



Northeastern Arizona Sportsman's Association, Inc.  
320 CR6350, P.O. Box 2715, St. Johns, Arizona 85936

Issue 2014051

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## **Letter from the VP:**

Hello shooters!

We are entering a busy and important time at NASA. There is a LOT of important club things in this issue that YOU need to know! If nothing else, please glance through the events sections.

Mike Killmer's service was good. It was easy to see that Mike was well-liked throughout St. Johns and Concho. He will be missed by many people.

There are important political things in the works for NASA. NOW is the time for you to be involved. Part of our agreement with the Game and Fish requires us to have "Open" days, meaning, open to the public. Before that can happen, we need range Standard Operating Procedures (SOPs). The Range Committee has written the [proposed SOPs](#) and presented them to the board at the May board meeting. There are things that need to be changed before the board can adopt them, so we've scheduled a work meeting and a special board meeting specifically to adopt the SOPs. There was quite a bit of controversy at the board meeting involving the SOPs, so maybe you should read them to make sure you're in agreement with them. We want your participation to make sure this important document is fitting for our range. Come to the Members' Meeting on May 23<sup>rd</sup>, or the SOP Work Session on May 30<sup>th</sup> to voice your opinions. Board members will be there to listen to your suggestions and concerns.

Still no headway on the Environmental Assessment. Don Borg has been talking frequently with the Game and Fish, trying to get it sped along. They did promise us several target stands like the ones Ben Avery has. Don Borg is organizing a work party for this weekend (16<sup>th</sup> & 17<sup>th</sup> at 9:00am) to set the target stands at the appropriate distances on the main range. Please come help put them in the right spots and get them protected from stray bullets.

We are resuming the Meet and Greet. We will have one on June 28<sup>th</sup>. There will be food! I believe that the [White Mountain Old West Shootists](#) (a cowboy action shooting club) will be there to give us a demonstration of Cowboy Action Shooting, and I also believe that there will be a demonstration of some full auto shooting (machine guns). I'm excited for both! Cowboy action is something that interests me a lot, and who doesn't like full auto? I can hardly wait!

If you have any suggestions for the newsletter, or would like to help provide content, please e-mail me at [bowen.udall@nasashootingsports.com](mailto:bowen.udall@nasashootingsports.com).

Sincerely,

Bowen Udall  
Vice President  
Northeastern Arizona Sportsman's Association, Inc.

## Upcoming Shoots and Events:

- **THE GATE LOCK WILL BE CHANGED MAY 15<sup>TH</sup>**. We will start mailing out keys and cards to current members starting tomorrow (5/12). Remember, the membership year starts in May, so if you haven't recently renewed, you're probably due.
- **Work Party – May 16<sup>th</sup> and 17<sup>th</sup>, 9:00am**. Don Borg is heading up a work party to set up the target stands on the main range. The work party will be setting up the stands at the appropriate yardages. We've been needing this for a long time, so come lend a hand! It will make the range much nicer to shoot on!
- **"SOP" Work Session - May 30<sup>th</sup> - 6:00pm**. We are developing "Standard Operating Procedures". The range committee has provided us their SOPs, and now the board and members need to meet to look it over and make sure they are what we need. It actually generated some controversy at the May board meeting, so maybe you should download your copy of their proposed SOPs and make sure they are what they should be. We believe it will be at the St. Johns Library, but may have it at the St. Johns Senior Center if the library is booked that night. If you can't come to this special work session, come to the Members' meeting on May 23<sup>rd</sup>.
- **Special board meeting to approve the SOPs – June 21<sup>st</sup> – 8:00am**. After the work session on May 30<sup>th</sup>, the Range Committee will take corrections and

suggestions back and revise the document. We will have a special meeting to approve the SOPs this day. It starts early

- **Quarterly “Meet & Greet” – June 28<sup>th</sup>**. At the main range. There will be food, along with a demonstration of "Cowboy Action Shooting" from [White Mountain Old West Shootists](#), and a full-auto demonstration as well! Guaranteed fun for anyone! Please bring ear and eye protection for the whole family.

