

**Dateline digital edition Summer 2013**

alberta smallbore rifle association

# ON THE LINE



Smallbore Rifle Events Calendar

When	What	Where	Who
2013	Eldorado air gun	St. Paul	Louis Mailloux- 780-645-4379 cmikmyu@telusplanet.net

Editor: Wynn Payne 462-1029 hm  
email at [wynn.payne@gmail.com](mailto:wynn.payne@gmail.com)  
2033-74 Street Edmonton, Alberta T6K 2L3

# BULLETS

- **Internet/Web access**

Keep up to date by clicking 'like' our facebook page: <http://www.facebook.com/AlbertaSmallboreRifleAssociation>

You can follow us on Twitter: @ASRA\_177\_22

Web site : [www.albertasmallborerifle.ca](http://www.albertasmallborerifle.ca)

- **Newsletter**-This is newsletter is published three times per year. The dates are approximately March 31, August 31 and November 30. If you want something published please get it to me two weeks prior to the publication date. I will be issuing some more timely items on an as needed basis.. I would love to hear from anyone as to the types of things that they think would be of value in this newsletter or in the accompanying "panel discussion" email.

- **Sponsors**

These people sell products related to your shooting. Please use them, where possible, as a thanks for helping support us through their ads. When you do order, be sure to tell them thanks for the support. Note: we have a new sponsor of Stormbringer air gun range. Have a look.

- **Panel question**

Once again we have a very interesting panel discussion. The question is related to getting back on focus after concentration has been interrupted. .

**Note: The panel discussion will be in a separate email.**

- **Donations**

Thanks to those who contributed beyond their membership fee this year.

Roxanne and Sheldon Dobish, Angie and Jeff Hunter, Darren Lock, Julia Luong, Daniela Sirbu, Walt Suttipisetchart, Tyler Ross

- **Associate membership**

There is now an associate membership available for those who wish only to receive the digital copy of the newsletter. The price for 2013 is \$5 Canadian for the year. What a bargain! Don't rely on someone passing you a copy get your own by filling out the membership form.

If you are reading this and haven't paid your fee please send it to the ASRA address.

**PaperPuncher.com**



**The Canadian choice for  
Kurt Thune equipment**

**Owned and operated by Wayne Sorensen**  
3 Pan-Am Games medals  
5 Commonwealth Games medals  
10th place, Men's Prone Rifle, 2000 Olympics

[www.paperpuncher.com](http://www.paperpuncher.com) / [wayne@paperpuncher.com](mailto:wayne@paperpuncher.com)





## SHOOTING BOOK FOR SALE

### **MENTAL TRAINING FOR SHOOTING SUCCESS - Professor Richard R Domey**

Originally available exclusively from the author the book has been unavailable anywhere for about two decades. Used copies are almost impossible to find. The author has given permission to reprint the book.

Professor Domey's extensive background as a competitive shooter and coach in both full bore and small bore rifle is a solid foundation. The book covers a wide range of topics including but not limited to goal setting, training plans, visualization, relaxation techniques, wind-doping and nutrition.

Copies are available from D. Grover, PO Box 5035, Westlock, Alberta , T7P 2P4

\$25.00 includes shipping and handling (based on Canadian destination). Allow two weeks for delivery.

