

THE JUNIOR Shooter

AN INTRODUCTION FOR JUNIOR SHOOTERS & HUNTERS



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Editorial



Bob Green
SSAA National President

Welcome to Issue 6 of *The Junior Shooter*. In this issue, we bring you a variety of sport shooting and hunting information.

First up, our Media Officer Rachael Andrews speaks with John Coombes. John is a 17-year-old SSAA member and Air Rifle shooter from the ACT and a participant in the first ever Youth Olympic Games, which were held recently in Singapore.

Shooting at international events like this are fantastic accomplishments and can sometimes be stepping stones for other competitions. But did you know that the SSAA runs many shooting competitions that have opportunities for international competition? Action Match shooter Matthew Harriman, Field Rifle shooter Kadiejayne Tirkot, Single Action shooter Sam Medway and Rifle Metallic Silhouette shooter Alice Styles are just a few who come to mind who were all younger than 18 when they competed internationally. Visit the 'Junior member profiles' section at www.ssaa.org.au/juniors to read more about these and many other juniors who have all done well at the various levels of shooting.

Also in this issue we share some basic rifle shooting techniques, a story about goat hunting in northern New South Wales and some tips from Tasmanian junior Elise Jurasovic on cleaning hare for cooking. In addition to this, we have two Italian-inspired recipes for you to try out and our usual magazine competition.

As always, if you've got a story to share or would like to tell us what you'd like to read about, contact Associate Editor Kaye Jenkins on 08 8272 7100 or edit@ssaa.org.au ●

John Coombes and the 2010 Youth Olympic Games



by Media Officer Rachael Andrews

Competing in the 2010 Youth Olympic Games in Singapore was a vital stepping stone, as well as a worthy accomplishment in its own right, for young SSAA member John Coombes as he sets his sights firmly on the 2012 London Olympic Games.

The 17-year-old Air Rifle shooter from the ACT was joined by fellow shooters Emily Esposito, 16, and Janek Janski, 18, at the event in late August. John placed 11th out of a field of 20 shooters in the Junior Men's 10m Air Rifle competition, scoring 99, 98, 99, 98, 94 and 98 for a total score of 586. The winner of his competition, China's Ting Jie Gao, took home the gold medal with a score of 594.

"It was a really good experience; I loved it," said John.

"I'm kind of used to the big competitions, so I wasn't too nervous; it wasn't that new to me and I knew what to expect."

A world event

Australia sent 100 athletes to Singapore to compete in this year's Youth Olympic Games (YOG) from August 14 to 26, 70 of whom took part in individual events and 30 in team sports. The Australian Team took home 32 medals in total, comprising eight gold, 15 silver and nine bronze medals. More than 3500 athletes from 204 countries competed in 26 sports for the inaugural event.

There are plans to hold the event every four years in staggered summer and winter events, similar to the Olympic Games. It is open to athletes aged between 14 and 18.

The YOG was approved in 2007 after being touted in 2001 and Singapore was among five cities considered for the YOG. The first winter version of the event will be held in Innsbruck, Austria, in 2012 and the 2014 summer Youth Olympics are planned for Nanjing, China.

A high-achiever

John's shooting career began about five years ago at the age of 12 when he tried his hand at the 10m Air Rifle shooting event at the Monaro Rifle Club in New South Wales and it all blossomed from there. The SSAA member said he really



Emily Esposito, John Coombes and Janek Janski formed the Australian Shooting Team at the 2010 Youth Olympic Games.



John Coombes with his Feinwekbau air rifle.

enjoyed being able to shoot with his family, including mum Tracey, sister Jess and stepfather Wayne.

"It was really good because everyone got to be involved," John said.

"I find shooting to be fun; it's challenging and there aren't any other sports like it.

"I struggled a bit at first because I was still pretty young, but I really liked it and stuck with it."

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John started shooting at a local level, but as he saw his scores improve, he wanted to attend higher levels of competition. He began working with coaches Gordon De Groen and Darius Krivanek. Then, in December 2008, John competed in his first national competition, the AISL Youth National Championships in Sydney. John said that while his actual shooting style did not change too much, it was the advice on small things such as grip and stance that assisted him to go further. Additionally, he started a more structured training regimen.

In 2009, John won his first big competition, placing first in the Junior Men's division in the Grand Prix at the Oceania Championships in Sydney. At that competition, he won the YOG quota place for Australia in the Men's 10m Air Rifle. Australia also won the quota places for both the Men's and Women's 10m Air Pistol event.

Qualifications began for the Singapore Youth Olympics in late 2009. The competitors each had to shoot a minimum qualifying score and then compete in the three Australia Cup competitions, which determined the shooting team that Australia would send to take part in the event. In the three Australia Cups that John competed in, he placed third, fourth and first respectively.

More recently, John won the Overall Junior award at the TRA Nationals, and in early October, the New South Wales Small Bore and Air Rifle Association held its State Championships and John won with a score of 590.