## Continuous Shoots and Events:

- The **Scholastic Clays Target Program** is held on the first and third Saturdays of every month at 10:00am on the Shotgun Range. The next one will be **May 17<sup>th</sup>** at 10:00am. This program is funded by the Arizona Game and Fish, and is free for the youth. [Sign-up forms can be found here](#). General information about the SCTP can be found on [the Game and Fish SCTP page](#). Contact Bowen Udall at [bowen.udall@nasashootingsports.com](mailto:bowen.udall@nasashootingsports.com) for more information. Our Facebook page is [www.facebook.com/leadingedgeshooters](http://www.facebook.com/leadingedgeshooters)
- ARCHERY AND OPEN - THIRD WEEKEND 9AM THIRD WEEK END ARCHERY AND OPEN DON BORG 928-337-4387--928-245-0222 PLEASE RSVP
- The **NASA Members meeting** is held on the fourth Friday of every month, 6:30pm at the St. Johns public library. The next one will be **May 23<sup>rd</sup>**. This meeting is primarily for the members to have their voices heard by the board. Members are strongly encouraged to come participate in the Members meeting.
- The **Board of Directors meeting** is held on the second Friday of every month, 6:30pm at the St. Johns public library. The next one will be **June 6<sup>th</sup>**.
- The **Scholastic Clays Target Program** is held on the first and third Saturdays of every month at 10:00am on the Shotgun Range. The next one will be **June 7<sup>th</sup>** at 10:00am. This program is funded by the Arizona Game and Fish, and is free for the youth. [Sign-up forms can be found here](#). General information about the SCTP can be found on [the Game and Fish SCTP page](#). Contact Bowen Udall at [bowen.udall@nasashootingsports.com](mailto:bowen.udall@nasashootingsports.com) for more information. Our Facebook page is [www.facebook.com/leadingedgeshooters](http://www.facebook.com/leadingedgeshooters)
- **Quarterly “Meet & Greet” – June 28<sup>th</sup>**. At the main range. There will be food, along with a demonstration of "Cowboy Action Shooting" from [White Mountain Old West Shootists](#), and a full-auto demonstration as well! Guaranteed fun for anyone! Please bring ear and eye protection for the whole family.

## Range News:

Still waiting for our Environmental Assessment. In the meantime, we're working on Standard Operating Procedures (SOPs) and a Quarterly “Meet & Greet”. I think we have a fun one scheduled, and it's just around the corner! Come out, bring eye/ear protection & an appetite. I guarantee you'll enjoy it.

We're looking to have our official groundbreaking ceremony early in September. Probably the 5<sup>th</sup> or 6<sup>th</sup>. Keep an ear out, and I'll make sure I put more details in the newsletter as they come available.

## **Developing Nerves of Steel:**

Darrell Moerch, a former police officer, NRA certified instructor, and NASA member, was kind enough to share an article he wrote for his courses:

### **TRAINING TIP "How to Develop Nerves of Steel"**

#### **If You Are Able To Control Your Emotions, You Will Be Able To Control Your Accuracy**

#### **DEVELOPING NERVES OF STEEL**

There seems to be a direct correlation between normalcy and mastery. The masters of any sport have the ability to set aside their emotions and their need for instant gratification when pursuing their goals. Some say that the ability to delay self gratification is an indicator of one's IQ. When shooting, controlling your emotions and follow-through are very important skills to learn if you want to master accuracy. There is a direct correlation between "instant gratification" and being able to control your emotions. Both require nerves of steel.

Most shooters rarely work at developing the skill it takes to follow through visually and bio-mechanically. Most of us want to do a Lookie-Lou (look downrange at the target to see where the shot went) just as the shot's releasing for that instant gratification of seeing the results. This causes inaccuracy and creates delays in any follow up shots. It takes self-discipline and nerves of steel to follow through.

A fear response is a form of self-gratification. We immediately associate a perception of reality and project it into the future giving it a meaning that induces a sympathetic response. We do this impulsively as a self-gratification survival mechanism and it doesn't matter whether the fear was real or not. The fear response is produced in an area of the brain called the "Midbrain". It is part of the reptilian brain that's responsible for initiating the fight or flight response.

You can train yourself too neurologically suppress the need for instant self-gratification and to reduce a fear response. You can do this by building up GABA fibers. They play a role in regulating neuronal excitability throughout the nervous system. GABA fibers are what connect the higher cognitive reasoning function of the brain and the survival-oriented mid-brain. These GABA fibers are thin, so the faster reactions of the mid-brain are the default. The growth of GABA fibers can be accelerated by the person's habitual responses to their environment.

