

SPECIAL EDITION INSERT TO THE AUSTRALIAN SHOOTER

# THE JUNIOR Shooter

AN INTRODUCTION FOR JUNIOR SHOOTERS & HUNTERS



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Front cover photo by John Dunn

## Editorial

**Bob Green**  
**SSAA National President**



**W**elcome to *The Junior Shooter*, a special 20-page introduction to sports shooting and hunting for you, our junior members.

If you are not yet a shooter, but want to get into the sport, John Dunn's 'A beginner's guide for young shooters' will start you on your way. If you've already been to the shooting range or been out hunting with Dad or a family friend, you will have a general understanding of firearms, firearms safety and the shooting sports, but there's always more to learn.

In *The Junior Shooter*, you can read about some of the legal requirements of shooting, find out what gun is best for you and familiarise yourself with the Ten Commandments of Safety, the Hunter's Code and some rules of etiquette of hunting. You can cook up some tasty hunter's recipes and enter the juniors-only competitions.

For more information about the junior shooting activities in your state, visit the SSAA website at [www.ssaa.org.au](http://www.ssaa.org.au) and click on 'State offices'. Don't forget to check out the SSAA Juniors Shooters website too at [www.ssaa.org.au/juniors.html](http://www.ssaa.org.au/juniors.html). You can enter more juniors-only competitions and send photos in to the gallery.

If you've got some story ideas for any of our magazines or think you can write a story like young gun Andrew La Vista has in this publication, contact Associate Editor Kaye Jenkins on 08 8272 7100 or [edit@ssaa.org.au](mailto:edit@ssaa.org.au)

Sports shooting is a challenging, exciting and rewarding pastime and there are so many different disciplines you can try - air rifle, rimfire rifle, centrefire rifle, pistol and shotgun shooting, as well as hunting - so get reading and then get out there and have a go! ●

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# A beginner's guide for young shooters

by senior correspondent John Dunn

**I**n a year when SSAA National is actively encouraging young people to become involved in the shooting sports, it's appropriate for our organisation to provide some basic guidelines about how youngsters who are interested in taking up the sport and their parents can become involved.

There have been books written about choosing a first gun and training young people how to become safe and competent shooters. For that reason alone, no single magazine article can ever paint a complete picture of all that is required. Nevertheless, it can provide a checklist of pointers that have to be considered by those contemplating the shooter's road ahead.

## Legal requirements

The old days where Dad or some other responsible adult could take a young shooter out into a back paddock for some informal shooting practice are becoming extremely difficult with the urban sprawl. These days, a certain level of training is required. Any person who wishes to handle a firearm must ensure that they follow the appropriate regulations in their state or territory (see pages 14-18 for contacts). This applies to young shooters as well.

As I am a resident of New South Wales, I will explain the two options for young shooters in my state.

1. A Temporary Exemption. This involves filling out an application to the Police Commissioner to participate in a Try Shooting program. Parental consent is essential and if the application is successful, the youngster can only shoot as part of an approved Try Shooting program. The permit lasts for three months and the shooter must then apply for a Minors Permit, which is the second option.

2. A Minors Permit. To obtain a Minors Permit, the appropriate form must be acquired from the Firearms Registry to do an approved Firearms Training Course. Applicants must be at least 12 years old and are required to undertake a three-hour course, which involves both practical and theoretical components. They must then sit a written examination



Range-based disciplines such as Metallic Silhouette are ideal for developing young people's shooting skills. The rifle is a Brno rimfire, which is an ideal rifle for new and old shooters alike.

where they are required to correctly answer at least five set questions. Having passed the course, the young shooter can then apply for a Minors Permit. A copy of the course certificate must be attached to the application, together with a copy of a birth certificate signed by a Justice of the Peace (JP) and once again proof of parental consent and documentation that proves a family link (such as a Medicare card). Even when a Minors Permit is obtained, a minor can only handle and use a firearm under the direct supervision of an adult.

Similar conditions apply in other states and territories, but may vary, so if you have any doubts about what the legal requirements are, talk to your local SSAA branch or the police. >

# The Junior Shooter

## Learning to shoot

While many young shooters are introduced to the shooting sports by their parents or relatives, the best place to really learn how to shoot is at your local SSAA range. There you will be introduced to and trained in all the crucial safety procedures that our sport requires. The shooting sports are some of the safest in the world thanks to a disciplined approach to firearms handling that must be adhered to at all times. At the range you will be taught how to hold, handle and shoot firearms competently. This is a critical requirement in all the different disciplines our sport encompass.

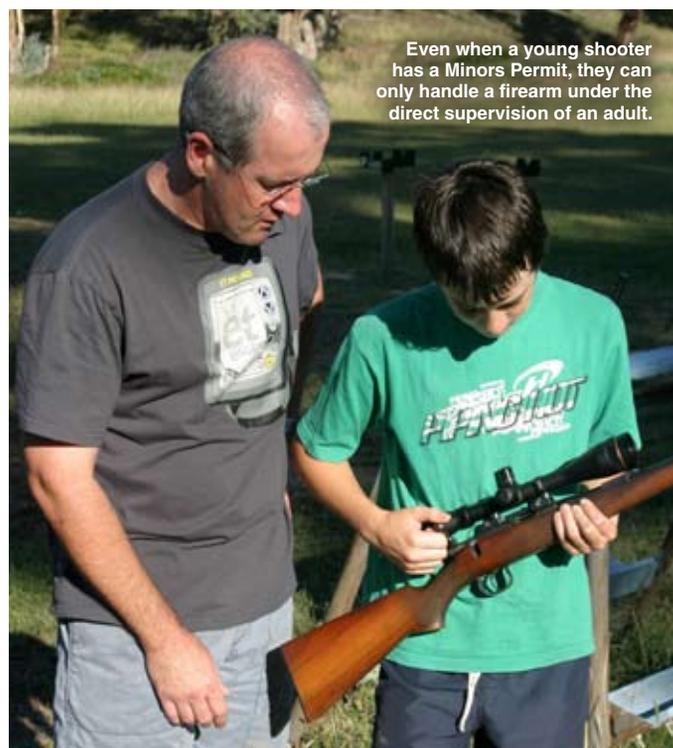
Every shooter quickly learns that shooting accurately and effectively requires a high degree of dedication, commitment and above all else practice. You must know how to stand properly and how to shoulder and hold your firearm correctly. You have to learn about concentration and breathing and sighting correctly. You need to get into the habit of striving to do all of these things the same way every time until you begin to develop a level of consistency.

Consistency on the range eventually means results that you can proud of. Your scores will steadily but consistently improve to a level where you are happy with your results. Everyone likes to think that they shoot well and most will at one time or another, but to shoot well all of the time, the best place to practise and prove it to yourself and others is on the range.

That said, the most important lessons range shooting will teach you all relate to safety. The discipline you learn and practise every time you step onto a range will eventually become second nature. You'll be safe and that can only make you a more responsible person, knowing that the safety of others depends on you doing the right thing every time.

## Where do you start?

Traditionally, young shooters start shooting with small-calibre rifles or shotguns and I believe that's still a sensible approach. As I am predominately a rifle shooter, I will



Even when a young shooter has a Minors Permit, they can only handle a firearm under the direct supervision of an adult.

not be offering advice on shotgunning, so what follows is essentially about rifles.

When I first started shooting, it was with an air rifle. This is an approach I followed when my own kids were old enough to be interested in and physically capable of starting to shoot. The advantages air rifles offer are innumerable.

While air rifles are subject to a Permit to Acquire, they are generally not all that expensive to buy. They're an excellent tool for training juniors and most adults enjoy shooting them as well. Given their relatively short range, it's usually not too hard to find somewhere to set up a range with a safe backdrop. Pellets are dirt cheap and make lots of practice affordable, so everybody starts to improve their scores over a period of time.

Learning to use open sights is an important part of shooter training and since most air rifles have reasonable sights, they're ideal for teaching youngsters the fundamentals of how to hold and shoot correctly. At first, targets should be on the larger side - tin cans for example. Hits are easily heard and a tin bouncing away from a direct hit is proof of at least some ability. As that ability improves, smaller targets and more precise sighting become the order of the day.

