

SPECIAL EDITION INSERT TO THE *AUSTRALIAN SHOOTER*

THE JUNIOR Shooter

AN INTRODUCTION FOR JUNIOR SHOOTERS & HUNTERS



Issue 5

Proudly printed in Australia

An official publication of the Sporting Shooters' Association of Australia



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Front cover photo by Rachael Andrews

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Printed by Webstar, Silverwater, NSW.

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Editorial



Bob Green
SSAA National President

Welcome to Issue 5 of *The Junior Shooter*. First up in this issue we have Tim Blackwell's story 'What's in a name?' If you've ever wondered why particular cartridges have the names they do, then this story is for you. As Tim explains, cartridges have always been named in strange ways, but there is usually a method to a manufacturer's madness.

Continuing the subject of cartridges, *Australian Shooter* Reloading columnist Barry Wilmot introduces us to reloading your own centrefire cartridges. Reloading can be a great way to save money and have more understanding and control of your ammunition capabilities, but it's also a very enjoyable pastime, one which you can share with your parents or new-found friends from the shooting range.

Media Officer Rachael Andrews shares some tips for spotting, so you can get the most out of each shot you take during competition, while hunter Cheri Tabor takes us all the way to North America to take part in a deer hunt. We also have a rather exotic but tasty venison recipe for you to try out.

In addition to our usual magazine competition, we are continuing our Sign up a Junior membership campaign and competition. All juniors who become a SSAA member or renew their membership between January 1 and December 31 this year will go into the draw to win \$500 worth of SSAA gear. Their sponsoring adult will also go into a separate draw to win \$1000 worth of gear!

Finally, if you've got a story idea or want to share some shooting or hunting tips, feel free to let us know. We'd especially like to see more contributions from young SSAA members, so if you have something to say, contact Associate Editor Kaye Jenkins on 08 8272 7100 or edit@ssaa.org.au ●

What's in a name?

Understanding cartridge names

by Tim Blackwell

One thing that may puzzle a lot of junior shooters or those new to the sport is how certain cartridges got their names. To the beginner, there seems to be no set formula, with confusing names apparently only bound by how creative the designer wants to be. However, most cartridge names *do* have a reasonable amount of logic behind them. The difficulty lies in the fact that different cartridges come from different backgrounds, continents and eras, which all had different ways of labelling new rounds. I will do my best to unravel the mystery by using my own terms to categorise the basic naming methods used and giving examples of common cartridges which were named by each process.

The imperial method

While as an Australian youth, you are far more likely to be familiar with millimetres and centimetres than inches, many measurements in the shooting world use the old 'imperial' system that is still used in the USA today. Calibres, or bullet/bore diameters, are expressed as a fraction of one inch (1"). For example, the .308 Winchester calibre represents 0.308". The most common form of imperial cartridge name is simply the calibre expressed as a fraction of 1", with the maker's name added as a suffix (at the end). Common examples include the .222 Remington, .223 Remington, .243 Winchester and .270 Winchester.

The biggest drawback with this method is that the name of the cartridge seldom refers to its exact calibre. For marketing purposes, manufacturers often choose a number nearby that sounds 'catchy' or different to the opposition. For example, the .222 Remington, .223 Remington, .22 Hornet and .220 Swift are all actually the same calibre (.224"). Similarly, the .270 is actually .277", while the .303 British is actually .311".

Other examples named in this method include the .204 Ruger, .257 Roberts, .260 Remington (.264"), .284 Winchester, .308 Winchester, .300 Winchester Magnum (.308"), .325 Winchester Short Magnum (.323"), .338 Federal, .416 Taylor and .444 Marlin (.429"). The name is generally attributed to the individual or the company that developed the round.

The American 'imperial' method is somewhat open to the imagination of marketing gurus at the big cartridge



companies, who can give cartridges fancy names or add 'Magnum' on the end to help sell more cartridges. Today's competitive market is littered with Ultra Magnums, Short Magnums, Super Short Magnums and the like.