Junior Shooters website

Have you visited the SSAA National website recently? Did you know it has a dedicated section just for junior members? The Junior Shooters section 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, so get online today!

www.ssaa.org.au/juniors



John on the Air Rifle range line at the 2010 Youth Olympic Games in Singapore.

Talented team-mates

John's team-mates also put in admirable performances amid tough competition. Emily, who competed in the Women's 10m Air Pistol competition placed 15th in a field of 20, with a score of 367. The New South Wales shooter has previously placed 2nd in the Open Women's Air Pistol Australian National competition in 2010 and 9th in a competition in Munich, Germany, while on tour in Europe.

Janek, who resides in Victoria, competed in the Men's 10m Air Pistol competition and placed 17th of 20 shooters, with a score 554. The Oakleigh Pistol Club member has previously placed first in both the 2010 Junior A Grade State Titles and the 2010 Junior Free Pistol Nationals. In 2009, he took out third place in the 2009 Junior Air Nationals.


Future sporting goals

John's next focus on his path to selection in the 2012 Olympic Games Australian Team is to compete in the Oceania Championships in 2011.

"I just want to do the best I can," he said.

"To do well, you have to be able to cope with the pressure and concentrate. I know I can keep improving."

John said making the 2012 Olympic Games would be the ultimate dream come true, as it is for any aspiring athlete. He said it would be a proud moment if he were successful. ●



One of the better ways to start shooting is from the prone position with a rest, as demonstrated by young SSAA shooter, Kane Hendrickson.

Some basic rifle shooting skills

by John Hill

Shooters learn firearm safety and shooting skills from many sources. In my case, I learned it from my father and older brother and looking back, they did a fairly good job. However, it wasn't until I joined shooting clubs that I learned the finer aspects of shooting.

Today, one cannot obtain a shooters licence until a safety course has been completed. Generally, the program includes the use and safe handling of various types of firearms, in addition to a written test. Back in my younger days, anyone could buy a shotgun or rimfire rifle; it was simply a matter of paying the money and it was yours. Whether you were new or experienced in safe firearm handling, it made little difference. Nowadays, of course, there are applications, tests, licences and regulations involved.

Shooting skills and safe firearm handling are two separate items and while the safety aspect is of paramount

importance, developing shooting skills is also needed to achieve competence. On the other hand, practical shooting activities help to further develop safe gun handling habits, which become quite automatic after a period of time.

Regardless of the shooting scene as it was in my youth or as it is today, one should not buy their first rifle then immediately go hunting with it or jump into a competition. Before taking to the field, a new shooter needs to acquire basic shooting skills and that is what this article is all about. Owning a rifle and being able to use it properly are two different things.

At this stage, it is worth mentioning that rifles and shotguns are vastly different firearms and have entirely different applications and firing techniques. For this article, I am discussing rifle shooting and how to use such a firearm to the best advantage.

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Rifle fit

First and foremost, a rifle should fit you reasonably well if you are going to be successful with it. Rifles come in various sizes, shapes and weights, so buy one you feel comfortable with. When brought to the shoulder to take aim, a rifle should feel as though it was made for you. If it doesn't fit comfortably, you are starting off with a bit of a handicap. What's more, trying to learn shooting skills is a pointless exercise unless the rifle and its sights are zeroed. The rifle must shoot to the point of aim.

Shooting positions

You can fire a rifle from a number of different positions, including standing (offhand), kneeling, sitting, lying down (prone) or using a rest. Resting can be done in any position using an aid of some sort to steady the rifle. A rest can take the form of a bipod, shooting sticks, backpack, log or leaning against a tree and so on. It is advisable when starting out that you begin with an easy position, such as shooting prone with a rest, and work up to the more difficult positions as you progress.

Coordination

Coordination is a vital part of rifle shooting. There has to be a certain degree of coordination between the eye, trigger finger and one's breathing and when all three work in harmony, a bullet can be sent accurately on its way to the target. Let's look at these aspects separately.

Sighting

Shooting relies heavily on good vision, although a telescopic sight can greatly assist in this regard if a shooter has a visual handicap.

Most shooters close the non-sighting eye when aiming a rifle, but if you can aim with both eyes open, then do so, as it will help when using a shotgun. But that's a topic for another time.

All the sighting eye has to do is to alert the brain as to when the sight is centred on the target. Even when shooting over a rest, the sight will still wander. Sometimes it's on, other times it's off, if only slightly. The correct time to fire is when it's on - and that's the hard bit.

Trigger control

Trigger control is perhaps the most important element of rifle shooting because the trigger release must occur precisely at that moment when the sight is on target. This is difficult to achieve unless the trigger breaks cleanly and without creep. Rifle triggers are not pulled or jerked; they are squeezed almost to the point of release, then given that last additional squeeze at that precise moment when the sight-picture says 'Fire!' Rifles with two-stage triggers help to apply that initial pressure to the trigger, as the first pull can be a fair percentage of the total release pressure.

Breathing

One's breathing also comes into this shooting skills equation. Regardless of what position a shot is fired from, the sight-picture will rise and fall in sequence to the shooter's breath. In order to eliminate this movement, one has to stop breathing, but not for too long. Most untrained shooters will inhale and hold their breath when taking a shot. This is not the right way to go about it because when you hold an inhaled breath, it causes quite a bit of muscular tension.