My kids learned on a mix of traditional paper targets and small, reactive targets such as air rifle silhouettes, spent shotshells and even bottle tops. The idea was to make the sessions enjoyable, as well as mildly competitive, especially as shooting ability increased.



Firearms Safety Training for young people includes both practical and theory components. Written testing ensures participants have a working understanding of the material presented.

Safe handling and shooting practices were an important part of every session and as mentioned, they soon became second nature. All kids enjoy being treated as grown-up and there's no better way to give them a sense of responsibility than to make them responsible for their own actions. That includes picking up and properly disposing of any used target material after a session.

Paper targets don't lie and if shots aren't scoring as well as they ought to, then a young shooter soon learns how to make sure they do. They also absorb a few pointers about self-discipline along the way.

From competent and safe air rifle use, it's only a small step up to rimfire rifles and all the shooting enjoyment they can provide. While rimfire rifles are excellent for small-game hunting, they're even better for target work and that's where young shooters need to be directed initially.

Once again, range work is essential for further developing and honing the rudimentary skills learned with an air rifle. Personal safety and the safety of others remain critical issues at all times, as rimfire ammo is far more potent than pellets from an air rifle.

Paper targets are the logical choice and the need for good sights becomes even more important.

As adults, we know that we can only shoot as well as we can see. Kids are no different and for that reason alone, I regard a telescopic sight as essential on any rimfire rifle used to train youngsters. They improve target definition and provide a more precise aiming point every time. They also challenge young shooters to make the most of what they have to offer in terms of greater accuracy and potentially better scores.

At this point, there are a couple of things that need to be considered by every parent. Firstly, not all kids have a competitive streak. Many are happy just to be involved and



Age or gender is no barrier to any young person who wants to become involved in hunting and shooting. Photo by John Pond.

shooting for the enjoyment of it all. That may change as skills improve, but I believe it's a mistake to push young shooters into competition too early. Let them enjoy what they're learning. If it stops being fun for them, they may well walk away. By all means, encourage those who have the drive to excel, but let the others set their own pace. If the shooting sports are to grow and prosper, then we have to encourage all youngsters to stay.

The other consideration that's critical to encouraging young shooters is to ensure they have equipment that will allow them to achieve whatever goals they strive for. You can't really teach a kid to shoot properly with a rifle that's worn out or incapable of reasonable accuracy. It may be all right in the beginning, but eventually every young shooter will want a good rifle to work with - and who can blame them? Of course, this doesn't mean you have to take out a

## The Ten Commandments of Safety

1. Treat every gun with the respect due to a loaded gun.
2. Carry only empty guns, taken down or with the action open, in your car, camp or home.
3. Always be sure that the barrel and action are clear of obstruction.
4. Always carry your gun so that you can control the direction of the muzzle.
5. Be sure of your target before you pull the trigger.
6. Never point a gun at anything you do not want to shoot.
7. Never leave your gun unattended unless you unload it first.
8. Never climb a tree or a fence with a loaded gun.
9. Never shoot at a flat, hard surface or the surface of water.
10. Do not mix gunpowder and alcohol.

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second mortgage to finance a youngster's sport. It does, however, mean buying the best you can afford and understanding that sooner or later some sort of an upgrade may well be required.

### Moving on to hunting

Moving on to small-game hunting is a natural progression for most youngsters and is one of the main reasons that a good grounding in target work is essential for all young shooters.

When the target is a live animal, it's critical that whoever is doing the shooting can do so effectively. Apart from any hunting skills that may be required, this means being able to shoot accurately and placing the shot properly to ensure that the animal is taken as quickly, cleanly and humanely as possible.



Bench work is an essential part of preparing young people for hunting live game at the SSAA NSW Tilterweira Youth Camps. Adequate safety training is essential under circumstances such as these - a situation these young shooters have no problem adapting to and enjoying. Photo by John Pond.

Young shooters and hunters can learn a great deal from experienced adults.



Any youngster who's spent time at the range learning how to shoot static and reactive targets will have the shooting skills, but the hunting skills are best taught in the paddock. SSAA Hunting & Conservation groups in the various states run hunting programs and one of the best ways to introduce young hunters is through organised programs such as the Tilterweira Youth Camp run by SSAA NSW. Where that's not possible, much can be learned in the company of a responsible adult with an appropriate licence.

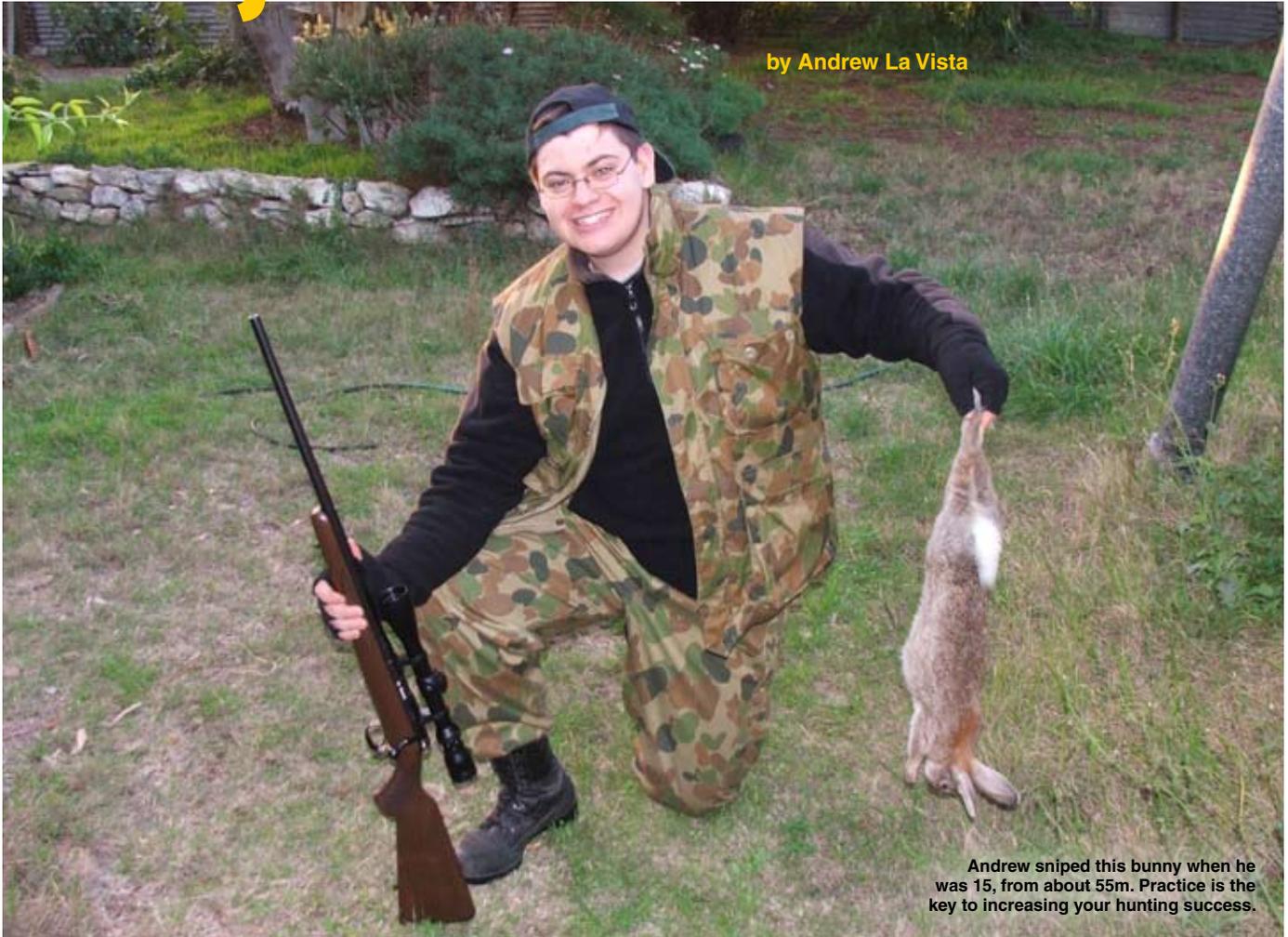
Hunting is an essential conservation and land management tool, especially in Australia where the majority of animals regarded as game are introduced species. While not all shooters are hunters, there is a strong overlapping of skills between the two. It's a logical extension of target shooting that comes with an extended range of additional responsibilities and the capacity to extend the horizons of all who choose to participate. ●

## The Hunter's Code

1. I will consider myself an invited guest of the landholder, seeking his or her permission and so conducting myself that I may be welcome in the future.
2. I will obey the rules of safe gun handling and will courteously but firmly insist that others who hunt with me do the same.
3. I will obey all game laws and regulations and will insist that my companions do likewise.
4. I will do my best to acquire those marksmanship and hunting skills which assure clean, sportsmanlike kills.
5. I will support conservation efforts that can support sustainability for the future generations of Australians.
6. I will pass along the attitudes and skills essential to ensuring long-term sustainability of Australia's natural and cultural heritage.

