

THE TARGET

THE OFFICIAL PUBLICATION OF THE NORTH DAKOTA SHOOTING SPORTS ASSOCIATION

Collaboration in the Shooting Sports

Collaboration is the process of two or more people or organizations working together to complete a task or achieve a goal. Collaboration is similar to cooperation. Most collaboration requires leadership although the form of leadership can be social within a decentralized and egalitarian group. Teams that work collaboratively often access greater resources, recognition and rewards when facing competition for finite resources.

In its applied sense, "(a) collaboration is a purposeful relationship in which all parties strategically choose to cooperate in order to accomplish a shared outcome."

Over the last few days, the competitive members of our Lake Region Shooting Sports Association have been working together to prepare our range for the upcoming air rifle and pistol match which we have held here in Devils Lake for many years now.

When I first conceived of holding this event, I planned it as a two-day event with a finals for both rifle and pistol. It proved too difficult to get people to shoot the event over a two day period, so it evolved into the one-day event it is now. It is odd that people will travel to Colorado Springs to shoot a three-day event, when Devils Lake is far closer, and we normally provide dessert. I guess that we will have to see if we can do anything to make our match a bit more enticing.

But, that is not really what I want to discuss here. I want to point out how important it is to put forth a collaborative effort to make the competitive shooting sports successful.

During the first years that we held our December airgun match here, Connie, Travis and I did much of the physical work to set up the range with the help of a few other members of our club, most of whom were not active competitive shooters. Now, Connie and I have a lot more help from our junior shooters and their parents, so that task is much easier and even pleasurable. Working with others in a collaborative effort toward a shared outcome is quite enjoyable, so long as everyone is more interested in a successful outcome and not particularly concerned about who might have done the most work or who might be deserving of the most recognition for their efforts. We each work at tasks which match our skills, and the success of that work becomes its own reward as well as a foundation for a successful match.

Connie and I have worked collaboratively with the members of the Minot Rifle and Pistol Club to host the Junior Olympic matches for many years now. These matches are truly a collaborative effort and are a good example of what can be accomplished by people and clubs who have a common purpose and who are not looking for

personal gain or a pat on the back each time that they accomplish something to improve the shooting sports programs here in North Dakota.

Over the years that I have been involved in the competitive shooting sports, I have been involved in many different collaborative groups, most every one of which has thrived. When each member of the group has put forth a dedicated effort to make sure that their portion of the collaborative effort is successful, the result has been quite a bit better than that which would have been achieved by any one or two.

For a little over 10 years, I was in a true partnership with one other man. We were each individually competent, and could have been individually successful at the business, but collaboratively, we achieved much more success than either one of us could have accomplished on our own.

I have been actively involved as an officer of the North Dakota Shooting Sports Association for over 25 years now, and have enjoyed our organization's many successes over that time. Our Association's efforts to improve the shooting sports has been incremental and quite successful in improving the opportunities available to competitive shooters. The young people involved in the shooting sports today will not remember the poorly lit and cobbled together indoor shooting ranges here in North Dakota 25 years ago. Compared to the ranges available in North Dakota today, these young shooters are far better able to train and succeed.

Of course, the brick and mortar range improvements are really secondary to the level of coaching available to these young shooters today as compared to that which was available 25 years ago. The coaching has improved by an individual and collaborative effort by our clubs and the North Dakota Shooting Sports to host many coaching clinics presented by Olympic athletes. I have been fortunate to attend many, if not most of these clinics. I have found each of them to be informative and very worthwhile. Some of the clinic attendees have worked independently to add to their coaching skills, and those who have done so are some of the best coaches that we have in North Dakota and even as compared to those who coach across the USA.

In order to be truly successful, every one of those coaches needs collaborative support from those who find value in the shooting sports programs that they coach, and for the most part, that has been the case across our state of North Dakota.

That doesn't mean that those coaches don't need more good help though. So if any of you who are reading this, feel that you would like to lend a hand in a collaborative manner, please step forward to volunteer. Very few of our coaches are young anymore, and we need to plan for their succession.

(Continued on Page 3)

Editorially Speaking

It is funny how we all think that we will have an abundance of time to do everything that we want to do once we reach retirement age. I have been retired now for a few years, and wonder how I found time to do all of the things that I was able to do while I was still working. Don't get me wrong, I am really happy to be retired, but I still don't have enough time to do all of the things that I would like to do.

On the other hand, I have found time to do some of the things that I really did not have time to do while I was employed. The most significant of those is coaching young people in the competitive shooting sports. If you have not yet retired, volunteer to help out with coaching a shooting sports program. You do not have to be the head coach, and any help that you can provide will be greatly appreciated by everyone involved.

