arms.

OBI's Required on ALL Ranges
Open Bolt Indicators are required

Visit our web site
<http://www.grpc-jax.com>

FOR SALE

Members may list firearm related articles for sale at no cost. Send your ad to dbglasscock@comcast.net

Remington Woodsmaster model 740 semi-auto 30.06 with Tasco 3x9 scope \$300.

Winchester model 1300 pump action 12 ga-23/4-3in. Very nice-vent rib and Winchoke \$350.

Winchester Model 1500 semi auto 12 guage-rare. Made 1978-82 Vent rib and Winchoke \$375.

Choice of Winchokes for 1300 and 1500.

Three 20 guage Winchokes, Very hard to find. improved-skeet. \$20 each.

Donald 269-9231 cell 616-1061

AK Collectors! Rare 7.62 X 39 Norinco NHM-91 Sniper system w/original RPK bi-pod, furniture, 20" barrel \$850.00
call Richard (904)451-9230

Bond Arm Derringer, chambered in .410/45 Colt (Brand new, just bought it, shot a few rounds) \$550

ParaOrdnance P12-45 (Bodyguard Model) with 3 High Capacity Magazines + 4 tenrounders: \$650

ParaOrdnance P13-45 Limited (Stainless steel) with 5 High Capacity Magazines: \$800 (fired less than 500 rounds).

AR15 DPMS PantherTM Classic (model: RFA2-C) 223 Loaded with fun options: Smith Enterprise muzzlebreak, 6-position collapsible stock and 37mm launcher with M-203 handguard. Legal to own, this rifle has fun written all over it. with attached 37mm Launcher with 10 smoke grenades and 10 Red Shower Flairs: \$1250 fired less than 500 rounds.

Bernard Martinage oic@DrOpZOne360.com 904 335 0525

Smith & Wesson N Frame, Model 28-2 Highway Patrolman .367 Blue 4 inch barrel. Used very little with Target grips \$400.00 Call Sam 771-4129

Bushmaster .223 A3 carry handle 20" target bblscopr-variable xtra clips 500rds ammo \$950.00

Antonio Zoli --20 ga. chrome lined O/U engraved silver reciever-lots ammo 750.00

Barnett Quad 300 w/scope auto crank to pull string--14 bolts--325.00
All exc. to new condition TOM +904-284-1369---CELL-208-0905

Federal Gold Medal .223 match ammo for sale, 17 20-rd boxes/340 rounds with 69 grain Sierra Matchking BTHP match ammo. \$250 OBO Email mulestang@comcast.net

Post Violent Event Trauma / Post Shooting Trauma

Of those who survive a near death experience, about 1/3 will never be the same, 1/3 will go through a coping period and be okay, and 1/3 will be made different and stronger as a result of the experience. But knowledge of what to expect is key to coping. Good self esteem is also important and is a positive aspect of inoculation.

Training provides some inoculation by turning the hypothetical into the possible. If you can conceive the worst and practice how to handle it you can better tolerate it. Other coping mechanisms include belonging to a support group such as the NRA or a grassroots organization. Military and law enforcement have their built-in support groups. Women tend to cope better than men, largely because society more readily accepts self defense by a woman than by a man. Also, religious people tend to better handle PST.

Victimology is a term that describes the psychological study of crime victims. Symptom for symptom, winners suffer less than losers. Victims suffer loss. They lose their own destiny and become a prisoner of their own fear. Victors, on the other hand, face the worst and come through it to survive and move on. People who are experiencing a near death incident get through it not just because of their own survival instinct but also because they remember the one thing most important to them, and that is never again seeing their wife, family, loved ones. It is a very strong survival force.

LFI-1 students routinely state that this course module is one of the most informative and important topics in the entire 40-hour course. Anyone who keeps or carries a firearm for self defense should take all three courses: NRA Personal Protection In the Home, NRA Personal Protection Outside the Home, and LFI-1. The training provided by all of these course can help provide the inoculation effect identified by Dr. Gorski's studies. If you cannot attend LFI-1 but want more information on this topic, Massad's presentation is available online through Police Bookshelf. NRA Personal Protection course locations can be found on the NRA website at www.nrahq.org/education/training/find.asp.

IR 50/50 22 Benchrest
Bill Smith 904-276-1008,
work 904-542-2157.

