

Full-bore- Sitting, shining brass
Small-bore- Dry fire practice

The



March 2020

Buffalo Chips

MANITOBA PROVINCIAL RIFLE ASSOCIATION

Air Rifle 22 Long Rifle High Power Rifle

Like always, if you have any questions, scores, tips or advice, comments, or have something that you would like to have published in the For Sale / Wanted section, email me at mprachips@gmail.com



Houston, we have a problem.

A week ago the warm weather was probably causing some trigger fingers to itch and some of you to realize you haven't reloaded any ammo. Well you have no excuse now provided you are not an essential service worker. For the good of everyone stay home, reload or try some dry fire practice to maintain your skill level.

That being said all shooting facilities are temporarily closed, 711 Leola St, WRPA range on Miller Road and even though I have not heard assume gateway Gun Club.

When things finally get back to order you will be updated directly

On a good note, Bruce MacDonald had a great time at a match in Trinidad and did not come home empty handed. Well done Bruce.

The soldier, the cop, the hunter or the competitive marksman will all agree on one thing, only hits count. Depending on the game you're playing, it may be more important to be faster or it may be more important to be precise, but in the end it's the shooter who can achieve his aim – perfect shots on demand, anywhere, any time, and all the time - who wins.

The bottom line is that both the professional and the recreational shooter want to do the very same thing. You both want to hit your target – the object of firing the shot in the first place – every time. And you have to be able to do it under stress.

Linda K. Miller and Keith Cunningham, Secrets of Mental Marksmanship

Let's start with a good story

The match was the West Indies Fullbore Rifle Championships held in Trinidad, Oct. 22-26. The conditions of the match were very hot and humid with daily temps in the high 30s to low forties with the humidex. You have to try shooting in these conditions to understand how difficult it truly is. A leather jacket and wool sweater in the heat of the day are generally not the preferred attire. Especially when, deck chair, shorts, poolside, and some sort of cool umbrella drink would be a much more pleasing option. We also had rain a couple of days and this is another tropical experience that needs to be experienced as when it rains it comes down so hard you can't see ten feet in front of you. Thankfully it usually only lasts a half hour or so and they try to stop shooting before it hits. In keeping with the tradition of the Crazy Canucks, during one of the rainstorms one of our team ran out in the storm wearing only shorts and was seen hugging a couple of the range officials. There is a rumour that it may have been the author of this piece, but I am confirming nothing.

We shot on a newly refurbished range, which was just finished, before first practice. Complete with all electronic targets with install and troubleshooting by the owner and one of my team mates, Dan Chisolm. The heat also caused some problems with this as they caused electronic devices to overheat and shut down, with phones being especially susceptible. The individual was won by Varma Rmbaran of Trinidad with a new record of 404/405. Yours truly was a very surprised 2nd with 393 and Anderon Perry of Barbados was 3rd. 2nd through 10th was covered by 3 points. We had 4 Canadians in the top 10. There was a UK team in attendance as well as the 7 West Indies teams.

After the individual came the West Indies team championship. Won by the Canadian team. Which I had the privilege of co-coaching and shooting on. We had a strong showing, as the 2nd place Brits were a number of points down.

Two life lessons learned during the match, don't lay down on a fire ant mound. These tiny little monsters have a venomous bite that is like having sulfuric acid dripped on your skin with the burning sensation lasting over 18hrs. Second, just because you like and have a high tolerance for spicy food, do not show off and take a forkful of Scorpion pepper relish. I can confirm though that the second hottest pepper in the world does cause short mild hallucinations.

Many thanks go to my 9 team mates and a special shout out to Monny Fife for some timely advice and her usual kick in my butt. Also Johnny C who gave me my first chances at coaching at an international level and pushing me to excel as a shooter. I know he's looking down and smiling. This one's for you John.

Bruce W MacDonald

Just an update note on COVID-19 from the President of the DCRA, for your information and

to advise all DCRA members and competitors of the posture of the DCRA concerning the COVID-19/Coronavirus outbreaks in Canada and around the world.

The COVID-19 outbreak is of serious concern internationally and as a national sports body sanctioning national sport shooting championships that include international participation, it is one the DCRA is following carefully.

At this time, the DCRA is moving forward with activities and plans as scheduled for the spring and summer, including our AGM at the end of March and our Nationals in late August.