# 2013 Alberta Smallbore Rifle Association BOARD OF DIRECTORS

<p>Eymann, Susan <b>President</b></p> <p>Box 1703 <b>ex officio all committees</b></p> <p>Raymond, AB T0K 2S0</p> <p>C: 403-315-1585</p> <p><a href="mailto:susan.eymann@lethbridgesportcouncil.ca">susan.eymann@lethbridgesportcouncil.ca</a></p>	<p>Daniela Sirbu <b>Vice President</b></p> <p>7114 – 9710 Prairie Rd</p> <p>Grande Prairie, AB T8V 5X1</p> <p>C: 780-380-5963</p> <p><a href="mailto:Just_me_danie@hotmail.com">Just_me_danie@hotmail.com</a></p>
<p>Reynolds, Jeremy <b>Secretary/Treasurer</b></p> <p>53 Panorama Hills Rise NW</p> <p>Calgary, AB T3K 5M5</p> <p>H: 403-615--9112</p> <p><a href="mailto:jpkreynolds@gmail.com">jpkreynolds@gmail.com</a></p>	<p>Brian Kotowich</p> <p>4405 53<sup>rd</sup> Street</p> <p>St Paul, Alberta T0A 3A4</p> <p>W: 780-724-4018 C: 780-210-0163</p> <p>bkfarm@telusplanet.net</p>
<p>Payne, Wynn <b>Director-at-large</b></p> <p>2033 74 Street</p> <p>Edmonton, AB T6K 2L3</p> <p>C: 403-331-1737</p> <p><a href="mailto:wynn.payne@gmail.com">wynn.payne@gmail.com</a></p>	<p>Janet Trace</p> <p>99 Harvest Park Terrace NE</p> <p>Calgary, AB T3K 4W2</p> <p>H: 403-295-1534 C: 403-612-3648</p> <p><a href="mailto:jtandpz@telus.net">jtandpz@telus.net</a></p>
<p>Ralph Pentelski</p> <p>2808 37 Street SW</p> <p>Calgary, AB T3E 3B4</p> <p>H: 403-242-1416 C: 587-896-2693</p> <p><a href="mailto:rpentelski@gmail.com">rpentelski@gmail.com</a></p>	<p>Louis Mailloux</p> <p>5625 56 Avenue</p> <p>St Paul, AB T0A 3A1</p> <p>H: 780-645-4379</p> <p><a href="mailto:cmikmyu@telusplanet.net">cmikmyu@telusplanet.net</a></p>
<p>Jeff Hunter</p> <p>828 Canna Cres SW</p> <p>Calgary, AB T2W 1N9</p> <p>W: 403-541-5259 H: 403-238-2651</p>	<p>Darcy Wereley</p> <p>9631 114 Ave</p> <p>Grande Prairie, AB T8V 3L9</p> <p>H; 780-402-3505 C: 780-876-0428</p>

## **Alberta Provincial .22 matches**

The 2013 Provincial .22 rifle matches were held at Spruce Grove Gun Club. The club president, Sheldon Dobish, did a tremendous amount of work in making sure there would be an adequate place to hold the provincials. The range proved to be excellent and the conditions gave a sampling of Alberta weather proving the axiom that if you don't like the weather wait 10 minutes and it will change. We had bright sun, overcast, wind and rain with various combination of each. Saturday night featured a pot luck that consisted of Boston Pizza. It was great to sit around the circular table arrangement and talk about shooting. Hopefully next year we can have more of the Calgary shooters attend. In a dual that went to the last shot Wynn and Sheldon had one point difference over the whole weekend including the tie for the 100yds.

Here's a link to pictures from the provincials: <https://www.dropbox.com/sh/icckln7p7v9u4kw/UNClwmsTk6>

**ISSF MATCH RIFLE PRONE Saturday 8 June 2013**

<u>Class</u>	<u>Competitor</u>							<u>English Match1 Total</u>	<u>English Match2 Total</u>	<u>Prone Agg TOTAL</u>	<u>100 yd match</u>				<u>100 yd. Agg total</u>	<u>x's</u>
		<u>1 P1</u>	<u>2 P2</u>	<u>3 P3</u>	<u>4 P4</u>	<u>5 P5</u>	<u>6 P6</u>				<u>8 P1</u>	<u>x's</u>	<u>9 P2</u>	<u>x's</u>		
MA	Wynn Payne	194	194	195	193	195	195	583	583	1166	200	13	198	10	398	23
MA	Sheldon Dobish	196	198	196	190	192	194	590	576	1166	200	9	198	7	398	16
SS	Gregg Davies	180	176	181	182	183	175	537	540	1077	190	4	195	8	385	12
SS	Daniel Farner	180	180	187	185	182	182	547	549	1096	192	6	197	10	389	16
MM	Jeff MacDonald	188	186	178	180	181	185	552	546	1098	192	5	197	8	389	13
SJ	Avery Draper										183	5	169	0	352	5
EX	Brad Draper										167	1	171	0	338	1
EX	Susan Eymann-MacDonald										177	3	176	3	353	6

**ISSF MATCH RIFLE PRONE Sunday 9 June 2013**

		10	11	12	14	15	16	Any Match1	Any Match2	Any Agg	Iron Sight	100 yd		Prone Grand	
<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>P4</u>	<u>P5</u>	<u>P6</u>	<u>Total</u>	<u>Total</u>	<u>TOTAL</u>	<u>Agg</u>	<u>Agg</u>	<u>x's</u>	<u>Agg</u>	<u>Place</u>
										Craftsman Trophy				Chisholm Trophy & Class Plaques	
MA	Wynn Payne Sheldon	198	195	193	198	199	194	586	591	1177	1166	398	23	2741	MW
MA	Dobish	194	197	197	195	196	197	588	588	1176	1166	398	16	2740	1 MA
SS	Gregg Davies	188	189	184	189	190	185	561	564	1125	1077	385	12	2587	1 SS
SS	Daniel Farner	182	185	183	171	178	186	550	535	1085	1096	389	16	2570	
MM	Jeff MacDonald	181	183	176	190	190	180	540	560	1100	1098	389	13	2587	1 MM