By the time that you read this, we will have held our December airgun match here in Devils Lake. It is winter now. Deer and waterfowl hunting are done. It is time for competitive shooting. I look forward to seeing many of you at a shooting match soon.

Our Winter Airgun Postal matches are now in full swing. These started in November. Take a look at our schedule of matches on page 5 for further shooting opportunities. I hope to see you at a match soon.

I hope that you take time to read and reflect on the articles in this edition of our newsletter. In fact, I hope that you enjoy them.

Again though, if any of you have what you think is an important thought about the shooting sports in North Dakota, write it down and email it to me. Otherwise, you will have to just put up with reading what I am most interested in writing in contrast to something else that might be even more informative and interesting to our readers.

Any one of our members who has some insight into the match competition can send me an article. So, take a few minutes and write a summary of the match, maybe I can get it into our next issue.

"A strong body makes the mind strong. As to the species of exercises, I advise the gun. While this gives moderate exercise to the body, it gives boldness, enterprise and independence to the mind. Games played with the ball, and others of that nature, are too violent for the body and stamp no character on the mind. Let your gun therefore be your constant companion of your walks." - Thomas Jefferson, letter to Peter Carr, August 19, 1785

NDSSA is a small organization that gets a lot of good things done. We are always searching for people to [join us](#) as members or officers. If any of you have a prospective member, share your copy of our newsletter or help them fill out the membership application that is on page 5 and send it in to **P O Box 228, BISMARCK ND 58502-0228**.

"The Constitution shall never be construed to prevent the people of the United States who are peaceable citizens from keeping their own arms." Samuel Adams, Massachusetts Ratifying Convention, 1788

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Collaboration in the Shooting Sports

(Continued from pg. 1)

Some of the most glaring needs in our shooting sports programs are in the area of equipment maintenance and management. This is an extremely important task that is often left to the coach alone. Each piece of equipment will need routine maintenance, but the rifles and pistols need tender loving care in order to operate at their peak over the many years that they can be utilized in a shooting sports program. We could really use an airgun armorer in North Dakota. Individually, we have some useful knowledge about the periodic maintenance that these arms require, but a truly skilled armorer would be a very valuable addition to our collaborative effort to continue improving the skills of our shooters. If anyone here in North Dakota would undertake the effort to attain the skills of an airgun armorer, I would personally be overjoyed.

I attempted to secure Joe Hein to make a presentation/clinic at our annual meeting in Minot in January without success. At the same time, there is quite a bit of knowledge that is stored in the minds of our coaches that should be more common knowledge, and I propose that we coaches take some time to put together a summary of what we consider most important about airgun maintenance. By collaborating, we could present this knowledge in a future issue of *The Target*.

So, I invite Dan Geurts, Eric Pueppke, Steve Faught, Bill Langer, Tom Thompson and any other of our NDSSA membership to put together an outline of their maintenance procedures that have successfully kept our air arms operating well for the past 20 years and get that information to me. I will do my best to compile this information and present it in a future issue of our newsletter.

Rick Jorgenson

Goals

(A subject that should be very important to every athlete and coach)

Goal setting is one of the most important skills that athletes must learn in order for them achieve optimal performance. The goal-setting process helps athletes understand where they are currently and also where they want to go. An athlete must set systematic goals that are focused on the process and performance rather than focused on the outcome of competition. Easy for us to say, but it requires mental toughness to accomplish.

Athletes often set goals that are not specific and not measurable. Also, athletes often set goals that cannot be controlled. Athletes often set goals that focus on winning, but they have little to no control over whether they win. They or their team may have an off night, they might become ill or get injured, or the other team may perform exceptionally well. None of this is under that athlete's control. Goals which are Specific, Measurable, Attainable, and Realistic and accomplished in a specific Time frame are the type of goals that will improve an athlete's performance.

There is a substantial difference between subjective goals and objective goals. Subjective goals are not related to a

specific performance in sport; these may be related to just going out and trying one's best. Objective goals are based on an athlete's performance. For example, an objective goal to improve one's balance in the 10-meter Standing air rifle event is focused on one thing that needs to be done in order to become more successful at that event outcome. This specific objective goal will help the athlete be more focused on the task at hand during training and during the match in order to improve technical and tactical skills.