# The junior hunter's rifle

by Andrew La Vista



Andrew sniped this bunny when he was 15, from about 55m. Practice is the key to increasing your hunting success.

Since the introduction of the Sign up a Junior campaign by SSAA National, there has been a rise in the number of junior shooters taking up the fantastic sport of shooting. Hopefully, this will continue to rise as we introduce more juniors to the sport.

The aim of this article is to assist these new members in the basic shooting, handling and sighting-in of a .22-calibre rifle. These shooting techniques are not restricted to rimfire rifles, but apply also to centrefire rifles. Please note, however, that the techniques and procedures in this article are related to hunting and not competition shooting.

The .22LR is a classic cartridge with which many younger hunters begin their shooting career. With no recoil, cheap ammunition and little report it is easy to see why. Therefore, shooting a .22LR is one of the best ways for a junior shooter

to learn basic rifle skills such as handling a rifle, loading and inserting a magazine, sight alignment, trigger control and how to sight-in a telescopic sight. It is extremely important for any new junior shooter to learn correct shooting techniques from the very beginning. In this way, the shooter will prevent any bad habits forming early on, which can be very hard to break once formed. Developing an improper shooting posture, for instance, can lead to extremely painful results once a junior shooter moves on to shooting centrefire rifles. It is for this purpose that we make sure that correct techniques are learnt straightaway.

Firstly, however, you must decide whether you would like to shoot with open sights or a telescopic sight (ie, riflescope). I think that shooting with open sights is a challenging experience and is a heck of a lot of fun. However,



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there is much benefit to be had by fitting a riflescope to your firearm. Apart from the ability to magnify your target, using a good-quality riflescope when shooting in lowlight conditions will enable you to see better by 'sucking' available light into the objective lens, giving you a brighter sight-picture. Try shooting with open sights before using a riflescope when spotlighting and you will see what I mean! A low-magnification riflescope, such as a 4x or 6x riflescope, will also allow you to be on target much quicker.

That being said, however, there are a number of good-quality, high-visibility front sights available on the market for rimfire rifles. Although I think it is worthwhile to learn to shoot with both open sights and with a riflescope, at the end of the day, it comes down to the preferences of the shooter.

If you decide to go with a telescopic sight, the first thing that must be done (after having it fitted of course!) is to sight it in. Luckily, sighting-in a rimfire rifle is usually not as difficult as sighting-in a centrefire rifle. I would recommend the use of a boresighter to at least get your shots hitting somewhere on the target. However, it is extremely important to note that a boresighter will not sight-in your rifle for you; it is simply designed to get you hitting the paper to aid the sighting-in process. It is in no way a substitute for actual shooting. With that in mind, I cannot overemphasise the importance of joining a SSAA rifle range where you can sight-in your rifle. This way, you know the exact distance that you are sighting your rifle at, rather than just guessing.

It is important to ensure that the rifle is supported on the bench by a sturdy rest, preferably a front shooting rest and rear bag, to make sure the rifle is supported at both ends. My own CZ 452 .22LR wears a Tasco World Class Japanese-made scope, sighted to hit dead-on at 50m, which I feel is

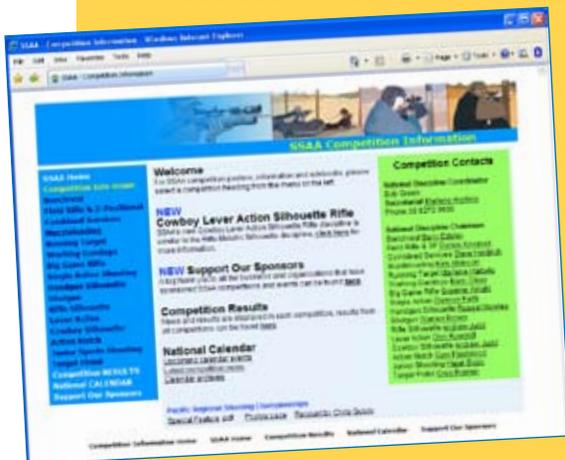


The correct shooting position, upright and leaning slightly forward. It is important to learn the proper shooting techniques early. In this way, you will not have to break any bad habits later on.

the optimum range to sight-in a .22LR. Remember that the effective range of a .22LR is limited to around 75m. Shooting further will be stretching the outer boundaries of this cartridge. If you do not have access to a boresighter, sight-in your rifle at 25m first, then take it out to 50m.

To sight-in your rifle, shoot a string of five rounds at your target, aiming at the 'bullseye' and making sure not to move your rifle or your point of aim. Once this is completed, check your target to see where the rounds have hit. The position of your group will determine how much you will need to adjust your scope (up, down, left, right). When you have made these adjustments, fire another five-shot group. Repeat this

# SSAA Competition Information



If you are interested in learning more about any of the SSAA's shooting disciplines and competitions, check out the Competition Information website.

You can see what competitions are coming up on the national and state calendar and find results for the latest competitions, as well as download and print off posters, rule books and general information about each of the SSAA's disciplines.

Check out the Competition Information webpage at [www.ssaa.org.au/disciplines.html](http://www.ssaa.org.au/disciplines.html)





This is the incorrect, leaning-back stance that many new shooters seem to adopt when they first shoulder a rifle. When firing a centrefire, the results can be extremely painful.

procedure until your rounds are hitting exactly where you want them - right in the centre of the bullseye!

The correct shooting stance has the shooter standing upright, but leaning slightly forward. The butt of the rifle is placed nicely into the 'pocket' of the shoulder, so that it feels nice and snug. The fore-end of the rifle should be supported by the shooter's non-shooting hand. Although the rifle should be gripped solidly, so that it is supported and secure, it should not be held in an overly tense death grip. This will cause the muscles in the shooter's arms to fatigue quickly, resulting in the arms and hands shaking, destroying the accuracy of the shot.

One of the biggest mistakes that new shooters tend to make when shouldering a rifle is that they tend to lean backwards. This may be because of the weight of the fire-arm or simply because the correct technique has not been learnt. Once the shooter progresses to centrefire rifles, this incorrect leaning back stance will see them being flung backwards under recoil and that's not what you want!

Maintaining proper sight alignment is another fundamental skill that must be mastered in order to be a consistently accurate shooter. This is also referred to as 'sight-picture'. Although this sounds complicated, sight-picture is simply the correct alignment of the cross-hair (or front and rear sights if not using a riflescope) in line with your intended target. If using a riflescope, it is important that you establish a wide field of view within your sight-picture, especially when hunting, so that you are able to see your intended target as well as behind it and the surrounding area.

