



The Reticle

Gun Safety, Education, Marksmanship



Next Member Meetings

To all my fellow Straight Shooters...

This month, I want everyone to join me in welcoming your new Board of Directors.

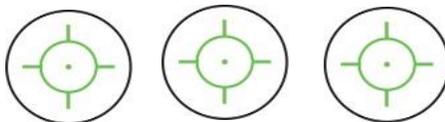
I am always gratified when our members step up and offer to accept additional responsibilities so as to be better able to serve their fellow Straight Shooters members.

Our new directors: Floyd Dunstan, Allan Forrest, Charlie Beck, and Steve Pryor join Colleen Ruthford, our new Secretary, along with Jim Schiefer, Ed Pack as Chairman and myself to form your new Board of Directors.

Congratulations to our new Directors and the new Secretary.

Thanks to Larry Smith and Mike Plocharczyk for their time as directors and Dianne Olsen for her many years as Secretary.

Chuck Wildzunas
President



"Guns don't make criminals," Reagan said. "Hard-core criminals use guns, and locking them up and throwing away the key is the best gun control law we could ever have." - Ronald Reagan



Savannah – Tuesday,
April 19th - 6:45 to
8:15 pm. Doors open
at 6 pm.

Eisenhower –
Monday, April 25th -
6:30 to 8:00 pm. Doors open at 5:30pm.

April Donor Award: KelTec P17, 3.8" barrel, two 16+1 capacity magazines, fiber optics front sight, 14 oz loaded weight, 3 lb trigger pull. Plus 800 rounds of "cartridges".



April Topic: Sumter County Sheriff K-9 Unit Presentation

Your Aim is Off, and Arthritis is to Blame

By Linda Wheeling, BSN, RN, MSN, FNP

If you have pain in your hands that makes it difficult to hit your target, you probably know that osteoarthritis is the culprit. This article will help those of you with arthritis pain to discover ways to better enjoy your time at the range.

Common Marksmanship Problems Caused by Arthritis:

- Loading bullets into magazines or cylinders
- Operating the Safety
- Employing the double-action hammer
- Racking a semi-automatic handgun
- Holding onto the receiver/ grip
- Pulling the trigger
- Managing recoil

- Cleaning the handgun

There are many things you can do on your own to improve your arthritis symptoms. Consult with your physician beforehand to get medical clearance.

Recommendations for Treating Arthritis:

· Hand and wrist exercises can improve hand flexibility and joint function. When performed at home these exercises are the equivalent of do-it-yourself physical therapy for arthritic hands. A link demonstrating the exercises can be found in this 3.5-minute YouTube video:

<https://youtube.com/watch/tRnqF-AFFdw>

Hand exercises are most effective when performed 2-3 times a day.

· Dietary Changes: One of the most beneficial changes an arthritis sufferer can make is to adopt an anti-inflammatory diet. A diet that is heavily laden with pasta, breads, potatoes, sugary drinks, sweet treats, and processed foods will only perpetuate arthritis because those foods fuel inflammation in the body. To eliminate inflammation, you need to reduce portion size, eat fewer carbohydrates, cut out processed foods, and drastically reduce sugar intake. You can review the foods list for the anti-inflammatory diet here: [21 Anti-Inflammatory Foods](#) (simplyhealth.today)



When you adapt to a lifestyle of 'cleaner eating', you will naturally avoid the foods that inflame your joints, and you will notice arthritis relief. You will also reduce your risks for serious disease development. Before you change anything, ask your physician if he or she agrees that you would benefit from this type of dietary change.



· Medications: If you have had arthritis for long, you have already tried the usual over the counter or prescription medications to reduce inflammation and pain). Hopefully, by using these medications at the recommended 'as needed' basis you can get temporary relief. Consult with your

physician before changing your medication regimen in any way.

Modifications You can Make to Decrease the Pain While Shooting:

- Get a larger grip so that you do not have to 'over-squeeze' your hands
- Wear padded shooting gloves to help grip and aid recoil control
- Shoot a smaller caliber handgun, if possible
- Use lower grain rated ammunition to reduce recoil

Would You be Better Off With a Different Handgun?

Travis Pike is an NR-certified pistol instructor who has arthritis. He formulated the following list of 'The Top 5 Arthritis Friendly Guns.' He explains why he chose each gun and displays each in his blog post:

The Top 5 Arthritis Friendly Guns | CrossBreed Blog:

<https://www.crossbreedholsters.com/blog/the-top-5-arthritis-friendly-guns/>

- Smith & Wesson Shield EZ Series
- Walther CCP M2 .380
- Beretta Tomcat 3032
- Ruger LCR or LCRX
- Sig P238



(The VSS is NOT endorsing these guns nor are we recommending that you buy one of them; they are simply the opinion of the blog author above. This list may give you a place to start shopping if you think a new firearm is what you need.)

Summary:

The pain in your hands from arthritis does not have to cause your range time to be a dreaded experience. Although arthritis is likely never to disappear, you can adopt new range methods and home treatments that will allow target practice to free from thoughts about chronic pain.