Most of you have also heard that there is a substantial difference between outcome, performance, and process goals. Outcome goals are related to winning and losing or specific results of a competition. These differ from performance and process goals. Performance goals are related to various statistics that can help a person improve at what he/she is trying to do. For example, a standing air rifle shooter may analyze his/her outcome performance on the targets fired in matches and realize that he/she has to hit more nines or better and fewer sevens. A performance goal for the season might be to improve from hitting 70 percent 9s or better in a match to hitting 80 percent.

In addition to outcome goals and performance goals, the most important type of goals for athletes to set are process goals. Process goals are related to performance goals; they are individual actions that the athlete should focus on while performing a sport skill. For example, in addition to setting a performance goal of increasing the number of nines scored in a match by 10 percent, a shooter may also set a goal to go through the same shot routine before firing every shot. The more one focuses on process goals, the less that person will worry about how he/she performs, and as a result will then perform better. The athlete who learns to set process and performance goals rather than outcome goals, is setting goals over which he/she has control.

Rick Jorgenson

One bit of maintenance that is commonly required by every firearm here in North Dakota is to make sure that the firearm is removed from its case and allowed to warm up and dry out whenever it is brought in from the cold weather that we enjoy here every fall, winter and spring.

This is very important. Any cold firearm left in its case will suffer from moisture condensation on its surface, action and inside the barrel to a varying degree. In no case will the firearm work at its best for long, if neglected in this manner.

Lack of attention to this task is an insult to the firearm and to those who have worked hard to improve the shooting sports opportunities for competitors young and old. So, make sure that you are careful about this during transportation of any firearm that you own or borrow.

Rick Jorgenson

Fall/Winter Schedule of Opportunities

JANUARY				
Jan????	Air pistol/rifle	Ayr, ND	Rand McLeod	701-219-3657
Jan 5, 6	Light Rifle Match	Bismarck	Walt Fairbanks	701-400-8421
Jan 5, 6	Bullseye Pistol Match	Bismarck	Kevin Hertz	701-223-4225
Jan 13	Junior Olympics (Air Pistol, Sport Pistol)	Devils Lake	Rick Jorgenson	701-662-4760
Jan 12, 13	Junior 3P State and Sectional	Bismarck	Tom Thompson	701-255-4601
Jan 12, 13	Open Inter Air Rifle Sec, 3P Metric Approved Match	Bismarck	Tom Thompson	701-255-4601
Jan 19, 20	Junior Olympics (Air, 3P Smallbore Rifle)	Minot	Rick Jorgenson	701-662-4760
Jan 19	Indoor Cowboy Action Shooting	Bismarck	Mike Ripplinger	701-223-3085
Jan 26	NDSSA State Convention	Minot	Tami Ware	701-385-3045
Jan 27	Light Rifle Match (with State Convention)	Minot		
Jan 26	USPSA Match	Bismarck	Del Ray Bergan	701-220-6986
FEBRUARY				
Feb 2, 3	Collegiate Sectional, Rifle and Pistol	West Fargo	Eric Pueppke	701-967-8450
Feb 2, 3	Light Rifle Sectional Championship	Grand Forks	Denny Coulter	701-746-6959
Feb 2	Indoor Cowboy Action Shooting	Bismarck	Mike Ripplinger	701-223-3085
Feb 3	55th Annual Von Bismarck Pistol Match	Bismarck	Kevin Hertz	701-223-4225
Feb 9	USPSA Match	Bismarck	Del Ray Bergan	701-220-6986
Feb 16, 17	Open 3P State and Sectional	Grand Forks	Tom Reiten	701-775-0008
Feb?????	Air Pistol Sectional Championship	Ayr, ND	Rand McLeod	701-219-3657
	Up to date information is available at the NDSSA	http://www.ndssa.org		

-Application-

North Dakota Shooting Sports Association

P O Box 228, BISMARCK ND 58502-0228

Also join via the web: <http://www.ndssa.org>

Yes, to protect my right to keep and bear arms; I would like to join the NDSSA and support the legislative efforts of the NDSSA. My dues for a membership as noted are enclosed.

Please return this form. Print name and address as you wish it to appear in our records.