Planning for the 2020 DCRA Nationals is well under way and we wish to assure you that we are closely monitoring updates from national and local health authorities as well as the Connaught Range Primary Training Centre to ensure that we are taking appropriate measures, such as increasing the cleaning regime for public areas and frequently touched surfaces, to mitigate risk of exposure to the virus for our competitors, staff and visitors.

As the situation is dynamic, the DCRA recommends that all competitors monitor the situation concerning COVID-19/Coronavirus and check the DCRA Facebook site regularly for any updates.

GENERAL INFORMATION

The human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

The following advice can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water
- use alcohol-based sanitizer if soap and water are not available
- avoid touching your eyes, nose, or mouth with unwashed hands
- stay home if you are sick
- when coughing or sneezing:
 - o cover your mouth and nose with tissues to reduce the spread of germs
 - o immediately dispose of any used tissues and wash your hands
- avoid visiting people in hospitals or long-term care facilities if you are sick

There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own.

Please remember to:

- drink plenty of fluids
- get rest and sleep as much as possible
- try a humidifier or a hot shower to help with a sore throat or cough

If you need immediate medical attention call 911 and mention your travel history and symptoms.

SOURCES OF FURTHER INFORMATION CONCERNING COVID-19/CORONAVIRUS:

The Government of Canada:

<https://www.canada.ca/.../2019-novel-coronavirus-infection.ht...>

The Government of Ontario:

<https://www.ontario.ca/PAGE/2019-NOVEL-CORONAVIRUS>

The US Centers for Disease Control and Prevention

<https://www.cdc.gov/CORONAVIRUS/2019-NCOV/SUMMARY.HTML>

The World Health Organisation

<https://www.who.int/westernpacific/emergencies/covid-19>

Stay safe,

Murray

Manitoba Provincial Rifle Association

As you are all observing, much is going on in respect to the COVID-19 virus situation, such that we feel it only prudent to temporarily close our range effective March 23, 2020.

Over the last 10 days no one has attended the range (based on our sign in register), so this temporary closing only supports what our members are already practicing under current virus protocol.

Effective immediately all programs, meetings and other MPRA events at our range are temporarily cancelled. This would include our .22 off-site (Gateway & Miller Rd. ranges) programs and matches as well.

We will keep monitoring this matter and reopen our ranges and programs as soon as possible.

Thank you for your cooperation.

Stay well!

Gord Oliver

MPRA, V.P. Small-bore

March 23,2020

FIVE TIPS FOR BETTER RIFLE MARKSMANSHIP

02/26/20 5:00 AM | by [Jeff Wood](#)

Marksmanship is all about hitting the target and requires an understanding of the fundamentals and sometimes even some training by professionals. It also helps to have the right gear on hand.

We've gathered together some tried and true tips to help you select the best products to improve marksmanship.

CHOOSE THE RIGHT PLATFORM

With so many great rifles manufactured today, the right platform could come from almost anywhere. When choosing a rifle, select one that fits you and has the requisite features and accuracy for your intended purpose. The length, caliber and even weight of the rifle all depend on your activities.

If shooting from standing or intend to lug the firearm into the field, you may want a lightweight rifle. On the other hand, if you plan on entering the competitive shooting circuit, a heavier gun may be an advantage.



The right rifle helps shooters produce clean shots. Although a dated platform, don't rule out legacy bolt-guns as being very capable shooters. (Photo: Kristin Alberts/Guns.com)

Be it for hunting, target, or competition, it is important to have the proper length of pull, cheek weld, etc. so that you can handle and control it accurately. The rifle should be configured to provide proper sight alignment for the best sight picture as well.

Don't hesitate to buy the stock now and upgrade as you go to spread the cost over the long-term. Keep in mind, you can always add aftermarket accessories to most firearms. The right platform is a comfortable one that shoots accurately while allowing you to aim and focus on the target.

[CHECK OUT RIFLES HERE](#)

INVEST IN A SOLID BARREL AND TRIGGER

Accuracy is typically measured in group sizes or patterns at a given distance. The smaller the pattern of shots, the more consistent the shooter and rifle are at aiming them. When accuracy is the goal, it's wise to invest in a good barrel that is intended to aid the shooter in producing accurate shots.