The metric method

Metric cartridge nomenclature (classification) has its origins in Europe and is probably the most descriptive method for naming cartridges, although all the numbers can get a little heavy to digest. The name of each cartridge is generally derived by expressing the calibre of the bullet in millimetres by the case length in millimetres, often with a suffix exposing its origin. For example, the popular 6.5x55 Swedish fires a 6.5mm-diameter bullet from a 55mm-long case. It was developed as a Swedish military round. Other common examples include the 5.56x45 NATO, 7x57 Mauser, 7.62x39 Russian, 7.62x54R, 8x57 Mauser and 9.3x74R. The 'R' suffix is a common abbreviation for a 'rimmed' cartridge.

Merging methods

In more recent times, some merging of the American and European methods has occurred in the naming of some cartridges, simply giving the calibre in millimetres followed by the maker's name. The 6mm Remington, 6.8 Remington SPC, 7mm Remington Magnum and 7mm WSM (Winchester Short Magnum) are common examples of this combination.

The only minor drawback of a metric cartridge is that virtually all projectile components available to Australian reloaders are nominated in fractions of 1", so the shooter must know their bullet diameter in imperial terms anyhow. I'll give you a quick rundown of some common bullet conversions in ascending order: 5.56mm (.224"), 6mm (.243"), 6.5mm (.264"), 6.8mm (.277"), 7mm (.284"), 7.62mm (.308") and 8mm (.323"). From this, it becomes obvious that cartridges such as the 6mm Remington and .243 Winchester actually share the same bore size. The same is true of the 6.5x55 Swedish and .264 Winchester Magnum.

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Cartridge characteristics

Over the years, a few cartridges have been named for their performance characteristics, be it the calibre, powder charge, bullet weight or velocity. Sometimes, even the year of inception is used. This is where things can begin to get confusing.

Many lever-action cartridges predate smokeless powders, so are named in the old black powder method of stating the calibre and powder charge, such as the .44-40, which fires a .44-calibre bullet originally propelled by 40 grains of black powder. Other examples of this include the .25-20 Winchester, .30-30 Winchester and .45-70 Government.

A few cartridges have been named after their year of inception, with the most famous exponent of this being the famous .30-06 Springfield, so called because its full title was the '30-calibre of 1906'. This cartridge was actually adapted from the earlier .30-03, which was a short-lived predecessor from 1903.

Some cartridges were even named after the velocity they produced. The most notable of these is the .250-3000 Savage, which had an advertised velocity of 3000 feet per second (fps) and was quite impressive back in its day. In more recent times, we have the rimfire .17 Mach 2, which is named in the same method.

Wildcats

Many popular factory cartridges in use today started life as a 'wildcat'. A wildcat is a cartridge which is not commercially manufactured and must be handloaded. These were often

factory cases with the neck expanded up or swaged down to a different calibre, sometimes with shoulders blown out and the body taper reduced to increase the powder space within. This type of cartridge is usually named by stating the 'new' calibre preceding the name of the original or 'parent' case. The 6.5-284 Norma is a necked-down .284 Winchester. The .22-250 Remington is a .250-3000 Savage necked-down to .224". The 7mm-08 Remington is a .308 Winchester necked to .284 and the .25-06 Remington started life as a popular wildcat made by necking .30-06 cases down to accept .257" bullets.

Wildcat cartridges that have had their body dimensions altered to increase powder capacity without changing the calibre are known as 'improved' cartridges and just about every popular cartridge has an improved wildcat cousin. The greatest exponent of this practice was PO Ackley, who pioneered the vast range of Ackley Improved cases. In many instances, the small gains achieved by such 'improved' cartridges are not worth the cost of a custom reloading die set and rechambering job. However, there are a few that deliver velocity gains of 200 to 300fps over their original counterpart. In the past, many of the impressive published velocity figures for wildcat cartridges were claims made by cartridge creators using very 'hot' handloads, which could not be sustained for regular use.