Craftsman Trophy

Chisholm Trophy & Class Plaques

**2013 ASRA PROVINCIAL SMALLBORE RIFLE CHAMPIONSHIP Spruce Grove Gun Club - 7-9 June 2013**

SFC Registered

**SPORTING RIFLE PRONE Saturday 8 June 2013**

Relay		1		2		3		Sporter Match 1		X	4		5		6		Sporter Match 2		X Match 2	Sporter		X	
<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>x</u>	<u>P2</u>	<u>x</u>	<u>P3</u>	<u>x</u>	<u>TOTAL</u>	<u>TOTAL</u>		<u>P4</u>	<u>x</u>	<u>P5</u>	<u>x</u>	<u>P6</u>	<u>x</u>	<u>TOTAL</u>		-	<u>Prone Agg</u>	<u>Prone Agg</u>		
EX	Brad Draper	174	0	184	4	184	3	542	7		164	0	172	4	180	2	516	6		<b>1058</b>	<b>13</b>		
SJ	Avery Draper	191	4	186	4	184	3	561	11		195	6	197	7	190	6	582	19		<b>1143</b>	<b>30</b>		
Relay		1		2		3		Sporter Match 1		X	4		5		6		Sporter Match 2		X	Sporter		X	
<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>x</u>	<u>P2</u>	<u>x</u>	<u>P3</u>	<u>x</u>	<u>TOTAL</u>	<u>TOTAL</u>		<u>P4</u>	<u>x</u>	<u>P5</u>	<u>x</u>	<u>P6</u>	<u>x</u>	<u>TOTAL</u>	<u>TOTAL</u>		<u>Prone Agg</u>	<u>Prone Agg</u>		
EX	Susan Eymann-MacDonald	198	11	198	8	198	8	594	27		198	11	200	12	197	14	595	37		<b>1189</b>	<b>64</b>	MW	

**SPORTING RIFLE 3 POS. Sunday 9 June 2013**

		11		12		13		3P Sporter Match 1		3P X	14		15		16		3P Sporter Match 2		3P X	3P		3P	
<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>x's</u>	<u>S1</u>	<u>x's</u>	<u>K1</u>	<u>x's</u>	<u>TOTAL</u>	<u>TOTAL</u>		<u>P2</u>	<u>x's</u>	<u>S2</u>	<u>x's</u>	<u>K2</u>	<u>x's</u>	<u>TOTAL</u>	<u>TOTAL</u>		<u>Sporter Total</u>	<u>X Total</u>		
EX	Brad Draper	187	5	139	0	163	1	489	6		185	6	163	0	166	1	514	7		<b>1003</b>	<b>13</b>		
SJ	Avery Draper	193	9	168	0	169	1	530	10		184	5	183	5	175	3	542	13		<b>1072</b>	<b>23</b>		
MA	Susan Eymann-MacDonald	197	10	186	2	193	4	576	16		198	11	189	1	194	6	581	18		<b>1157</b>	<b>34</b>	MW	

## National Rifle Matches

This years nationals were again held at Beachburg Ontario. Alberta had three representatives.

Daniel Sirbu completed her air rifle match in 6<sup>th</sup> place and shot the finals for a fifth place finish.

Sheldon Dobish had a national team trial total of 1208.7 and a national championship total of 1818.3

Wynn Payne had totals of 1221.3 and 1833.8 respectively for a third place for the team trial and fourth for the national Championships.

The 50 meter range lived up to it's reputation as the wind were a major factor for most shooters. It would be going left to right then in an instant be going right to left or straight up. Someone said that at one point the flags were going one way while the smoke from the rifles were going the other way.

This was the first year using decimal scoring which was done using a mechanical device to score the paper targets. There were a few glitches along the way. Checking your scoring after the fact was certainly a requirement to ensure the right score was assessed. The machine did a great job but the problems of setting of the machine and the transferring of data produced a number of score changes after the fact.

The link to the matches are in this pdf.



Nationals\_2013\_Resul  
ts.pdf

Link to Dropbox pictures <https://www.dropbox.com/sh/ff1ttzb2rih8b54/FmD5jFyw2N>

Teacher: If your mother gave you a large apple and a small one, and told you to divide them with your brother, which would you give him?

Johnnie: Do you mean my big brother or my little one?