In addition to putting some cash into a decent barrel, gun owners should also consider upgrading the trigger to one that breaks clean and consistent. Most quality rifles sold today have a decent trigger available but for those which aren't quite up to par, there are plenty of aftermarket manufacturers with an improved replacement option.

Whether you opt for a single-stage or two-stage, light or heavier trigger, your ability to trip the sear without affecting the positioning of the rifle is what will bring better shots. The goal is to pull the trigger without impacting your sight pictures. Safe dry firing is an excellent way to test drive your trigger and determining whether more practice or an upgrade is required.

Whether you make simple adjustments for a more comfortable break, learn to use the trigger as is, or spring for an entirely new trigger system, make sure you are well practiced and familiar with how it operates.

SELECT THE RIGHT AMMUNITION

A rifle is no better than the ammunition that feeds it, so selecting loads optimized for the gun and activity is of particular importance. Not all munitions are created equal, and even the same brand of ammunition can see variances between models. Some shooters forego this issue by simply handloading their ammo, while others stick to specific lines or brands they know work.



Selecting the right ammunition lends itself to adequate shots on target –whether you're chasing animals or paper. (Photo: Kristin Alberts/Guns.com)

In marksmanship, consistency breeds accuracy, and ammo is key to this equation. When selecting loads, start with two or three options and test them out side-by-side to gauge results. Find the ammo that produces the best on paper results for the intended application and fits within your budget and run with it.

Setting aside time at the range to familiarize yourself with your preferred brand of ammo will help you expertly know what to expect from shots, how they perform in the elements, at distance, and on animals.

[GRAB AMMO HERE!](#)

GRAB AN OPTIC

“You get what you pay for” rings true when it comes to budgeting and buying an optic for your platform. While there are many new and less expensive options available today, make sure you opt for something that can accomplish the job — whether that is to hold zero on a heavy magnum or offer repeatable elevation adjustments for long-range shooting.



A quality scope ensures that you can see your target and make the proper adjustments to land shots where you want them. (Photo: Jacki Billings/Guns.com)

A budget scope may work in the interim but long term it may not hold up. Not to mention, less expensive scope internals could shift under recoil or other force. Scopes or even open sights that aren't properly secured are known to flex or even come off – an obvious impediment when to accuracy. For this reason, it is paramount to grab the best possible option when it comes to optics. A good scope often costs two to three times the rifle it is destined for, but any shooter will tell you that's well worth the price.

While rifle scopes have long been the go-to for rifle optics, a large portion of modern rifles sport optical sights, such as telescoping sights or red dots. Whichever type you use, install it properly with robust mounts that are adequate for the recoil and duty. Much like the rifle, it should also fit you and your shooting needs.

A final reminder, don't skimp on the optic!

[SHOP OPTICS HERE](#)

INVEST IN TRAINING

It's worth pointing out that gun owners can grab the best equipment on the market, but it won't do a bit of good if you don't know how to properly use it. Understanding and implementing the basics like posture, breath control, trigger discipline, recoil management, and sighting will further accuracy and prevent human errors which can throw off even the best equipment.



Training will ultimately prevent bad habits, break any existing ones and help dial in those shots. (Photo: Kristin Alberts/Guns.com)

Trigger control, using the pad of your finger versus the joint impacts the location of shots while breathing properly reduces the amount of movement as the trigger is broken. Additionally, shooters need to intimately understand the proper use of their chosen optics and learn how and when to adjust for come ups or wind values, not to mention requisite holds.

This is where training with a qualified instructor comes in handy. A professional will provide instructions on the fundamentals as well as how to properly integrate gear into the shooting scenario. Often, a few critiques and tips from a professional yield much better results than toiling away solo on the range trying to work it out yourself. The shooting sports industry offers many different training opportunities that can help you better your skills and employ them in your quest for marksmanship.

FINAL THOUGHTS

The most satisfying part of the marksmanship journey is finally gaining the confidence to hit what you choose to hit with a rifle setup that feels like an extension of you the shooter.

Apply yourself to the basics and make sure your equipment fits the task at hand and you'll soon find yourself making better shots. Keep practicing and learn from every shot whether hit or a miss.