Several popular factory cartridges spent many years under different titles as wildcats before being standardised and renamed by the large cartridge companies who realised their potential. Several examples include the .243 Winchester (which, believe it or not, was created as the '240 Page Pooper!'), .25-06 Remington (which was a popular wildcat known as the '25 Niedner', among other variations) and .22-250 Remington (which was a common small-game wildcat before becoming a commercial success). Other wildcats eventually standardised include the 6.5-284 Norma and .338-06 A-Square, which were both highly efficient cartridges in their respective classes, and the .35 Whelen, which is a necked-up .30-06. The new .338 Federal is a blown-out necked-up .308 Winchester and has been the basis of many other cartridges.



The .30-06 Springfield, left, .308 Winchester and .30-30 Winchester all use the same 0.308"-diameter bullets. However, powder capacity and the corresponding hitting power varies.

The three most common case-head/bolt face sizes in use today include the .222/223 (0.378"), left, .308/.30-06 (.473") and the belted Magnum case-head originating on the .375 Holland & Holland (0.532").



Summary

The naming of metallic rifle cartridges is a fascinating field and one which adds yet another interesting element to the sport of shooting. I hope I have been able to include your favourite cartridge to help uncover the history of its creation and title. ●

Some tips for spotters

by Media Officer Rachael Andrews

Having a good spotter over your shoulder during a Rifle Metallic Silhouette match can be the support you need to shoot a medal-worthy score. This is, in fact, where my shooting career began - attending shoots across South Australia and spotting for friends, family and shooters from other clubs. To this day, I'm still inclined to attend a Rifle Metallic Silhouette Centrefire shoot purely to spot for someone else, not even touching a rifle for the duration of the match.

Any shooter will tell you that having an extra set of eyes to pick up that you've just missed three turkey silhouette targets over the back end is very handy. But, as with everything, there is an art to being a good spotter.

Firstly, it is important to know the discipline you are spotting for. You will need to know what order things will happen in and what your responsibility is because spotters usually double as scorers. Secondly, you need the gear to back you up. Many shooters will have their own binoculars or a spotting scope to use, but it is always handy to have your own, as you can also use it during your own shooting.

When you're all kitted up, position yourself within about 1m of your shooter, either to their left or right, usually depending on how much space you have and their preference. Be ready to explain where on earth that last bullet went or to give them an update on the score. While doing this, be aware that other shooters on the line are concentrating. Try to limit your advice on the last shot to when your shooter is either reloading or facing you; avoid talking when they have the firearm to their shoulder and are taking aim, as this can be distracting. Remember to keep the volume to a respectable level too.

A good spotter will not only be aware of what is going on down-range, but also what is going on with weather conditions. For instance, you may have to alert your shooter to a 'whirly wind' travelling across the range or a complete change in wind direction. Alerting the shooter before they have taken their shot can put a stop to a wasted shot.

Similarly, when you are looking through the scope waiting for a shot, don't zoom in so far that you can only see the target. Even the most accurate of shooters will miss eventually and they will want to know where the shot went, not just that they missed. While doing all of this, it is also necessary to remember to keep score and keep track of which target your shooter should be aiming at. Be ready to tell them this when they ask.