We can enhance the growth of GABA fibers by confronting fears and engaging ourselves beyond the perceived boundaries of what's normal. From this, we develop the ability to differentiate meaning from what a real danger is, as opposed as to what is a perceived danger. With experience, you'll learn that 90% of your fears never come to fruition. Only 10% of the time when we recognize danger, is the danger a real threat. Most people are victims of their emotions rather than masters of them. We learn when to act and when how to calm our nerves and not allow ourselves to be thrown into the sympathetic response. Every time you differentiate reality from non-reality and suppress fear and the impulse to overact or to do a Lookie Lou, the connecting GABA fibers bulk up, just as muscles do each time this internal process takes place.

The thicker the GABA fibers, the less the midbrain kicks in. As specific fears are cancelled due to the differentiation and suppressing impulses, these experiences bulk-up these connecting GABA fibers and allow the forebrain to work at the same time survival measures are being taken. You will learn to shoot more accurately, fight smarter and develop nerves of steel.

Here are some ways to grow thicker GABA fibers during your shooting practice so you can develop Nerves of Steel:

- Whenever you feel an emotion starting to build when you're shooting, practice suppressing that emotion.
- Whenever you're compressing the trigger and you begin feeling that sense of urgency, suppress it and just allow the gun to release the shot.
- Whenever you feel the urge to look at the target as you're compressing the trigger, focus more deeply on your front sight GIP.
- As the shot is releasing, suppress that feeling to look down range at the target for self-gratification i.e. "How'd I do?" Force yourself to follow through visually and biomechanically. Keep your focus on the front sight GIP and immediately re-prepare the trigger for proper follow-through.
- When you come to the range to shoot; practice with a purpose. (Example: Today I'm going to work on maintaining accuracy at a father distance.) Suppress that urge to just spray and pray for the fun of it. Stay disciplined and focused on achieving your goal.
- If you miss a shot, suppress the impulse to get mad or frustrated. Say to yourself: "I just received feedback, and that feedback is going to make me a better shot." Then let the feeling go. Remember, reframe your thoughts and focus on the positive things that should take place.

At Lobo Arms Firearms Training Development we teach that shooting is a metaphor for life. "The secret to shooting is the key to living." The better you are able to control your emotional state, the more accurate you're going to be and you will have a higher quality experience. Let's face it, life sucks when everything feels out of control.

Our students get back to us all the time after taking our Advanced Courses and tell us that they were life-changing experiences. The courses gave them the skills to master their emotions which has enhanced and improved every area of their life. They've develop better coping skills and have been able to build those GABA fiber networks so the little stresses in life that tend to eat most people up don't bother them anymore.

Just as importantly when they face adversity and very serious problems, they are able to maintain their composure and they tend to spend only 10% of their time identifying the root of the problem and 90% of their time coming-up with creative solutions with nerves of steel.

## **Bowen's Stupid Tips:**

Since almost nobody offered to help with content in the NASA News, you're going to have to listen to some of the 'duh' moments I've encountered. I'll try to keep them 'sportsman' related, but there are times that I might slip in a computer reference, car reference, or even a plumbing reference depending on how poorly my week has been going. I'm really hoping more of you will decide to jump on the band-wagon and start helping me out with content...

One of the 'rules' or 10-commandments different organizations (especially gun manufacturers) push is, "Make sure you have the right ammunition". Ever wonder what some of the things that can happen if you don't. I do. I can imagine some of them, and I have seen a couple things.

The reason it's on my mind is because of a recent training exercise. Now, anyone that knows me knows I'm no fan of Glocks. I'd use one in a pinch, and they generally run when you need them to, but I like American made. There are also a few 'design flaws' that I perceive Glocks to have. One of the more dangerous design flaws is that if you are shooting a .40 S&W, but you happen to grab a mag for a 9mm, it will fit in the 40, load a round, and fire. Generally, this is not an issue, unless multiple people are shooting and there are 40s and 9s. If you're not paying close attention, it is extremely easy to grab the wrong mag and use it. That is exactly what happened at this training exercise.

The trainer knew almost instantly what the person had done. The report sounded wrong and the person was suddenly very inaccurate. However, the Glock continued to cycle 9s into the chamber of the 40, and fire them! The shooter was completely unaware what was happening. Fortunately, nothing bad happened. The trainer stopped the shooter, and made them think about what they had done. Once they realized their mistake, they grabbed a mag for a 40 and continued on.