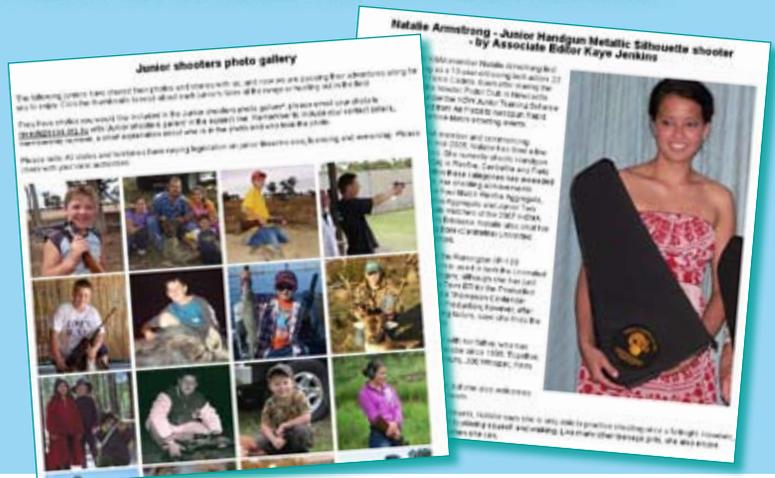
Rifle projectiles can travel for miles if you miss your shot, so keep this in mind when looking through your scope. Since the effective range of a .22 rimfire rifle on small game is 50 to 75m, it is not necessary to discuss projectile drop over extended ranges, which will only succeed in confusing the heck out of you. Do keep the wind in mind though, because a strong crosswind can affect such a small projectile by a considerable amount. It is for this reason that any new shooter must practise in all kinds of conditions - hot, cold, windy, etc. In this way, the shooter will begin to know how their particular rifle will perform in mixed conditions.

Now that you are lining up a rabbit with your .22, the next important point is trigger finger placement. While this aspect may seem fairly obvious, it is extremely important to master the rifle trigger to ensure that the junior

## SSAA Junior Shooters website

The SSAA now has a Junior Shooters website. It features shooting and hunting stories, profiles on some of our high-achieving junior shooters, a photo gallery that you can submit your own photos to and competitions that are only open to our junior members. There are lots of other important links to get you onto the range and out into the field too.

Visit the Junior Shooters website at [www.ssaa.org.au/juniors.html](http://www.ssaa.org.au/juniors.html)

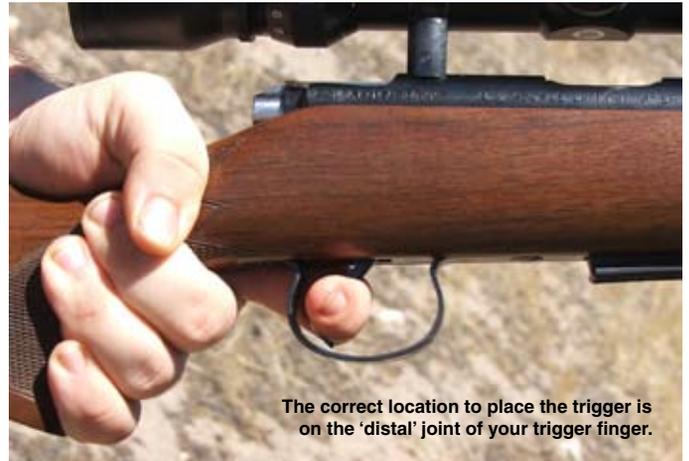


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has complete control over the rifle. The trigger of the rifle should make contact with the first joint of the trigger finger. If this confuses you, just hold out your hand, palm facing up, and curl your trigger finger back towards you. The first crease that you see at the top of your finger is called the 'distal' joint and is the best spot on the finger to place the trigger.

I am aware that some shooters advise using the pad or tip of the finger for rifle shooting because it is the most sensitive. If you are a Benchrest shooter, attempting to place all of your shots within the width of a five-cent coin, pulling the trigger with the pad of the finger may offer success. However, remember that the requirements for competition shooting off the bench are vastly different to those required for hunting. The fact that the pad of the finger is the most sensitive is the exact reason why it should not be used in a hunting situation, as it can lead to flinched shots and can only offer limited power with which to squeeze the trigger.

Now that the proper trigger finger placement is understood, the next logical point of discussion is trigger squeeze. This is another vital part of learning how to shoot properly and certainly has a large influence on the accuracy of the shot. Although the trigger pull should be a deliberate action, it should not be a violent, jerky or overly powerful one, as this can make the rifle move at the last second, shifting the shooter's aim. Instead, the trigger pull should be a smooth squeeze, so that the exact moment when the rifle will fire is unknown. Only enough power to make the trigger break cleanly should be used to administer the squeeze. This



The correct location to place the trigger is on the 'distal' joint of your trigger finger.

technique of *squeeeezing* the trigger off cannot be over-emphasised if the shooter desires the maximum amount of accuracy out of their shots.

Another important, but often overlooked aspect of trigger pull is follow-through. Once the shot has been taken and the trigger is fully to the rear, it must obviously be released in order to take another shot, recock the rifle and so on. I believe that the most failsafe method of trigger follow-through is to maintain contact with the trigger and let it move fully forward at the same speed with which you pressed it. In this way, the trigger squeeze and follow-through will always be consistent with each other - and that's the best way to be.

Hopefully, this article has assisted our new (and old) junior shooters in beginning their shooting career with their .22.

Good luck and happy hunting! ●

## Juniors-only competitions

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

SSAA Publications,  
PO Box 2520, Unley, SA 5061

or online at [www.australianshooter.com.au](http://www.australianshooter.com.au)

Winners randomly drawn June 10, 2008



### WIN 1 of 3 SSAA Nightlites

Include 'Junior Competition - nightlite' on the envelope. Valued at \$26.

### WIN 1 of 2 SSAA Hydration packs

Include 'Junior Competition - hydration' on the envelope. Valued at \$70.



### WIN 1 of 3 SSAA Cool-style caps

Include 'Junior Competition - caps' on the envelope. Valued at \$20.



# Rules of etiquette when hunting

by Technical Advisor Brendan Atkinson

## Leave gates as you find them

If you are hunting on a property and a gate was shut, shut it again after you pass through it. If it was open, leave it open. Do not assume that all gates should be shut. The property owner may have left them open to allow stock animals to access water and feed in another paddock. By all means, tell the owner about any gates that you saw that were open, just in case.

## Ask permission to light cooking fires first

Fire bans may be at different times in the bush than in the metropolitan areas and many landowners have a 'no fires' policy. Always clarify the rules for that property with the owner.

## Keep cooking fires as small as possible

Never light a fire bigger than necessary for your needs; fires can easily get out of control, especially if it is windy.

## Put your fires out properly before leaving

Unattended fires can reignite and spread after you leave. When putting out a fire, use the rule that if it is still too hot to touch, it is still too hot to leave.

## Never gather firewood with a chain-saw

Always use fallen timber for your campfire, as it will be dry and usually of a size that is easily burned. If you need to use a chain-saw, the timber is probably too big for normal fires.

## Keep clear of stock routes

Stock are creatures of habit and may be disturbed by your presence on their route to water or feed. Travel around their routes wherever possible.

## Drive only on defined tracks

By sticking to defined tracks you reduce the dangers of becoming lost, becoming bogged or causing erosion by exposing new soil to the elements.

## Be especially careful with target identification and danger zones if spotlighting

Things can look very different at night and firearms have a much greater range than the distance illuminated by a spotlight. Always check with the property owner to see what stock is in each paddock before you start and always be aware of what is behind your target animal.

## Keep away from water troughs

Water is the lifeblood of the bush. Don't scare stock away from the drinking areas. Even your presence nearby may disturb them, especially at lambing (birth of new sheep) times.

## Never contaminate stock water with soaps

Stock rely on drinking troughs as their only source of fresh water. Polluting these troughs with soap could cause many deaths as the water will be undrinkable.

## Take your rubbish away with you

Whatever you bring in to a hunting area, you should take out. You cannot expect the property owner to clean up after you.

## Ensure the property owner is well aware of your movements

The property owner may need to contact you and they will need to know where you are shooting in case work is being performed in your hunting area.