When you spot for someone, you are performing a valuable function on the range, but you also have a great opportunity to learn how to approach a discipline. You will gain insight into how to read what the wind is doing to the bullets and it will help you to be more aware of what you are doing wrong or right in your own shooting. It can be quite a demanding job, as you might spend several hours in scorching or freezing temperatures, having to pay close attention, but as I learned one day spotting for a shooter who shot his first ever shooting medal in a Rifle Metallic Silhouette competition, it can also be good fun. ●



Juniors-only competition

Only junior SSAA members are eligible to enter. One entry per member per competition. To enter, simply write your name, address and membership number on the back of an envelope and send it to:

Junior outdoor package competition
SSAA Media & Publications
PO Box 2520, Unley, SA 5061

or online at www.australianshooter.com.au

Winner randomly drawn June 10, 2010

WIN a junior outdoor package

Kindly donated by Kizlyar and SSAA Store

Valued at \$36



An introduction to reloading

by Barry Wilmot

Why do we reload our fired cartridges? Perhaps the quick answer to this is that you can save a lot of money reloading your own cartridges. But, as Richard Lee of Lee Precision Inc, one of the world's largest manufacturers of reloading equipment, says, "In reality, many people who reload have more money than time and these people can well afford to buy factory ammunition, but elect to use their precious time to reload their own; they recognise the value of a relaxing and enjoyable hobby."

Those of us who reload also enjoy working with our hands and there is real satisfaction in making something useful and better or more accurate than when it was new. These people, by nature, hate waste and save the empty cases from their factory ammunition because they can't bear to throw away a perfectly good case. It also goes against their very nature to litter; they won't throw fired cases on the ground and leave a mess for others to clean up.

The major cost in the price of a factory cartridge is the brass case, followed in order by the projectile, the propellant or powder, and the primer. For the beginner in reloading ammunition, let's start with the basics. When the cartridge is fired, the primer is ignited by the firing pin and is not reusable. The powder then ignites and is consumed. The projectile is propelled from the barrel and is lost (usually, in a target). The only item remaining that can be reused is the brass cartridge case.



A .243 cartridge, top, and its components, including a projectile, powder, brass case and primer.

So to reload the brass cartridge case into a reusable cartridge, only five simple operations are required:

1. The brass cartridge case is resized back to its normal dimensions.
2. The used primer is pushed out of the primer pocket in the base of the cartridge case.
3. A new primer is installed.
4. The cartridge case is refilled with the correct weight of suitable powder.
5. A new projectile is placed in the neck.

To complete these operations, the equipment required is very basic and many shooters have reloaded thousands of accurate cartridges using simply a Lee Loader press, which is available for most popular cartridges. For those who want a quicker method of loading more than just a few cartridges, the equipment needed is a set of dies for the particular cartridge being reloaded, a press to house the dies, a priming tool to install the new primer and, of course, a good reloading manual showing current powders and projectile weights that can be used.

Again, if one is a beginner, let's look more closely at what we need to start reloading. The first item to purchase before starting to reload ammunition is a manual on cartridge



A Lee Loader.

reloading. There are several good ones available and they will usually describe how to reload the cartridge, how to use the loading data in the manual and then give detailed data on the type of primers, powder and projectile weights to use on the cartridges shown in the manual. When purchasing a manual, make sure that it includes Australian ADI powder in their data, as some overseas manuals neglect to do so. It is also a good safety procedure to compare the load data you decide to use for a specific cartridge in more than one manual. As a beginner to the reloading process or when reloading a new cartridge, for safety reasons you should always start at slightly below or at the suggested load indicated and *not* at the maximum load shown.

The next item to buy is a good reloading press. These are available in several models from the Australian manufacturer Simplex and various American manufacturers, such as RCBS, Hornady, Lyman and Lee.

The most popular press type is the O-frame bench-mounted press, which is made by all of the manufacturers. But it really comes down to personal choice and how much you want to spend on which one you buy. Very popular for small- to medium-sized cartridges is the Lee Challenger O-frame-style press, while Lyman's Orange Crusher press is popular with those reloading larger rifle cartridges.

Some makers offer presses with six-station rotating heads and these are good if you want to load more than one cartridge. Progressive or fully automatic models are also available for people, such as handgun shooters, who use a lot of cartridges and need to reload many cartridges every week. While these types of presses are probably not necessary for those just starting out, your parents or other sporting shooters at the range might have one and if you are interested in reloading, you might be able to use it with them.