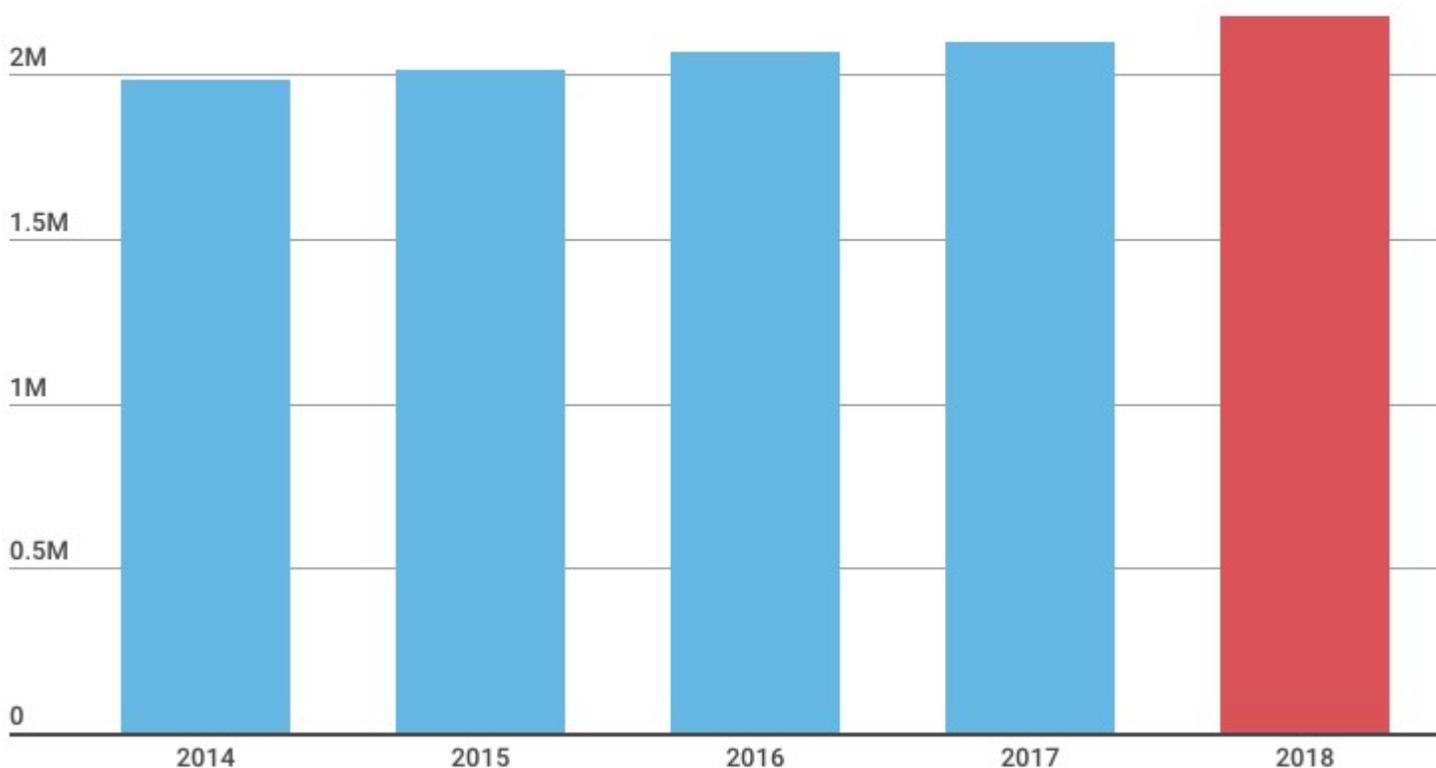
Canada Gun Facts & Stats

Newest Update: 03 December 2019

See a mistake, or have a suggestion or comment? [Contact us](#).

Total Firearm Licences

Shows number of people authorized to own firearms.