## If you are successful, offer to share your game with the owner

Sharing your quarry with the property owner shows respect and gratitude. Many property owners appreciate the offer of fresh meat or even meat for the dogs.

## Report any suspicious or unusual events to the owner

When you are on a landowner's property, you can be their eyes and ears. A leaky tank, a broken fence or injured stock, it's all valuable information to them.

## Don't keep returning with new people - guard 'your' hunting areas jealously

Keep hunting parties small, as you are the person responsible for their behaviour. Hunt only with people that you know and trust. ●



Photo by Zeke Price.

# Sharing the passion and tradition for hunting

by senior correspondent Jennifer Martens

**M**att Butler is a father of three young girls. He is also a US Army Green Beret, ranger, occasional bullrider and an avid hunter. He was raised in a family with a strong tradition of hunting and is passionate about sharing this tradition with his children.

When his youngest daughter, who was in Year 1 at the time, came home from school and said that her friends thought that killing animals was wrong, he looked for an age-appropriate resource that would highlight the joys of hunting and help him adequately explain to her the “hunting community’s point of view”. Having searched for many months without success, he took matters into his own hands and wrote *Billy Goes Hunting: A Boy’s Journey to Discover the Values and Traditions of Hunting*.

The main character in this children’s book is a young boy named Billy, who spends a great deal of time on his grandparents’ farm exploring the outdoors, learning how to care for the farm animals and going hunting with his grandfather. During one of his visits to the farm, Billy tells his grandfather that some of his friends believe it is wrong to kill animals. His grandfather tells Billy the story his grandfather told him about hunting - about respecting animals and the environment and of his role in the world.

Matt wrote the book to impress upon primary school children the importance of hunting and the treasured traditions of this pastime. *Billy Goes Hunting* will help children understand the role hunting plays in maintaining the ecosystem’s fragile balance. It will also give them the information they need to explain and, if necessary, defend their sport. Despite the age of the book’s target audience, the message it tells is relevant for people of all ages.

If you are in high school, there is little chance that *Billy Goes Hunting* will be a part of your weekend reading material, but it is a book you could give or read to a budding young hunter. Reading the book will naturally lead to a discussion about your introduction to the sport, why you hunt, how you respond to peer criticism and why hunting is an important and fulfilling activity.

Chances are it wasn’t that long ago that you experienced your first hunt or shot at the range. If you are like Billy and the majority of sporting shooters, you too were probably introduced to hunting by your father, grandfather or a close

family friend. You were taught more than just how to hold, aim and shoot

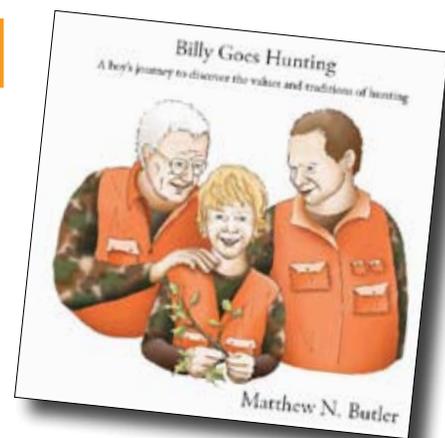
a firearm. Traditions, values, respect and a love of nature would have formed a substantial portion of your ‘curriculum’. Your ‘teacher’ may also have told you stories of growing up on a farm or in the bush and how hunting was a regular activity.

Things are a lot different these days. Properties on which to hunt are not that easy to come by; there are many more firearm restrictions; licensing requirements have become tougher; hunting isn’t as much of a common practice any more and life in general is much busier. What hasn’t changed from the ‘good old days’ though is the importance of learning to respect the environment and the animals you hunt and learning to live in balance with nature and as a part of it.

If hunting is something you enjoy and you would like to pass on the treasured experience someday, make a commitment to ensure the future of the shooting sports - a commitment like Matt Butler made.

If you’re thinking, ‘What can I do? I can’t even drive and I’m too young to vote’, don’t despair. You can help secure the tradition and sport of hunting no matter what your age. You don’t have to write a book. It can be as easy as inviting your friends on a hunting weekend or to the shooting range. It might be just talking about the benefits and enjoyment of hunting and learning about conservation and pest management. It’s having the knowledge and confidence to answer the ‘tough’, but predictable questions people will ask you about the sport. And if you are old enough to vote, you can familiarise yourself with the views of the various political parties and make your vote count.

You might also encourage the adult sporting shooters in your life to share their love of the sport, their memories and their hunting opportunities with as many junior shooters as possible. After all, it is you, the junior shooter, who will carry on the tradition, the heritage and the values that sporting shooters hold so dear. ●



Matt Butler’s book *Billy Goes Hunting* is available for \$US9.95 via the web on [www.billygoeshunting.com](http://www.billygoeshunting.com)

# National Junior Sporting Shooters

by SSAA Juniors Sporting Shooters National Discipline Chairman Hazel Bozic

A junior shooter is normally considered to fit into either of two separate categories within the SSAA: 10 or 11 years (depending on individual state legislation) to 14 years, then 15 and up to the day they turn 18 years of age.

It is recommended that all junior shooters be introduced to a variety of firearms handling. This can be done at the range and with well-supervised outdoor recreational shooting. Of course, firearms safety is of the utmost importance in each and every experience for youngsters too. The variety of firearms and shooting disciplines with the SSAA gives them a taste of many different experiences, so they can decide what their 'thing' might be, ie, pistols, rifles, shotguns, muzzleloaders and so on. Parents and guardians should be prepared for the wide-eyed amazement of the juniors, their thirst to do more and their desire to expend copious quantities of ammunition!

There are a wide variety of disciplines on offer across the board and contacting your state or local branch of the SSAA will be the best place to start. Most branches have qualified coaches or those who have been experienced shooters for many years and I am sure all would be more than happy to assist any newcomers - whether they be juniors or Mum and Dad who have come along to look. Let's face it: why should the kids have all the fun! Parents and guardians can have a go too and show their kids what they are made of as well!

The beauty of the SSAA is that sport shooting is a family-orientated pastime and the whole family can enjoy a newfound group of friends, as well as challenges beyond belief once the involvement commences. The experience can be as competitive or as passive as you wish, with opportunities offered to compete against just yourself or to venture into zone, state and national championships - the sport is your oyster!

All junior sporting shooters' members are encouraged to participate in the annual postal championships. These involve members sending in their score-sheets, with trophies being awarded to the best shooters in the Under 15 and 15 to Under 18 junior sections. The 2008 postal championships include the National Junior Rimfire Rifle Silhouette (February 1 to June 30) and National Junior Rimfire Field Rifle (July 1 to October 3) Postal Championships. This year's championships have added bonuses for participation too, with every entrant going into the draw to win a major prize from SSAA Merchandise.

As our National President Bob Green often states, junior members are the future of our ageing sport and I have been so pleased to see the influx of youngsters and their families joining in at the branch level and entering the many postal shoots on offer across the disciplines. Keep up the great work and sign up as many juniors for the future of our sport as you can! ●

## Contact

➤ Junior Sporting Shooters National Discipline Chairman Hazel Bozic on 07 4128 0467 or [hbozic1@bigpond.net.au](mailto:hbozic1@bigpond.net.au)

## SSAA Junior Interstate Challenge

The SSAA Junior Interstate Challenge had its origins around seven years ago, arising from talks between parents, supporters and juniors participating in a SSAA National Junior Coaching Camp that was held annually at the Captains Mountain Complex in Millmerran, Queensland, during the Easter school holidays. The camaraderie forged at the junior camp, together with a desire to continue and strengthen the friendships formed, was a strong motivator for parents, supports and juniors to agree to have a shoulder-to-shoulder competition where the juniors could gather and demonstrate their new skills in shooting.

The first event was held in Canberra over two days. The competition for Rimfire Field Rifle and Rifle Silhouette got off to a great start, with an enthusiastic group of juniors competitors, parents and supporters. At the end of two very busy and enjoyable days, it was agreed to hold the event again in the coming years. Canberra hosted the event the following two years and it then moved with Victoria, New South Wales and Queensland all hosting the event.