The next item to buy is a set of dies to go in the reloading press. These are usually made by the same manufacturers as the presses and again, because they are all well-made and of a similar price, personal choice or a liking for a particular feature, such as an unbreakable decapping pin, is perhaps the most important consideration.



Just some of the many reloading manuals in the marketplace.



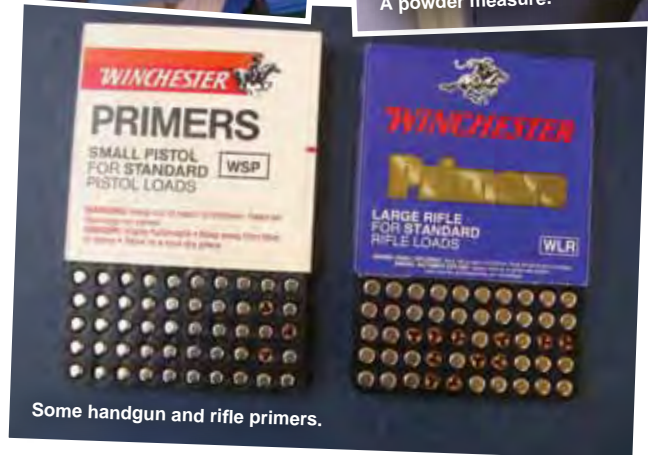
A Lee O-frame reloading press.



A reloading press and dies.



A powder measure.



Some handgun and rifle primers.

The Junior Shooter

Dies for reloading rifle cartridges usually come in sets of two, comprising a full-length or neck-resizing die and bullet-seating die. Handgun cartridge dies will come in sets of three or four, with the extra die being used to crimp the neck of the case. Also for handgun pistol cartridges are carbide or titanium nitride dies, which eliminate the need to lubricate the case. These are readily available and their popularity has helped reduce their price in recent years.

A powder scale is the next item required because while a dipper can be used, for the accuracy required, a powder scale is better to check that the correct weight of powder is being placed in the cartridge case. The simple beam balance types available from the manufacturers are quite accurate and robust in construction and if properly cared for, will last a lifetime. However, as we are now in the electronic age, new digital scales are becoming more popular and widely used. These scales can measure in grams or grains at the flick of a switch, usually have a range of zero to 1000 grains, and are accurate down to one-tenth of a grain, which is great for powder measurement.

The powder can be scooped up or trickled into the weighing pan of the scales before being dispensed into the cartridge, but a more convenient way is to place the



Powder scales.

powder into a powder measure, which 'throws' the pre-determined weight of powder straight into the cartridge case. Powder measures are usually used when more than just a few cartridges are being reloaded, as they speed up the dispensing of the powder into the case, but for safety reasons, the weight of the powder charge must be checked periodically with the powder scales. Although not essential when first starting reloading, powder measures are very convenient and take the fatigue out of loading large quantities of cartridges.

Several commercially available models are available and most follow the basic design of having a cylindrical rotating drum containing a cylindrical plug, which is movable on a micrometer device and which varies the amount of powder metered by gravity to the outlet below. In this way, by operating a handle up and down once, the measured powder is dispensed to the waiting cartridge case held below.

After the required quantity or weight of powder is placed in the cartridge case, the final step is to insert the projectile into the neck and a fully reloaded cartridge is now ready to be used.

Now that we have established what basic equipment is needed to reload used centrefire brass cartridges, I must stress that anyone starting out in reloading approach someone who already reloads for advice on how to set up and use the dies and other equipment. This may be a family member or friend, but I am sure they will be only too happy to help. There is, after all, no better way to learn a new hobby or craft than to be shown the safe and well-tested way to enjoy this most interesting and rewarding hobby. ●



RCBS reloading dies.



Balance scales.