Smallbore Rifle Silhouette
Chuck Deason 282-9366

IDPA
Ed Sevetz 272-8484
(office callback)

Club 1800 Bullseye
Randy Erickson 448-3174

High Power Rifle
Marion Estes
highpowerman@grpc-jax.com

Black Powder Muzzle
Loading
Barry Wheeler 730-3415

BlackPowder Cartridge
Rifle Silhouette
Roger Bump 723-2677

NRA/1800 Bullseye
Randy Erickson 448-3174

NRA/2700 Bullseye
Randy Erickson 448-3174

Cowboy Action/SASS
Jerry Stahler 904-284-
4572

Schedule of Events

CLOSED FOR HOLIDAYS

The club will be closed on Easter, Thanksgiving and Christmas days each year.

REMINDER

Club annual memberships expire on 21 December, 2007. You will not be able to use Club facilities in 2008 until your membership is renewed. If you have not renewed for this year, please do so or risk repaying Club initiation fees in 2008. This is your official notice as we do not mail out renewal notices by letter due to the high cost of mailing. Thanks! GEPC

**Please Limit
Parking in
front of the
OFFICE to
10 minutes**

and wipe your feet

**Cut off date for the
Next Issue will be
Junel 20. Please get
your info to me by
then**

Concealed Carry Permit Classes

Classes have a revised pricing schedule:

Club Members \$35.00

Non-members \$40.00

For information or reservations, call the office at 771-2937

Join the NRA
<http://nra.org/>

*Required Maintenance WILL
be performed according to this
schedule*

Monday 8 AM.-11 AM 100 yard Rifle Range

Tuesday 8A.M.- 11A.M. All Pistol Ranges.

Wednesday 8A.M.- 11A.M. Silhouette Range

Thursday 8A.M.-11 200 yd. Rifle Range

Friday 8A.M.-11 Multi-purpose Ranges

Friday 8:AM - 11:00 New 100 yd.Rifle range

**Sent to the
Printer on
Feb. 21**

Minutes of February 08 Board of Directors Meeting

By William A. Craig, Secretary

I. Meeting called to order by President Fred Gatlin at 7:00pm followed by Pledge of Allegiance

II. Secretary Bill Craig took roll call of BOD

Guests: Bobby Carver, Dan Jones, Sue Carter, Dana Baygents and Fritz-Ware.

(1) Fritz Ware asked what progress had been made on his inquiries from last month's meeting concerning the changes in the Club's guest policy concerning the more restrictive and required range fees for junior shooter and out of town guests. Fred stated that these matters are still under advisement. (2) Carver asked about the possibility of the Glock matches being resumed at GRPC. He was informed that several years ago Glock reneged on their previous verbal contract with GRPC. Glock in a letter to GRPC stated it was only willing to pay a fraction of their former contract fee with GRPC and further itemized a list of demands to GRPC to meet in order for Glock to hold their three day match on our property. Those conditions ended negotiations between Glock and GRPC at that time. Gatlin, however, stated that GRPC would be willing to discuss any future written proposals from the Glock company. (3) Carter will be working with GRPC to hold classes on "Refuse to be a Victim." She will work with Hux to make this happen.

Officer Reports:

President: Fred Gatlin A. Gatlin closed the BOD meeting agenda for this meeting after adding an AC proposal as from Beattie as item 7..

B. Gatlin asked for Board input on his list of items for 2008 planning. Craig suggested priorities and estimated costs be presented to the Board. Gatlin appointed Craig, Budd and Beattie as committee members to work on this planning document.

C. There were no reports from the Audit Committee or Safety Committee.

Secretary: Bill Craig Bill asked if there were any additions or corrections to the minutes of the Jan 2008 BOD meetings. There being none, reports were accepted by the BOD.

Treasurer: Thomas Beattie Tom asked if there were any questions about the January 2008 check registers and financial statements. Reports were accepted by the BOD. .

PR Officer, Will Hux Will Hux introduced Sue Carter who talked about "Refuse to be a victim" program at GRPC. It's a program for men and women, about 3 to 4 hours in length. She will write an article for the Muzzleblast and start a sign up list in the office. This program is a community service and a non profit activity for her. The May "Chili Cook Off" contest / Swap meet will take place on 24 May. Food will be limited to chili in the contest and a large pot of chili provided by GRPC. The Board invited The North Florida Firearms Collector's Association (NFFCA) to participate in the swap meet portion of that event.

Business Manager's Report

Brenda Trickler

The Club's membership as of today is 2,106 and 922 members from 2007 have not yet renewed.