Sources:

1. Logar, Joseph, PT, DPT, 7 Pistol-Shooting Tips for People with Arthritis, nrafamily.org, April 28, 2020, <https://www.nrafamily.org/content/7-pistol-shooting-tips-for-people-with-arthritis-1/>

2. Arthritis of the Hand, my.clevelandclinic.org, July 6, 2021, [Arthritis of the Hand: Symptoms, Types & Treatments \(clevelandclinic.org\)](https://my.clevelandclinic.org/health/symptoms/12345/arthritis-of-the-hand-symptoms-types-treatments)

3. Nonsteroidal Anti-inflammatory Drugs (NSAIDs), FDA.gov. December 31, 2020, <https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/nonsteroidal-anti-inflammatory-drugs-nsaids>

Linda Wheeling is a freelance Medical Journalist who has 39 years experience as an RN and practiced for fifteen years as a board-certified Family Nurse Practitioner. She is a member of The Villages Straight Shooters.

Instructor's Corner

By Steve Mosel

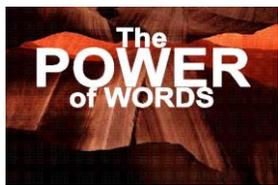


(These articles are the opinions of the writer only and in no way reflect official positions of the Villages Straight Shooters - or anyone with good sense for that matter - SM)

“SAY WHAT NOW?”

“Give me a second to fill my clip with bullets!” I sighed and pictured the shooter holding a handful of hair accessories and small lead projectiles. Oh, OK. I, too, knew exactly what he meant.

But in these days of controversy and constant debate over firearms, wouldn't it be nice if you could present your arguments - to those in opposition to your viewpoint - with the correct verbiage?! It makes your contentions more



substantial when the other side can't point out your abuse of the King's English. The following are five misused, firearm-related words that I hear over and over and regularly raise my hackles. I sincerely hate looking like a doofus and constantly correcting shooters, but I think it makes a difference and is important to get right!

BULLET: A BULLET is the projectile that exits the barrel of a firearm.

A “CARTRIDGE” is the vehicle that encompasses the case, primer,



gunpowder and bullet. You fill your firearm with CARTRIDGES, not BULLETS.

CLIP/MAGAZINE: Let's keep this simple for now (although I urge you to study the history of these devices, which is quite interesting.)

Most modern pistols and rifles use detachable or integral MAGAZINES (or MAGS). CLIPS aren't seen much these days. There is the exception of full and half-moon clips used for



revolvers, which, along with speed loaders, are common.

Those boxy black or silver things that are full of cartridges that you insert into your handgun's grip are MAGAZINES. PLEASE learn to call them by their correct names!

GUN: This one is interesting in that “GUN” has come to mean just about any tube-shaped thingie that fires a projectile.

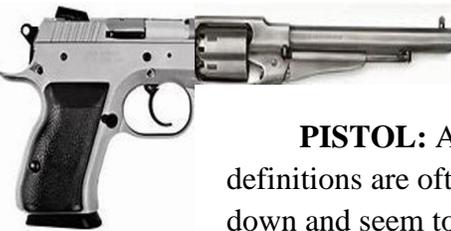


But just ask anyone who has slogged their way through Basic Training. If you called your rifle a “GUN” there, you were most certainly going to spend the next hour of your life jogging around and around your barracks, holding your rifle over your

head with one hand and the other firmly cupping your private parts – all the time endlessly chanting, “This is my rifle, this is my GUN, this is for shooting and this is for fun!” In the endlessly fascinating world of military wisdom, “GUNS” were relegated to the bigger boomers such as artillery.



A.R.: This is always fun at parties, where you can catch an anti-gun type mistaking it for “Assault Rifle”. As most of you already know, it stands for Armalite Rifle.



PISTOL: Although definitions are often difficult to pin down and seem to magically

change to suit your particular argument, at one time, The ATF defined PISTOL as any handgun that



does not have a revolving cylinder. PISTOL is often used to describe a revolver, but really, the word PISTOL should be used for a semi-auto handgun.

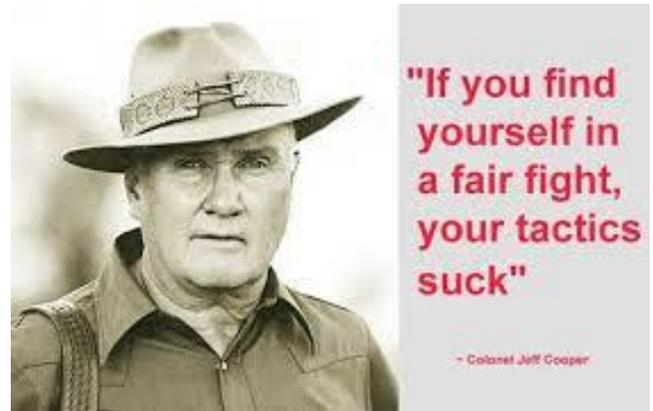


Call a REVOLVER a REVOLVER – a SEMI-AUTO a SEMI-AUTO and either one of them a HUNDGUN to be safe.

There are, no doubt, other mis-used words that drive you crazy, but these are a few of my favorites. Whether you’re new to shooting or have been doing

it from before the Korean War, try to represent the cause properly and get the words right!

Note: While doing a Bing picture search of “bullets” most of the resulting pictures were of “cartridges”, not bullets. Of course this makes sense since Steve is smarter and better informed than the tech and media people about firearms. Well done Steve. *Editor*



I don't carry a gun because I'm evil; I carry a gun because I have lived long enough to see the evil in the World.



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