At a Glance

- **500 million.** Number of ammunition cartridges fired safely and responsibly by civilian shooters each year in Canada. (Estimate based on independent analysis of Statistics Canada import data. The Ministry of Environment cited a [report](#) estimating 375 million cartridges are imported each year.)
- **10-20 million.** Guns owned by individual Canadians for hunting, farming, ranching, protection, recreation, competition, education, collecting, investing, art, engineering, history, and other legitimate purposes. (Adding in government agencies, military and police would add less than 0.5 million.)
- **2.2 million.** Canadian men and women with a federal gun licence at 31 March 2019.
- **936,459.** Handguns registered to private individuals at 30 April 2019. Including businesses and museums, the total rises to 1.06 million.
- **443,000.** Canadians prohibited by courts from owning firearms (2017).
- **260,677.** Canadian adults with a federal firearm licence who own at least one registered [handgun](#) as of 31 March 2019.
- **90,000.** Estimate of Canadians (mainly police, law-enforcement and military) allowed or required to carry loaded guns in daily life for personal and public safety.
- **75,634.** AR-15 target rifles [registered](#) to individuals at 14 Aug. 2019.
- **10,000.** Canadian youth aged 12-17 with licences to use, but not buy, firearms.
- **4,500.** Firearm and ammunition businesses in Canada. (Roughly 1,500 are licensed to sell firearms.)
- **3,000.** Estimate of guns bought and sold every day. (Roughly 1/3 new guns and 2/3 used guns.)
- **1,400.** Target-shooting ranges in Canada. About the same as the number of hospitals.
- **1,000.** New handguns, AR-15 rifles and other “Restricted” firearms bought in Canada each week.
- **365.** Days each year that people with gun licences get a background check.

- **266.** “Firearm-related” homicides in 2016, according to Statistics Canada. Fatal stabbings have exceeded fatal shootings this millennium.
- **16.** Percentage of suicides by shooting, behind hanging/suffocation (44%) and poisoning (25%).
- **13.** Percent of Canadian men who have a firearm licence, or almost one in seven.
- **13.** Percent of Canadian gun-licence holders who are women.
- **10.** Potential years in jail for not renewing your gun licence on time.
- **3.** Legal classifications for firearms in Canada.
- **2.** Team Canada shooters in the 2016 Summer Olympics.
- **2.** Female Team Canada shooters in the 2016 Summer Olympics.
- **0.** Number of violent criminals with firearms who obey firearm laws.

Latest RCMP stats, 22 May 2019:

▪ Maximize Your Advantages, Limit Your Disadvantages

by NRA Staff - Wednesday, January 8, 2020



[_More](#)

Maximize Your Advantages, Limit Your Disadvantages

By Jimmy Koon

In competitive shooting, try to limit all the disadvantages you can, and at the same time, maximize your advantages. This also includes your personal health. If you think you can perform well in spite of illness or injury, go ahead but don't get upset if you don't do well. Don't feel as if you have failed. Instead, acknowledge that you were at a disadvantage at the start.

Good concentration is one of the greatest advantages we have as shooters. When the person next to you has a gun that makes all kind of noise, it becomes increasingly difficult to maintain your train of thought. Obviously, you are at a disadvantage. If you focus 110 percent of your thoughts on the target, you will regain your advantage. What has happened before or what is to come has no place in your thoughts. Sure, there are going to be distractions but try to block them out and maintain your concentration.

Even if someone next to you is shooting a semi-automatic pistol and ejecting brass towards you, you can't declare an alibi. Here's a story regarding a friend who had such intense concentration that it made an indelible impression on me. On one occasion, a spent casing came out of the gun next to him and landed on his neck. It wasn't until after he had finished firing his last shot, and he smelled burning flesh that he realized the casing had hit him. That is the extreme type of concentration that I hope to have someday. You must be totally focused on the target.

It's also important to minimize the disadvantages that food and drink can have on your [body](#). A lot of folks like to imbibe. I personally cannot drink beer or Coke before a match. Coke has a lot of caffeine and tea or coffee have both caffeine and tannic acid. If your body can handle it, that's fine and dandy, but I would recommend not drinking carbonated drinks, coffee or tea. If you have become used to drinking Coke before every stage and are successful, I'm certainly not going to recommend that you quit drinking Coke. If you are going to quit, do it in advance, not on the day of a match.

Each one of us is an individual with different body requirements and needs. Some of us burn up fat and protein a lot faster than others. Try to learn which foods and drinks are the [best for you](#). When it really comes down to the bottom line, I doubt that any one would say that drinking beer or smoking cigarettes helps their shooting.

Additionally, if you are going to be serious about shooting and you want to win, you have to give your body a break. You need six to eight hours of good sleep each night. It's nice to get together with all your friends when you have come a long distance for a national match, but we all know that if you are staying up too late you are cheating your body.

So that's it, stay safe, stay home, stay busy and wash your hands.

So that's it, stay safe, stay home, stay busy and wash your hands