# CONFIRMATION OF INSURANCE

Issued by the *Canada's National Firearms Association*

May 15, 2013

Membership ID: 25138CI

Expiry Date: 5/31/2014

Name of Insured:

Alberta Smallbore Rifle Association  
Box 1703  
RAYMOND AB T0K2S0

are hereby to be covered by NFA Liability Insurance (NFAI)

Lloyds Policy Number AL1289

for term from midnight on the date of postmark on your fully completed application to Date of Expiry as above.  
(NFA purchases the basic policy. Members are added by endorsement as applications are received.)

**For claims, technical questions & specific requests please contact:**

SBC Insurance Agencies Ltd.  
Murray Morrison or Mary Cook  
507, 1367 West Broadway  
Vancouver, BC V6H 4A9

Tel: 604 737-3018 Fax: 604 737-3076 Toll-free 1 877 992-2288

---

Each insured individual and each individual member of each insured club is covered for:

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| » Legal hunting activities        | » Legal bow hunting activities   |
| » Legal range shooting activities | » Legal range archery activities |
| » Legal fishing activities        | » All NFA sanctioned activities  |
| » Legal Re-Enactment Activities   |                                  |

**This insurance does not cover business activities and/or activities involving horses.**

- Coverage applies to the above activities, anywhere in the world.
- Commercial general liability limit is \$5,000,000 with a \$500 deductible for situations involving bodily injury, property damage & legal expense.
- Coverage for wrongful acts, errors & omissions by directors & officers is \$2,000,000 with a \$500 deductible.
- Non-owned automobile liability coverage is \$2,000,000 with no deductible.
- Tenants' legal liability coverage at any one premise is \$250,000 with a \$500 deductible.
- Event coverage: If the club puts on a shoot, a fee of \$3 each covers visiting shooters for up to 5 days for one event.

Event coverage: If the club puts on a shoot, a fee of \$3 each covers visiting shooters for up to 5 days for one event.

Visitor coverage: A fee of \$3 covers the visiting shooter for the day in the same way as event coverage.

First & Last Names of insured persons & related fees should be sent to National Firearms Association, PO Box 49090, Edmonton, AB, T6E 6H4.

Names & addresses are kept in custody of the NFA & are not forwarded to the insurance company.

If you send a cheque to the NFA your coverage will begin on the date of the postmark on the letter.

**PLEASE RETAIN THIS COPY FOR YOUR RECORDS**

Additional or replacement copies will be subject to a service charge.

**Canada's National Firearms Association**

PO Box 49090     Edmonton, AB T6E 6H4

Tel: 780 439-1394 Fax: 780 439-4091

Toll Free: 1-877-818-0393 [www.nfa.ca](http://www.nfa.ca)

## Stormbringer Air-Gun Range and Supply

Edmonton's Centre for Recreational and Competitive Air-Gun Shooting Sports

9340 - 34th Ave NW Edmonton, Alberta T6E 5X8

(780) 628-6836 - (800) 517-4535 - [www.storm-bringer.ca](http://www.storm-bringer.ca) - [e-mail](mailto:daryl@storm-bringer.ca)

**NOW OPEN!**



A hunter shot a duck and it fell into the lake. Quickly, he commanded his dog- a dog he had never worked before- to retrieve. The hound ran to the edge of the water, sniffed and walked out onto the waters of the lake. The hunter was amazed. He shot another duck and it too, fell into the lake. Again the hound went on the water to retrieve the duck before it sank. At last, the hunter thought, he had something to show that friend of his who never let anything get to him. The next day the hunter suggested to his friend that they do a little duck shooting. His friend shot a duck, and it fell into the lake. The dog walked across the water to retrieve it and drop it at the shooters feet.

The hunter asked his friend, "What do you think of my bird dog? Didn't you notice anything special about him?"

"I noticed one thing. He can't swim. "

## Albertan's in the United States.

This spring time Sheldon Dobish and Wynn Payne joined a number of Canadians competing at the USA national matches. The results are in this attachment to the email that is sending out this newsletter.

The drop box link for some pictures of Canadians there is: <https://www.dropbox.com/sh/dg018iy33cbl1ew/2FEpD1FcdL>

### CRPC 2013 Indoor Results

Competitor	Jan. 5		Feb.2		Mar.2		Apr. 6		May 4		Irons Agg.	Any Agg.	Grand Agg.	Ave. Score
	Iron	Any	Iron	Any	Iron	Any	Iron	Any	Iron	Any				
Arne Sorensen	587	596	579	594	592	598					1758	1788	3546	<b>591</b>
Jeff Hunter	588	589	591	590	589	586	594	589	588	588	<b>2950</b>	<b>2942</b>	<b>5892</b>	589.2
Jeremy Reynolds	575	584									575	584	1159	579.5
Jeff MacDonald	553	592	565	591					568	595	1686	1778	3464	577.3
Andy Tikkanen	575	584			579	N/S					1154	584	1738	579.3
Susan Eymann														
MacDonald	559	575	574	575					577	N/S	1710	1150	2860	572
Derek Budd			584	588							584	588	1172	586
Peter Scantlebury					577	567	583	582			1160	1149	2309	577.3
Tim Gerhardi			N/S	N/S										

Middle age is when you know all the answers and nobody asks you the questions.