From tagging along to tagging a buck

by Cheri Tabor

My heart was pounding so hard that I thought the deer must have been able to hear it beating. I was fighting what seemed to be a futile battle against time as the afternoon sunlight was slowly swallowed up by the evening. Soon, it would be too dark to shoot. My dream trophy, a heavy-racked buck deer, was just about to disappear into the dark shadows, taking with it any hope of my success.

Dad and I had scouted the area a couple of weeks earlier and even though we hadn't spotted antlers, we'd found lots of deer sign, particularly in a logged-off clear-cut near the base of Mt St Helens. Mt St Helens is a volcano located in the north-west portion of the United States that violently erupted in 1980. That single blast was responsible for burying many homes in the area and even covered and killed a number of the residents of those homes. It caused the rivers to flood, washed many homes down flooded waterways and filled the air with ash and smoke that covered many thousands of kilometres in every direction. Amazingly, that single eruption was responsible for blowing a cubic mile off the mountaintop, but today, the mountain was quiet.

A 'clear-cut', Dad had explained, was a forested area that loggers had removed the timber from. Deer love to feed in those areas because of the tender new vegetation that follows the logging. Unlike old-growth forests, where all

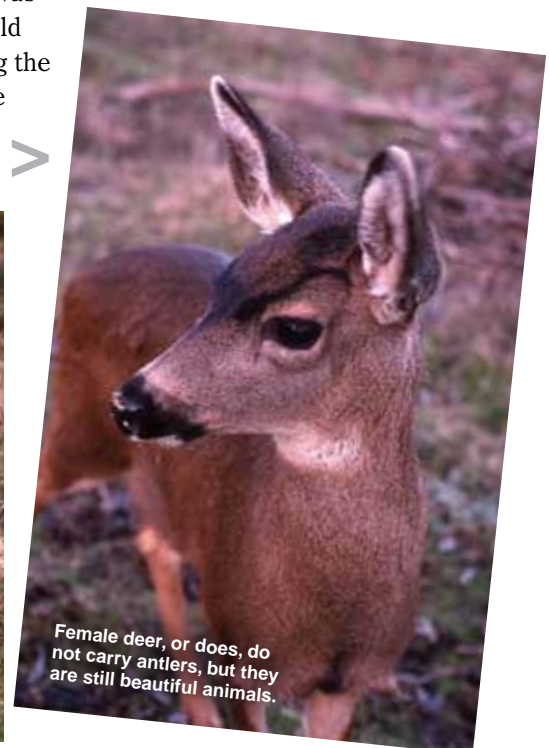
vegetation is either mature, choked off from the sunlight or dying, a clear-cut is alive, thriving and full of wildlife food - it's great deer habitat.

We'd left home long before the sun had come up to reach the area we wanted to hunt. That would give us enough time to walk in and be there as the sun peeked over the horizon. Because of the volcano's unpredictable nature, the area around the mountain had been closed to access and hunting for years following the 1980 eruption. When it reopened, the Washington State Game Department restricted the hunting of deer to those having at least two points to a side. By doing so, it was hoped that the quality of the deer harvested by hunters would be better.

Even though we went to bed early the night before, I didn't sleep much because this year, I had packed my own rifle with my own hunting licence in my back pocket, rather than just being the 'tag-along' like in past years. Being a tag-along wasn't really all that bad; in fact, it was a lot of fun. But now, here I was, actually hunting on my own. Well, Dad was along, but I was the one who would actually be pulling the trigger if we were lucky enough to find a good buck. >



The bucks often sport attractive and impressive antlers with four points to a side, not including the eyeguards.



Female deer, or does, do not carry antlers, but they are still beautiful animals.

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As we walked the 2km through the darkness toward the clear-cut, all of the things Dad had taught me kept going through my head. Keep the safety on until you're ready to shoot. Always keep the rifle pointed in a safe direction. Get into a stable shooting position. Pay attention to the wind. Be sure to squeeze the trigger slowly. That was a lot to remember, but that was just a part of safe and responsible hunting.