As the event provides juniors with a specific shoulder-to-shoulder shooting competition, it was decided to put it on a formal basis and bring it into the same structure as the other SSAA National Championships. In September 2007, the final Interstate Junior Challenge was held in the ACT, with a strong roll-up of juniors enjoying the challenges as they participated in competition over two days and to find out who would be the Top Junior in the under 15 years group and in the over 15 and under 18 years group.

In 2008, the event is transforming into a National shoulder-to-shoulder Junior Championship and national medals will be awarded to the top placed juniors. The event is to be held in the ACT in September, with details to be advertised in the *Australian Shooter*.

## Contact

➤ SSAA ACT President Kaye McIntyre on 02 6299 7438 or [ssaa-act@bigpond.com](mailto:ssaa-act@bigpond.com)

# Junior programs in your state

The SSAA offers exciting and educational programs for junior shooters and hunters in all states and territories. Read on to see what's available in your area.

## Western Australia

**W**ithin Western Australia, most of the youth programs are managed at a club level, with support from SSAA (WA) Inc when requested.

There are many clubs around WA that have run various shoots over the past few years for different youth groups. One of which is the Cadet Challenge, in which several of the Army and Air Force Cadet units can come to one of the many SSAA ranges to participate in a standard competition and get some excellent instruction on firearms safety and an indication of the discipline it takes to excel within the sport.

More recently, an increasing number of youth organisations have been coming to the SSAA clubs for this sort of instruction for their members. The Pony Club, for instance, get three or four coaching shoots over as many weeks to bring their skills up to scratch before a Tetrathlon of which shooting is one of the events they participate in.

There has also been some interest from various other groups, such as the Scouts and church groups, who feel this is certainly one of the safer sports the kids can participate in

and can be enjoyed by all age groups. In many instances, the adults accompanying them participate and as new shooters, everyone competes on a level playing ground.

Generally, events such as these are charged at a cost-only basis, with SSAA WA covering ammunition costs. The events are manned by volunteers within each club for the purposes of promoting the sport to the next generation and just the enjoyment of teaching the kids something new.

In recent years, SSAA WA has sponsored young shooters whose performance stands out from the rest and covered a large percentage of the costs involved in sending that youth to an interstate or international event such as the Pacific Regional Championships or National Titles.

The committee of the SSAA WA is always keen to hear ideas regarding youth programs or events that require support and is only too happy to help in any way it can. ●

### Contact

➤ SSAA WA state office on 08 9295 3318 or [www.ssaawa.net](http://www.ssaawa.net)

## Tasmania

**S**SAA (Tas) Inc and its statewide branches welcome all new shooters and junior shooters in particular.

The minimum age at which a junior may be introduced to target (club) or field shooting is 12 and 16 years respectively. Their training commences with instruction on the safe handling of firearms, the principles of range procedure and how firearms and ammunition work. There is a strong emphasis on safety, which is continually practised through further instruction in the holding, aiming and firing of firearms. For rifle shooting, there are basic positions: prone, sitting or kneeling and standing. Other firearms such as pistol usually start with the same basic training while learning that discipline's rules and shooting techniques.

The introduction and training of juniors is often performed by senior or experienced members, as qualified Junior Development Officers. Initial training is generally conducted outside club competition until safe and proficient use of a firearm can be demonstrated. It is only when all aspects of training are successfully achieved that juniors are permitted

to compete under supervision, at which time they would be eligible for junior awards and senior grading awards of the discipline being contested.

SSAA Tasmania offers Field Rifle, Scoped 3-Positional, Metallic Rifle Silhouette, Benchrest, Combined Services, Lever Action, Single Action, Cowboy Lever Action Silhouette Rifle, Handgun Metallic Silhouette, IPSC, Single Action, Down The Line, Sporting Clays and Low Field disciplines.

A number of branches are conducting skills training in Conservation, Hunting and Pest Management too, with the aim of better educating juniors in the art of safe and efficient field craft practices and gaining an appreciation of the importance of conservation and game management. ●

### Contacts

➤ SSAA Tas Secretary Peter Wesley on [ssaatas@netspace.net.au](mailto:ssaatas@netspace.net.au)  
➤ SSAA Tas President and Discipline Coordinator Richard Cains on [highwall@iinet.net.au](mailto:highwall@iinet.net.au)

## Northern Territory

**S** SAA (NT) Inc has four branches offering a range of shooting disciplines for juniors to try their hand at.

SSAA Darwin shoots Single Action, Muzzle-loading, Handgun Metallic Silhouette, ISSF and Field Pistol. SSAA Nhulunbuy shoots IPSC, Shotgun, Handgun Metallic Silhouette, Handgun Centrefire, Trap and Skeet. SSAA Katherine shoots IPSC, Black Powder and Service Pistol 25m. SSAA Alice Springs shoots Pistol ISSF, Practical Pistol, SAAA Pistol, Black Powder Pistol, Handgun Metallic Silhouette, Military Rifle, Field Rifle/3-Positional, NRA Silhouette Rifle, Shotgun, Black Powder Rifle and NRA Rifle. ●

### Contacts

➤ SSAA Darwin President John Sheehan on 08 8947 1339, 0439 682 639 or [ssaadarwinbranchinc@bigpond.com.au](mailto:ssaadarwinbranchinc@bigpond.com.au) ➤ SSAA Nhulunbuy President Greg Stephens on 08 8987 1189 or [grub@octa4.net.au](mailto:grub@octa4.net.au) ➤ SSAA Katherine President Peter Balfour on 08 8972 1539. ➤ SSAA Alice Springs President Robert Kittle on 08 8952 1985 or Secretary Peter Wright on 08 8951 7559 or [peterw.wright@nt.gov.au](mailto:peterw.wright@nt.gov.au)



## Australian Capital Territory

**E** ach year, SSAA (ACT) Inc introduces many hopeful youngsters to shooting through its Junior Development Section. Our emphasis is on education in the safe and responsible use of firearms. The section has club rifles, ammunition and targets available at our outdoor range, where young people can learn to shoot .22 rifles with target turret scopes for the disciplines of Field Rifle, 3-Positional, Rifle Metallic Silhouette and Benchrest. Our novelty event features water balloons, pumpkins and other items as targets too!

Our section has had marked success in assisting young shooters to identify their strengths and a number of our juniors have progressed to be prominent shooters in their chosen disciplines. Alice Styles, one of our SSAA ACT juniors, shoots competitively in 10m Air Rifle and was featured in the *Australian Shooter* last year.

Beginners shoot under the watchful eye of authorised instructors, who ensure that they learn how to use a firearm safely. After their first four sessions, juniors are ready to do the Firearms Safety Awareness Test, so they can apply for their ACT Junior Firearms Permit. SSAA ACT also assists junior residents in NSW to acquire their NSW Junior Permits.

Our Junior Development Section conducts sessions on the first and third Sundays of the month during school term time from 8.30am to midday. Beginners are always welcome. Our six-stage coaching program takes juniors from never having touched a firearm to competing in local club

shoots for Field Rifle and Rifle Metallic Silhouette and on to even greater challenges.

Juniors learn about firearm safety, range rules and have coaching in the many shooting positions, as well as setting up rifles and adjusting scopes. Our coaching program covers all aspects of shooting, is goals based and aims to build motivation in our juniors.

Our calendar features a special shooting event each month. Each year, we take our ACT group of juniors to events outside of the ACT and we also host events. This allows our juniors to compete shoulder-to-shoulder with juniors from other states. The ACT Junior Development Section hosted the first annual Junior Interstate Challenge some six years ago. This has now been made part of the SSAA National Championship Events and will be held in Canberra in September 2008.