Name: _____	Phone: _____	Interests
		___ Legislation ___ Jr. Program
		___ Hunting ___ Conservation
Address: _____	E-Mail Address _____	___ Collecting ___ Bullseye Pistol
		___ Air
Rifle		___ Hi-Power Rifle
City: _____	State: _____ ZIP: _____	___ Air Pistol ___ Smallbore
		___ Police PPC ___ Other
Membership Dues Schedule-(Effective May 1, 2015)		___ Rifle
Silhouette		___ Pistol Silhouette
Life.....\$500.00 One Year\$25.00 Clubs One Yr.....\$25.00		___ Hunter Safety
5 Year...\$100.00 Junior - Under 21...\$10.00 Club 5 Yr..... \$100.00		
Make check payable to: North Dakota Shooting Sports Association and mail to above address.		(May 1, 2015)

New North Dakota Shooting Sports Association Records for 2018

Event	Competitor	Score	Location	Date
Indoor Rifle				
Junior 3-Position International Gallery Rifle (50 feet, Iron Sights, NRA/USA-50 Target)				
20 Shots Kneeling	Amanda Hintz	195/200	Minot	2/11/2018
Junior International Air Rifle				
60 Shots 3-Position Aggregate	Katie Zaun	593/600	Buffalo	3/25/2018
Open 4-Position Gallery Rifle (50 feet, Any Sights, A-17 Target)				
400 Point Aggregate	Katie Zaun	400-33x	Grand Forks	3/18/2018
(Katie's score of a 400/400 in this event is also a new National Record)				
Open Metric 3- Position Gallery Rifle (50 feet, Any Sights, NRA/USA-50 Target)				
20 Shots Prone	Thomas Thompson	200/200	Grand Forks	2/18/2018
90 Shots, 900 Point Aggregate	Brett Christianson	864/900	Grand Forks	2/18/2018
Three Position 50 Yards (50 Yard - Any Sights - NRA A23-5 Target)				
120 Shots, 1200 Point Aggregate	Katie Zaun	1196/1200	Bismarck	2/24/2019
(Katie's score of 1196/1200 in this event is also a new Women and Intermediate Junior National Record)				
Open Gallery Light Rifle				
100 Shots, 1000 Point Aggregate	Melissa Carson	990/1000	Bottineau	4/11/2015
(Melissa's score of a 990/1000 in this event is also a new National Record)				
Outdoor, High Power Rifle				
High Power Rifle				
80 Shots, 800 Point Aggregate	Thomas Thompson	790-31x/800	Rolla	9/30/2018
Vintage Military Bolt Rifle**	Thomas Reiten	271-3x/300	Grand Forks	8/13/2016
M-1 Carbine (as-issued)**	Garth Weber	352-1x/300	Grand Forks	8/13/2016
300 Yards, Any Sights	Duane Holien	200-13x/300	Grand Forks	8/18/2018
120 Shots, 1200 Aggregate, Mid-Range	Neil Jenson	1179-54x/1200	Grand Forks	9/19/2018
60 Shots, 600 Aggregate, Mid-Range	Morgen Dietrich	600-30x/600	Rolla	9/29/2018
Palma Aggregate	Morgen Dietrich	442-25x	Bismarck	6/9/2018
F-Class, Open (F/O), High Power Rifle				
300/600 Yard, 60 Shot Aggregate, Mid-Range	Todd Zaun	599-40x	Grand Forks	9/18/2018
120 Shots, 1200 Aggregate, Mid-Range	Todd Zaun	1195/71x/1200	Grand Forks	9/19/2018
F-Class, Target Rifle (F/TR), High Power Rifle				
300 Yard, 20 Shots	Drew Rutherford	200-10x/200	Grand Forks	8/19/2018
600 Yard, 20 Shots*	Drew Rutherford	199-10x/200	Grand Forks	9/29/2018
Palma Aggregate	Roger Nelson	431-9x/450	Bismarck	6/9/2018
600 Yard, 60 Shot Aggregate	Drew Rutherford	594-26x/600	Rolla	9/29/2018
Lever Action-Rifle Silhouette				
Pistol Caliber, Lever Action**	Brock Tokach	35/40	Bismarck	6/4/2017
40 Shot Aggregate**	Brock Tokach	36/40	Bismarck	6/4/2017
Blackpowder Cartridge Rifle Silhouette				
80 Shot Aggregate**	Joe Blotske	51/80	Bismarck	9/17/2017

*Indicates State Record Co-Holder

** Indicate New State Record now recognized by the NDSSA – The event has been fired for 3 consecutive years

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The Official NRA State Association Newsletter



Western Intercollegiate Rifle Conference Standings

There are currently 8 college rifle teams competing in the WIRC Smallbore 3 Position and Air Rifle Postal matches. NDSU is one of them, and they are off to a great start. There are 67 individuals firing in the Air Rifle matches and 69 in the Smallbore matches with many team scores compiled from the top 4 shooters on a team composed of as many as 15 members. NDSU currently has only 6 team members competing in Air Rifle and 5 in Smallbore.