Inscription on a tombstone of a hypochondriac: " Now will you believe I'm sick?"

## Message from the President

With the 2015 Canada Winter Games approaching there is much anticipation for the 2013/2014 season. The AFSS has hired Gladys Wachowich into the volunteer position of Canada Games Coordinator for Alberta shooting sports. Gladys will be coordinating technical, mental training and nutrition sessions for the CWG Team through to the Games.

Several parents have stepped up to take on a coaching role (and ASRA Board member role) throughout the province working hard to keep air rifle shooting relevant in Alberta. ASRA juniors continue to strive for excellence while having fun both in their training and at competitions. We currently have 9 athletes vying for 4 spots to represent Alberta at the 2015 CWG.

Our youth of the past (Wynn Payne, Sheldon Dobish, Daniela Sirbu) continue to train and compete at National and International levels. All three attended Nationals in Beachburg Ontario as well as international matches in June and July. I believe a healthy sustainable organization supports both youth and adults in their goals and encourages mixing and mingling between the generations.

I experienced a wonderful mixing of the generations at the ASRA outdoor provincials in Spruce Grove this past June. While enjoying a nutritional pizza supper, “experienced” shooters shared with Avery Draper, our lone junior, lessons they wanted to pass along.

Highlights of this conversation include:

- Always have fun
- Train lots
- You CAN do different types of shooting; don't worry about choosing one discipline too early
- There is more to our sport than just shooting; you can choose to be an athlete, a coach, an official, an administrator
- Read! There is a lot of information out there about shooting and training
- Trigger is important, manipulate it without moving the rifle
- Be friends with your parents; they can take you places
- Go to as many matches as you can
- Shoot against yourself...personal bests
- Accept the level you are at, based on the effort you put into training (the more effort, the higher your level will become)
- Shooting is huge in countries like Germany...450,000 members in the province of Bavaria alone
- Become aware of USA scholarship opportunities

I hope to see more of these sharing opportunities between the generations, as well as between coaches, officials and clubs. Let's enjoy this lifelong sport together.

Have a great season,

Susan Eymann

The St.Paul Fish and Game Association and the Alberta Smallbore Rifle Association  
Invites you to attend the

# ELDORADO AIR GUN MATCH

September 27,28,29 2013

In

## ST. PAUL ALBERTA

Eldorado Indoor Air Gun Range @ 4918-51 Ave St. Paul Alberta

Open to all air gun athletes - first 18 athletes will be accepted

Course of fire

Men 2-60 shot matches      Ladies 2 40 shot matches

Top 7 pistol and top 7 Rifles will compete in a Finals Event

The top 7 rifle and top 7 pistol athletes will compete in a finals match

Practice time 4pm to 4:45 pm and 7 pm to 9 pm September 27,

Equipment check Friday 4pm to 8pm

Saturday 7am to 10am

Relays

A1 Friday 5 pm to 7pm

B1 Saturday 8 am to 9:45am

C1 Saturday 10am to 11:45pm

A2 Saturday 12pm to 1:45pm

B2 Saturday 2pm to 3:45pm

C2 Saturday 4pm to 5:45pm

FINALS SUNDAY

PISTOL 9am      RIFLE 11am

Awards to Follow

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

BIRTHDAY \_\_\_\_\_ CLASSIFICATION \_\_\_\_\_ ASRA \_\_\_\_\_ AHA \_\_\_\_\_

RIFLE \_\_\_\_\_ PISTOL \_\_\_\_\_ RELAY CHOICE \_\_\_\_\_ SFC# \_\_\_\_\_

ENTRY \$35.00 \_\_\_\_\_ TOTAL DUE \_\_\_\_\_

.....Manual Returning Target System..... ISSF Rules Will Apply.....

The Match Committee Reserves the Right to adjust the rules As Necessary

For More Information Contact

Louis Mailloux e-mail [cmikmyu@telusplanet.net](mailto:cmikmyu@telusplanet.net)

Home phone 780 645 4379

Work phone 780 645 3321 ask for Louis

Super 8 Hotel 1-780-645-5581.....Woodland Motor Inn1-780-645-2245