We work to promote a spirit of community with our juniors, providing canteen services and a friendly atmosphere at the Terry O'Brien Range at the SSAA ACT Shooting Complex. This allows juniors to concentrate on improving their skills and benefit from the experience of our many range officers who donate their time to promote our sport of shooting to juniors. Parents also form an important workforce and support base to help keep our section running smoothly. ●

### Contact

➤ SSAA ACT Secretary Wendy Hutton on 0406 375 091 or [whiskerw@grapevine.com.au](mailto:whiskerw@grapevine.com.au)

## The Junior Shooter

### New South Wales

**S** SAA (NSW) Inc provides a number of options for juniors interested in taking up sport shooting or recreational hunting.

Its Junior Development Program, held at the St Marys Indoor Shooting Centre, is an excellent starting point for newcomers to the sport, showing licensed participants how to safely handle firearms, before being taught a broad range of skills and shooting disciplines on the indoor range. The program is directed at novice shooters and once basic training is completed, juniors, who are provided with rifles and ammunition, participate in competitions designed to increase their performance and sense of achievement. In the long term, these juniors will be encouraged to participate in external competitions and trips to other nearby ranges. Disciplines that are taught include Benchrest, Field Rifle and 3-Positional. Juniors are also advised on firearm maintenance.

“There is definitely a lot of interest among young people about taking up shooting, which is encouraging as they represent the future of our sport,” said SSAA NSW Junior Development Officer Michael Gill.

“Bringing newcomers to the sport is obviously very important, but it’s just as crucial to maintain their interest, which is why we provide coaching to improve their skills and give them goals to work towards.”

For those who like a little more adventure, SSAA NSW also offers young hunters the opportunity to experience life on the land through its annual Tilterweira Family camps held during the Easter school holidays, and Youth and Parent & Child camps during the mid-year school holidays. Held at Tilterweira Station, SSAA’s 32,000-hectare property in western NSW, these camps are conducted through the Association’s Hunting & Conservation program and are designed to give teenagers and their parents time to share experiences and develop a greater insight into bush life. During the week-

long camps, juniors between the ages of 12 and 18 are taught the fundamentals of ethical hunting, wildlife management and bushcraft skills by a team of experienced supervisors.

“It is so important that this next generation have an understanding of rural life and how to take a proactive approach to conservation,” said Hunting & Conservation Coordinator John Pond.

“Tilterweira Station is inhabited by a number of feral animals such as pigs, cats and goats. Participants, who are all appropriately licensed, are taken on strictly supervised activities, shown how to hunt responsibly and learn bush skills along the way.”

As part of their Tilterweira adventure, visitors are taken on bushwalks and can enjoy birdwatching, while also learning navigation skills. Other workshops and activities that are held during the week include demonstrations on bullet placement, animal tracking, camouflage, GPS and mapping and preparing game meat for cooking. The property’s river allows guests to enjoy a dip, as well as providing plenty of freshwater crayfish. Tilterweira Station also provides guests with a licensed firearms range, which can be used for sighting-in hunting firearms and shooting clay targets and all rifle disciplines.

The Tilterweira Parent & Child Camp is scheduled for July 13 to 19 this year. The cost is \$450 per family or \$350 for SSAA NSW Hunting & Conservation members.

The Youth Camp is being held from September 27 to October 5 and costs \$450 per junior. ●

#### Contacts

➤ SSAA NSW junior hunting programs at Tilterweira, John Pond on 0439 557 450. ➤ SSAA NSW Junior Development Program, SSAA NSW state office on 02 8889 0400.



### South Australia

**S** SAA (SA) Inc believes that juniors are the future of sport shooting and all SSAA SA clubs have been and will continue to be actively encouraged to seek out new juniors as members either following in their family’s footsteps or trying something new. Many young people enjoy the challenge of the competition, as well as the satisfaction of having a better score each time.

For all juniors, SSAA SA is paying for their subscriptions to the Association in the hope of giving the parents a small

help with initial costs of equipment. This appears to have assisted in all areas and disciplines. Furthermore, juniors have and will continue to be assisted with grants for travel, coaching, equipment and the costs incurred in travelling interstate and in some cases, overseas for competition. ●

#### Contact

➤ SSAA SA Secretary Shirly Frawley on 08 8297 1284.

## Victoria

If you are a junior sporting shooter in Victoria or want to become one, SSAA (Vic) Inc offers a range of programs to get you started or to further develop your skills.

The Youth Training Scheme (YTS) is a club-based junior shooting program for shooters 12 to 25 years of age. Presented at ranges at Springvale, Eagle Park, Bendigo, Mildura and Bairnsdale, the scheme provides a variety of shooting disciplines in a positive learning environment. The emphasis on the psychology of sport and disciplined mental training provides alternative skill training, which is also highly suitable for young people who are not interested or not able to participate in other more physical pursuits. However, strict adherence to the rules and procedures of safe firearm usage is taught and enforced by accredited coaches and there is exposure to regular competition.

SSAA Bendigo Branch in collaboration with the local naval cadet unit has put together five shooting sessions at the Marong Rifle Range. These sessions are spaced over the year and include Rimfire Rifle, Centrefire Rifle, Shotgun and Military Rifle shooting disciplines. In these sessions, the cadets encounter a thorough explanation of range rules and safety procedures, as well as in-depth practical shooting instruction. As the cadets progress through the sessions, their shooting abilities and scores will improve and they will display the

highest standards of safety and disciplined behaviour.

Junior Pathways to Participation is a school-based program running for 10 weeks in school terms one, two and four and is available to students from Year 7-12. The program deals with the introduction of firearms, importance of firearm safety, safe handling of firearms and expert coaching. The course, which began during term two of 2007 and has since proved to be very successful, concludes with a mini competition that the students seem to really enjoy. The curriculum is based on the Victoria Police Registry Longarms Licence Course, with safety being the most important lesson. Students who complete the course and who can demonstrate proper firearm safety receive a firearms safety certificate. ●

### Contacts

- YTS at Springvale or Eagle Park, SSAA Vic on 03 8892 2777. ➤ YTS at Bendigo, Vic Alexander on 0438 353 425 or Darren Pearce on 0424 895 650. ➤ YTS at Mildura, Kaylene Gregg on 03 5025 7171 or mildura@ssaavic.com.au ➤ YTS at Bairnsdale, Peter Johnston on 03 5152 4530 or eastgipps.ssaav@wideband.net.au
- Junior Pathways to Participation Schools Program, SSAA Vic on 03 8892 2777. ➤ Bendigo Naval Cadet Program, Vic Alexander on 0438 353 425.



## Queensland

SSAA (Qld) Inc has actively promoted junior development with target shooting for a number of years with great success. It has produced junior shooters who have gone on to represent Australia at international events in recent times. Our most successful junior to date, known to most in the Field Rifle, Air Rifle and Silhouette shooting fraternity, is Matthew Everingham from Brisbane.

The most effective teaching programs are run by local branches, which provide coaching in the many disciplines, from Air Rifle to Big Game Rifle, as well as Pistol and Shotgun. A number of qualified coaches, who are certified with the Australian Government's Australian Sports Commission, are on hand across the state and are qualified to coach in rifle, pistol and shotgun disciplines. All coaches and firearms safety instructors are required by Queensland law to have a Working with Children Suitability Card issued to them by the state government authorities.

Juniors who don't hold a Shooters Licence in Queensland are permitted to use all rifles, pistols and shotguns under

direct supervision from 11 years of age, subject to Qld Weapons Act conditions.

Some of these conditions include providing photographic ID and completion of licence eligibility Form 33, which is available at shooting ranges. This form must be completed each time an unlicensed shooter wishes to shoot at a range.

Juniors (from 11 to 18 years) can apply for a Minors Shooters Licence, which again covers rifle, pistol and shotgun licence codes and is subject to the Qld Weapons Act. To obtain a Minors Licence, juniors must complete a recognised firearms safety course. SSAA Qld provides these courses across the state and has qualified instructors at most branches. SSAA Qld heavily subsidises the cost associated with juniors who wish to undergo the safety course.

Shooting competitions are conducted at local branch, state and national competitions. SSAA Qld includes a Junior Division within all competitions to promote junior involvement within the sport. This includes two age group

sections: 11 to 15 years and 15 to 18 years. SSAA Qld's statewide policy is that all junior shooters are charged only half of the range fees that clubs charge their adult members as part of the ongoing commitment to the promotion of junior participation within the sport.