After October and November, the NDSU team and individual standings are very respectable. The NDSU team (Brandon Alexander, Amanda Hintz, Tyler Lindeman, Sarah Biggers, Andrew Wherely and Rachel Voigt) is in second place in both Smallbore and Air Rifle.

Individually, in the top 10, Brandon leads the Smallbore rankings with Tyler 3rd and Amanda 6th. In the top 10 Air Rifle individual rankings after these first two months of the matches, Brandon is 3rd, Amanda is 6th and Tyler is 8th. The team is improving steadily and it will be interesting to see how the rankings change over the next three months of the postal matches.

You can check the team scores here: <http://www.shooterstech.net/rrmc> **Go Bison!!**

**NDSSA Annual Meeting and North Dakota Marksmanship Hall of Fame induction
Saturday January 26, 2019 – Minot, ND**

Knights of Columbus, 2601 North Broadway, Minot, ND

See more details in the following two pages. We hope to see you there.

**INVITATION
TO THE
2019 NORTH DAKOTA SHOOTING SPORTS ASSOCIATION
ANNUAL MEMBERSHIP MEETING
&
AWARDS BANQUET
Saturday, January 26, 2019
Knights of Columbus, Minot, ND**

Please attend the annual membership meeting at 2:00 pm. Topics of discussion will include our junior shooting sports programs and other shooting sports programs around North Dakota and the USA. The Knights of Columbus is located at 2601 North Broadway, Minot, ND.

Schedule of Events Saturday, January 26, 2019

Annual Membership Meeting (Knights of Columbus) _____ 2:00 pm - 4:00 pm
Social Hour (Knights of Columbus) - cash bar _____ 5:30 pm
Dinner (Roast beef & breast of chicken w/ garlic mashed potatoes & salad) _____ 6:30 pm
Annual Awards Presentations, Guest Speakers, HOF Ceremony _____ 7:30 pm

Guest Speakers - Katie & Todd Zaun

NDSSA HALL OF FAME INDUCTION - Robert Paris

Plan to bring your Light Rifle, as the Minot Rifle and Pistol Club will host a Light Rifle match starting 8:30am & 10:30am Sat. & Sun. morning (Jan 26 & 27) - Georgette is the contact for the rifle match. Contact Georgette Bradley at 701-240-6227 or bradley@srt.com.

Rooms: Comfort Inn at 3420 South Broadway in Minot, ND has a small block of rooms available for NDSSA Banquet attendants. The rate is \$59 for one person and \$69 for two people. They do offer free hot breakfast, indoor pool with waterslides, fitness center and they are pet friendly. Call 701-838-5200 for reservation and tell them that you are attending the NDSSA Banquet. Comfort Inn will hold these rooms until January 17th, 2019.

Contacts: For additional details on the membership meeting, dinner, awards banquet, contact Tami Ware at 701-385-3045(home) or 701-240-1974 (Cell) or tamimware@gmail.com.

Guest Speakers: Katie & Todd Zaun

Katie Zaun (Buffalo, ND) started in the shooting sports at the age of 9. She continues to excel at the International style air and smallbore rifle shooting sports disciplines for many years. Katie has set numerous State and National records - both Junior and Adult records. She has placed first in the J3 age group at the Junior Olympic National Championships for smallbore and air rifle. She has competed at Local, State and National events and has won at State and National events. She just recently competed and took home Bronze at the 52nd Annual ISSF World Shooting Championships in Changwon, South Korea in the prone smallbore rifle team event at the age of 15.

Hall of Fame Induction

Robert (Bob) Paris (1911-2005)

Robert Paris was involved in the North Dakota and Minnesota Shooting Sports since before 1940's, and a life member of the NRA since about 1944. Through a lot of hard work and dedication Bob promoted the popular light rifle, smallbore and high power rifle silhouette, as well as handgun silhouette shooting sports disciplines in North Dakota. Some have even called him "Mr. Silhouette of North Dakota". Bob was passionate about the shooting sports and helping newcomers to not only enjoy the sport but also excel at it. Any assistance that a shooter might need Bob was willing to help them with - needed to borrow a gun, not a problem Bob had one - needed ammo, there again Bob would share some. Needed some help on your trigger pull, stance, or how to hold the rifle better, Bob knew it and offered sound advice. Bob competed very regularly and placed well in many competitions clear into his late 80's.

TICKET ORDER FORM - NDSSA BANQUET AND AWARDS CEREMONY
Name(s) _____
Adult(s) \$30 each ____ (\$35 at the door) Junior (s) \$20 each _____
Please order tickets in advance before January 17th. Make checks payable to NDSSA and mail to: Tami Ware PO Box 231, Kenmare, ND 58746