Our plan was to arrive before the sun came up, then sit quietly and watch for an animal to come out of the timber at first light. The sun came up and we sat...and we sat...and we sat...until finally, Dad decided it would be better to leave and check another area. As we rose, a startled doe whirled and bounced down the canyon. It had been feeding on the other side of a hill, just out of our sight. Neither Dad nor I had any idea she was there until the doe let out a snort and quickly disappeared around the bend of the hill. Amazed at the deer's speed, I wondered how I could have possibly taken a shot so quickly, even if it had been a buck!

Does were plentiful that morning and even throughout the afternoon. We found a spike (a deer with two horns, one on each side of its head), but saw nothing that was legal to shoot. As evening started to approach, we were both tired and decided to give our clear-cut one last chance. We thought that if we sat and watched it until dark, a buck just might decide to come out into the clearing to feed.



Cheri gets comfortable shooting her single-shot Ruger 6mm rifle on the firing range before she heads out to the field.

Equipment used on this hunt

Manufacturer: Sturm, Ruger & Co

Model: 1B rifle

Calibre: 6mm Remington

Weight: 3.6kg (8lb)

Sights: Leupold Vari-X II 3-9x scope

Action: Single-shot falling-block design

Barrel: 66cm (26")

Stock: Factory black walnut

Magazine: Single shot

It's funny when you've looked over a spot for a couple of hours and the light is starting to fade and everything begins to take on the shape of deer - stumps, rocks, bushes, everything! I know I'd looked at one particular 'bush' several times, but for some reason, this particular time, it moved! Dad was watching in the other direction and missed it. I tried to speak, but words just didn't seem to come out because this animal had antlers and they were big, really big! I grabbed Dad's arm and at that moment, the buck seemed to be literally swallowed up by the timber.

"Dad!" I finally got out. "I know he had antlers and they were really big ones." But there was little to be seen now. Only a vague outline of the deer's rump was visible in the dark shadows.

Dad whispered, "The only thing we can do now is wait and hope."

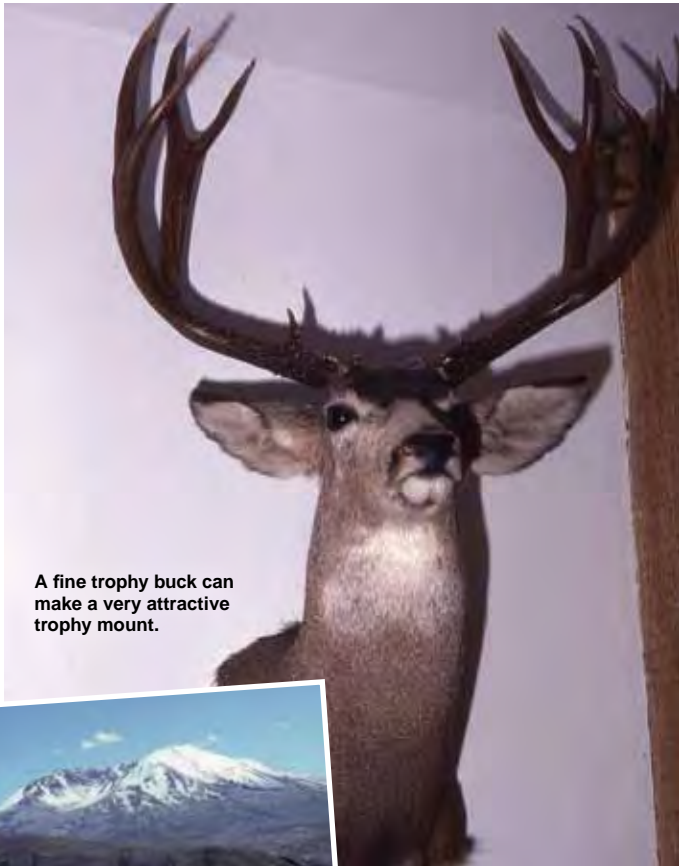
The next few minutes seemed like an eternity. The big buck moved in and out of the shadows, but never presented a clear shot or even a clear view of its horns. Dad hadn't seen the antlers yet and I knew that no shot would be fired no matter how big I thought the buck was until we were both sure it was indeed a buck and a legal one at that.