At the state level, Junior State Championships are held. This is an annual event and rotates yearly throughout the state's five zones. The championship includes two set disciplines, Rimfire Field Rifle and Rimfire Rifle Silhouette, and a third event, which is left to the host club to choose from any of the rifle, pistol or shotgun events competed by the state Association. This year, for example, SSAA Black Water Bluff will conduct the 2008 Championships (July 5 to 6) and they have chosen Rimfire Service Pistol as their third event. The branch supplies the firearms and one-on-one coaching for this nominated event. This state championship is free of charge to all juniors and includes catering, camping fees and nominations over the course of the two-day event.

A number of state-based postal matches are held throughout the year at branches within the defined dates set. Scores are sent in to the Junior Discipline Chairman, who collates the scores and certificates are presented to all competitors.

All juniors are encouraged to compete in the annual discipline-specific championships and attend the various special national discipline championships, which are also rotated throughout the states and territories.

SSAA Qld Junior Discipline maintains a webpage under the SSAA Qld website under the 'Disciplines' and 'Juniors' links. This keeps our junior members up to date on upcoming events, scores and other information. The same information is posted to each branch across the state, so check your noticeboard or contact your branch Secretary for these updates.

SSAA Qld Hunting & Conservation Group runs specific courses suited to the needs of both adult and junior members. These courses are run regularly at local clubs. See the 'Hunting & Conservation' page on the SSAA Qld website.

SSAA Qld has a number of branches offering local schools the opportunity to participate in target shooting as a school sport. For example, St Mary's College in Toowoomba sends up to 20 young men to participate in terms three and four. This has been a great success, with the students being taught firearms safety, handling and marksmanship skills, as well as developing self-discipline. A number of School Cadet units from across the state take the opportunity of using the facilities and coaching offered by the Association too. ●

### Contacts

- SSAA Qld state office on 07 4695 4235 or [www.ssaqld.org.au](http://www.ssaqld.org.au)
- SSAA Qld Junior Discipline Chairman Tom McGovern on 0418 793 430 (between 3pm and 6pm most days) or [tommcgovern@optusnet.com.au](mailto:tommcgovern@optusnet.com.au)

# Recipes for

## Baked fish fillets

Here is a simple recipe that will serve 2 people or can be adjusted to serve more as needed.

### Ingredients

- 4 tablespoons sweet chilli sauce
- 2 tablespoons lemon juice
- 4 fish fillets
- dry breadcrumbs
- butter

### Method

Preheat the oven to 220C. Grease a baking tray.

Combine the chilli sauce and lemon juice in a flat bowl and dip the fish fillets into this, coating well.

Sprinkle some dry breadcrumbs onto a plate or paper. Lift the fish from the sauce and coat with the breadcrumbs. Place the fish onto the baking tray and top with 3 or 4 small dobs of butter.

Bake in the hot oven for about 15 minutes (depending on the size of the fish) and serve with lemon wedges, baked potato slices and salad.

### To make the potato slices:

Very thinly slice one medium potato per person, place on an oiled baking tray and brush with olive oil. Place in the hot oven at the same time as the fish. ●



# juniors

After you have been out hunting in the field, get into the kitchen and use your prized game meat in these simple but delicious recipes from SSAA member and chef extraordinaire Erica Wright.

## Spaghetti bolognese with venison

This is a good rich sauce that will counterbalance the star ingredient - venison! Serves 4-5

### Ingredients

- 1 tablespoon oil
- 1 large onion - chopped
- 3 cloves garlic - minced
- 500g venison mince
- 700ml bottle tomato purée
- 350g jar tomato paste
- 3 cups water
- 1 teaspoon dried marjoram or oregano
- 1 teaspoon dried basil
- salt and pepper
- 320g spaghetti
- Parmesan cheese



### Method

Heat oil in a wok or large saucepan. Add the onion and garlic and stir for a few minutes until the onion is translucent. Add the meat and brown it, stirring to break down any lumps. Should there be any fat, drain this off.

Add the tomato purée and paste, water, dried herbs, salt and pepper and stir well. When the sauce comes to the boil, reduce to a simmer and cook gently for about 1¼ hours, uncovered, until nearly all the liquid has evaporated. If you find the sauce makes 'plopping' actions and is splattering, then leave the lid partly over the pot to minimise any mess.

When the sauce is nearly ready, cook the spaghetti according to packet directions. This should result in it being *al dente* ('to the tooth', or just done). Drain well, mix with the sauce and serve in warm bowls with Parmesan cheese and a crisp green salad on the side. ●

## Pizza pizzaz

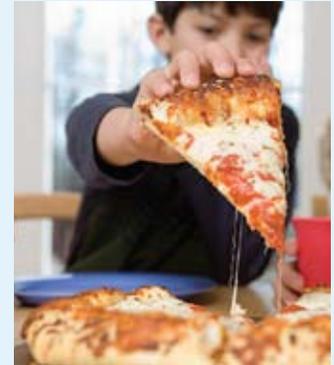
Simple pizzas can be made with a variety of bases, such as pita bread and toasted hamburger buns, but those from the freezer section of the supermarket give a more solid base and taste terrific. The choice of toppings is as great as your imagination, but a few suggestions follow.

### Basic ingredients

- pizza base(s)
- tomato paste
- dried basil or oregano
- grated mozzarella cheese
- Parmesan for serving

### Toppings

- finely chopped onion
- chopped capsicum
- sliced mushrooms
- sliced olives
- salami, mettwurst or other spicy sausage
- chopped ham, cooked bacon or beef jerky (from wild boar or buffalo)
- anchovies
- sun-dried tomatoes
- tiny prawns
- tinned pineapple
- canned artichoke slices



### Method

Preheat the oven to 200C.

Top the pizza base with enough tomato paste to cover, sprinkle with basil or oregano and cover with mozzarella cheese. This is the working base and whatever you add after this is up to you. Top with several toppings and cook for about 10 minutes or until the cheese has melted and the topping is sizzling.

Cut into slices and serve with a bowl of Parmesan. ●

# SPONSOR A JUNIOR

**AND**

# SAVE your sport

**Polaris Predator 90 Youth all-terrain vehicle**

**It's your choice - sign up a junior or our sport will vanish**

SSAA National is launching a 'Sign up a Junior' campaign to help introduce youngsters to recreational shooting. Juniors are essential to the ongoing strength and vitality of the SSAA and we are seeking your support to protect and ensure the future of the shooting sports in Australia.

Simply fill in the form below with the junior's details and your details as the 'sponsoring member'. You can also add more than one junior by photocopying the form and adding an extra \$21 per junior.

To kickstart the campaign, all junior members who join or renew before June 30, 2008 will go in the draw for the chance to win a \$3500 Polaris



Predator 90 Youth all-terrain vehicle. So don't delay, sign up your young one today.

\$21 - includes 11 issues of the *Australian Shooter*

\$46 - includes 11 issues of the *Australian Shooter* and 4 issues of *Hunter* magazine

Membership No.

Has the junior been a member before? Yes/No

Details of junior being signed up - (must be under 18)

Branch (if known) ..... Sex (please circle) M / F

First name ..... Middle name ..... Last name .....

Home address ..... P/C.....

Date of birth .....

OFFICE USE ONLY

Details of sponsoring member:

First name ..... Middle name ..... Last name.....

Membership No. ....

## Payment options

I also wish to donate \$..... to the SSAA

Enclosed is payment for the amount of \$.....

Cheque  Money order  MasterCard  Visa

Card number

Expiry date     Signature.....

Cheques payable to the Sporting Shooters' Association of Australia

- Fees are per year unless specified and include GST.

MAIL TO: MEMBERSHIP OFFICE ,  
PO BOX 906, St Marys, NSW 1790

SSAA Inc is subject to the provisions of the National Privacy Act. Should you want a copy of the SSAA Inc Privacy Statement or seek further information, please write to PO Box 2520, Unley, SA 5061.