So, what could have happened? Luckily, the 9 is smaller than the 40, which allowed the majority of the burning gasses to escape around the bullet, and around the casing. There weren't dangerous pressures built up, and guns did not explode. Looking at the spent casings, you might wonder how nothing was damaged!



Talk about fire-forming! The force that cause those cases to expand from a 9mm to a .40 is pretty high!

Now, imagine having a cartridge that fit, but was completely wrong. A 6mmBR will chamber in a 223 WSSM. A guy that had both managed to accidentally put a 6mmBR in a 223 WSSM rifle while he was on an outing with both. Well, a 6mm is .243" in diameter, and a 223 WSSM is .224" in diameter. When it went off, well, imagine an orange being shoved through a straw. Not too pretty.



There were IMMENSE pressures in that one. It managed to get the .243" diameter bullet out of the barrel by squeezing it down to .224", but the resulting pressure caused the rifle to come apart. It even blew the stock into three pieces! The shooter wasn't seriously hurt, but he could have been!

I know what you're thinking, "Stupid newby". This shooter was no newby! This shooter had over 50 years of shooting experience! It was one simple mistake that could have ended his shooting, and maybe his life.

So on to my tip. It should be pretty obvious: **"Make sure you are using the correct ammunition"**. Think it can't happen to you? You are too experienced? Well, that's what this shooter thought too.

## NASA Politics:

- **Board of Directors meeting** – The Board of Directors meets twice a month. First at the Board of Directors meeting on the second Friday of the month at 6:30pm at the St. Johns Library, second at the Members Meeting. The Board of Directors is responsible for making decisions for the club and take into consideration suggestions and opinions from members. Come to the meetings and participate.
- **Members meeting** – On the fourth Friday of the Month, the Board of Directors meets to hear from the members. The directors use members suggestions to help guide the club in the direction it needs to go.
- **Bylaws** – [NASA's bylaws can be found here.](#)
- **Proposed Standard Operating Procedures for the range** – [SOPs can be found here.](#)
- **Your Board of Directors:**
  - **President:** Don Borg
    - - Cell: 928-245-0222 (no texts)
    - - eMail: [donborg@frontiernet.net](mailto:donborg@frontiernet.net)
  - **Vice President:** Bowen Udall
    - – 928-245-3666
    - – email at [bowen.udall@nasashootingsports.com](mailto:bowen.udall@nasashootingsports.com)
  - **Treasurer:** Ben File
  - **Secretary:** Pat Hall
  - **Board members:**
    - Wiley Barnes
    - Katrina Watkins
    - René Greene.

## NASA Website/Facebook/Twitter:

- We have been striving to keep our website up to date with current information. The main page has a listing of shoots and events coming up. There is also a “contact us” page, a Google calendar of events, documents to download, and information about NASA. The address is <http://www.nasashootingsports.com>.
- If you are on Facebook, liking our Facebook page will give you updates right on your wall feed. Our Face book page is the one that gets updated most often, so it’s a good one to follow. The page is at <http://www.facebook.com/NASASports>.
- Our Twitter feed is occasionally updated, but will be the way we disseminate information during shoots, events, and the gun show. We’ll tweet who wins in categories, tweet when categories are about to start, and tweet other various information. The Twitter page is <http://www.twitter.com/NASASports>.

## About NASA:

Northeastern Arizona Sportsman's Association, Inc. was created in 1998 and incorporated in 2006. NASA's goal is to promote safe firearm usage for children and adults alike. NASA is a non-profit corporation that is run by an elected board of directors. Everyone who works for NASA does so on a volunteer basis.

## About NASA News:

NASA News is an experiment created by Bowen Udall, the NASA Vice President, in hopes of raising the communication level in the club. He wanted to make sure that all members of NASA knew about what was happening with the club, and know about all the events planned. If you have ideas for the newsletter, or complaints, or want to add or remove your name from the NASA News mailing list, or especially if you want to help, e-mail him at [bowen.udall@nasashootingsports.com](mailto:bowen.udall@nasashootingsports.com). Forward this e-mail to a friend that might be interested. You can get back issues of NASA News, as well as a PDF version of the current issue from our webpage: <http://nasashootingsports.com/about-us--files.html>

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