The sun was nearly gone now, but there was still just enough light for a shot if an opportunity came our way. I was sure the buck was still there. With all of our attention focused on the dark shadows, we'd missed the fact that a doe had appeared out of nowhere and was standing in the clear-cut in plain sight. At this time of the year, the bucks were in rut and very much interested in unattached does and this buck was no exception. No sooner had we spotted the doe than the buck came out to investigate, right out in view. I would have liked to have said, "See, Dad, he did have a big rack," but I didn't have to say a thing - Dad simply motioned for me to get in position.

At about 150 yards, the shot was a bit longer than I was used to. I rested my 6mm rifle across a moss-covered stump and Dad whispered, "Wait until he turns sideways. Then put the cross-hairs where you want the bullet to go and make sure your first shot is good. You may not get a second chance."

With my heart feeling like it was going to leap out of my chest, I slowly squeezed the trigger, just like I'd done so many times before on the shooting range. At the sound of the shot, the buck burst into a run. I put another shell into the chamber just in case and had to take my eyes off the deer to do so. When I looked up, I couldn't see my animal. Disappointed and fearful that I may have missed the buck, I glanced at Dad. To my surprise, he was grinning the biggest grin I'd ever seen on his generally sober face. All he said was, "Go tag your buck."

The deer had run only about 30m after the 6mm bullet struck him and punched a nice neat hole clear through both



A fine trophy buck can make a very attractive trophy mount.



Cheri hunted near the base of the volcano Mt St Helens in the Pacific North-Western United States. Mt St Helens erupted in 1980, blowing off the top of the mountain, but during Cheri's hunt, it was quiet and non-active.

lungs. It was a little higher and a little further back than I'd aimed for, but still well within the vitals area of the lungs. Dad said it was one of the finest four-point bucks (four antlers to a side) he'd seen come out of the Mt St Helens area. At first, I wondered if he was just saying that, but he looked so happy that I think he must have really meant it.

It was a long walk out. With a saw, two stout, downed tree limbs and some cord we'd brought along, Dad showed me how to make a sort of lifter that we used to drag the deer out to the road. It was very late by the time we got home and Mum was a little worried. You know how mums are when you're out having fun and it gets a bit later than she thinks you should be out!

One thing that got me though is that Dad didn't even take a gun that day, but I think he had more fun than I did. I wonder how that's possible. Maybe I'll understand someday if I have a daughter of my own and she tags her first buck. ●

Venison chilli con carne

by Erica Wright

Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 large onion - chopped
- 2 fat cloves garlic - crushed
- 1 teaspoon chilli powder - more if you like it hot
- 750g venison
- 1 can red kidney beans - drained
- 1 can chopped tomatoes
- 2 teaspoons cumin
- 2 teaspoons paprika
- salt and pepper
- water
- sour cream to serve



Method

The meat for chilli con carne can either be minced or cut into small dice of about 1cm; the latter was used for this recipe.

Heat the oil in a heavy-based pan. Add the onion, garlic and chilli powder and sauté over a medium heat until the onion is soft. This should take about 5 minutes.

Add the meat and cook for about 4-5 minutes, stirring until the minced meat is no longer red or the diced meat is browned.

Add the kidney beans, tomatoes, cumin, paprika, salt, pepper and about half a can of water. Stir well and simmer, covered, for about 45-60 minutes, adding more water if the liquid evaporates too much. It should be a nice, thick mixture when it's ready.

Serve with rice, noodles or simply crusty bread and a bowl of sour cream on the side. Coleslaw is an ideal accompaniment. ●