IV. Old Business

1 . L e a d M i n i n g
Beattie

The lead mining is just about completed and the contractor so far has removed over 100,000 lbs of lead. GRPC is very satisfied with all the work to date.

2 . H a w k
Preston

The hawk (Bullet trap) will be moved to the 7 yard pistol line this coming week.

New Business

1. Garand Match This item was deleted from the agenda

2 . W a t e r F o u n t a i n s
Estes

This matter will be referred to our Maintenance Supervisor, Charlie Calkins for action. Replacement should be cheaper than continued repair.

3 . S A S S F i e l d D a y
Stahler

The Singe Action Shooting Society requested a day to allow any member for GRPC to come out and try their sport with the guns and ammo being furnished by SASS members. March 29th on range 5 was approved. A sign up sheet will be in the main office.

4 . M a t c h R e p o r t s
Beattie

Last year, the conditions and requirements for GRPC matches were printed twice in the Muzzleblast. Letters to Match Directors concerning these requirements have been sent repeatedly. This issue has appeared numerous

times before the Board. One group in particular, SEPSA, continues to submit reports with discrepancies and inaccuracies in their attendance rosters and match reports. Their number of attendees as Club members versus out of town guests does not agree with GRPC membership rolls or in the posted information on SEPSA's web site. Club policy is that required written match reports must be accurate and timely. Other facts are: (1). SEPSA is not NRA affiliated nor is it a directly GRPC affiliated activity. SEPSA owns its props, targets, golf cart and other equipment but stores it on GRPC property. SEPSA money and bank accounts are not under GRPC control. GRPC as a Club is NRA affiliated and receives direct support from the NRA. Only about 25 % of SEPSA's monthly match members are GRPC members. (Examples; 16 out of 53, 17 out of 55 and 10 out of 43) This seems to be in direct conflict with GRPC bylaws concerning only "occasional" use of Club facilities by outside organizations. (2). Out of about \$6,052 in match fees collected, last year, GRPC received about \$2,200 but \$2,000 went to their national parent association, USPSA. (3). GRPC furnishes the physical ranges, pays insurance, property taxes and closes the ranges to our thousands of members for SEPSA/USPSA monthly matches. GRPS receives nothing from USPSA. Where are USPSA's ranges? Is this SEPSA/USPSA activity fair to GRPC and the majority of its members?

After much discussion, the Board voted to terminate SEPSA's monthly matches immediately. Beattie was directed to inform SEPSA's match director in writing about this decision.

5 . M e m b e r s h i p P r o p o s a l s
Estes

Estes had some proposals on changes to GRPC membership. After discussion, Gatlin directed Estes to submit his proposals by email to Board member for consideration.

6 . C o n e x f o r H i g h P o w e r
Hux

Hux requested funding to buy another conex container for High Power's targets. Craig suggested that Hux get with Charlie Calkins to examine for suitability of the two small unused conexes that were donated by the Coast Guard. Hux agreed.

7 . A i r C o n d i t i o n i n g
Beattie

Beattie proposed replacing the AC system in the office and Boardroom area of our main building with a budget of \$20,000. In discussion, Stahler offered to help with getting some estimates to help save money. Motion passed to allow up to \$20,000 on this project with Beattie as project manager.

Meeting adjourned 8:10 pm

Tournament Schedule

The following is a list of the matches that have been scheduled as requested by Match Directors. Clip it and Save for future reference. There is additional information on Club activities list on the calendar that is posted at the Club and on the website @ grpc-jax.com

All matches are to be coordinated with the Club Business Manager. All outside organizations who wish to use the club's ranges or facility are to contact the Public Relations Officer, Will Hux

Match	Range	When
Club 1800 Bullseye	1	1st Sunday, 9:00 - 1200
Smallbore, Silhouette	4	1st Sunday, 10:00 - 1400
22 Rimfire Benchrest	4	1st Saturday 08 -1300
Highpower Rifle Silhouette	3	1st Saturday 900
IDPA	5	1st Saturday
High Power Rifle / conventional	3	2nd Sunday 0800-1100
Black Powder Muz.	4	2nd Saturday
High Power 3x20 prone	3	3rd Saturday 0800-1100
N.R.A. 1800 Bullseye	1	3rd Sunday 0900 -1200
SAAA (Cowboy)	5	4th Sunday 0900
Black Powder Car. Silhouette	3	4th Saturday

Call the Match Directors for additional information