The recommended breathing technique is to fire the shot when you are exhaling. The body is far more relaxed when



Shooting from the prone position using a sling for added support.



Sitting is one of the steadier shooting positions and is more comfortable than lying on the hard ground. Kane's rifle is a CZ 527 chambered for .222 Remington with a Nikko 8x42 scope.



The kneeling position can be a bit wobbly, but offers better stability than standing without support.

the lungs are empty of air than when full. Naturally, one cannot maintain this exhaled situation for very long, so if the shot is not taken after 10 seconds or so, breathe in, breathe out and then try the shot again.

Heartbeat

Collectively, these elements are the basic essentials required for rifle shooting, but there is another point that should be mentioned at this stage and that is heartbeat. In certain situations, such as climbing a steep hill, the pounding of one's heart sets up a visible movement when aiming a rifle. Unlike breathing, it is neither possible nor advisable to stop the heart from beating while the shot is taken. Timing the shot between heartbeats is the only way to overcome this problem, which is not easy when the heart rate is two or three beats per second. Certainly, the size of the target has some bearing on the matter. Heartbeat

when shooting at a rabbit 100m away could be a problem, whereas, it would be of little consequence with any medium or large game animal.

Rifle movement

When shooting prone or prone with a rest, there is very little rifle movement when sighting. However, when adopting a sitting, kneeling or standing position, rifle movement becomes quite obvious. Everyone wobbles to some extent and there is little that can be done to reduce this movement, with the exception of wrapping the sling around one's arm and using it as a brace. >

Juniors-only competition

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

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

or online at www.australianshooter.com.au

Winner randomly drawn December 10, 2010

WIN an Eclipse Q5 LED torch



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Standing or 'offhand' shooting is the most difficult of all positions. While the sling helps to reduce the shakes, good trigger control and lots of practice is the key to success.

The only way of overcoming the wobbles is to develop good trigger control. It doesn't matter how much a shooter's rifle moves, providing the trigger can be squeezed at that critical moment when the sight wobbles onto the target. If that shooting skill can be learned well, then it's a hit every time. And that's the secret to shooting when using the sitting, kneeling and standing positions in particular - don't fire until the sight is on target.

Some shooters prefer to aim low, then bring the rifle up slowly and fire as the sight covers the target, while some prefer to aim higher and bring the rifle down. Mastering any shooting technique takes considerable time and ammunition.

Practice

Knowing what to do regarding rifle shooting is only part of the way to becoming a good shooter. Like any other sport, shooting requires a reasonable level of fitness and dedication, so practice is not the only aspect of developing shooting skills. Unfortunately, practice can be quite expensive at times and in the case of centrefire rifles, the cost can be considerable, but every hobby or sport has expenses. Practising with a .22 rimfire or even a humble air rifle is one logical way to curb expenses when learning to master any shooting technique though.

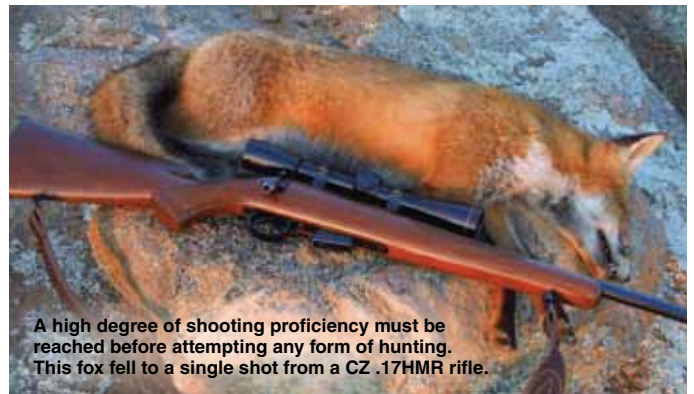
Another point worth mentioning regarding practice is to always shoot at paper targets so that you can see where each and every shot goes. Plinking at a can or other target

does not produce a permanent record of hits and misses that can be studied in detail after the shots have been fired.

Summary

I have been a shooter for the best part of my life and I still practise and strive to improve. I find that practice is more rewarding when some competition is involved and prefer to practise with a mate, as it's more fun and helps to make you try that bit harder.

To shoot accurately with a rifle requires a certain level of skill that has to be learned and developed through regular practice. Shooters who intend to hunt owe it to the game they pursue to do the job efficiently. Owning a rifle and using it effectively are two different things and any would-be hunter should reach a certain level of proficiency before taking to the field in the pursuit of game. ●



A high degree of shooting proficiency must be reached before attempting any form of hunting. This fox fell to a single shot from a CZ .17HMR rifle.

Cleaning your catch

by Elise Jurasovic

Young hunters are most likely to shoot small game, such as rabbits and hares, to begin with. It's very useful to know how to clean your catch, so here is a simple way to clean a hare or rabbit. First of all, you need to catch the animal. In Photo 1, you can see a nice hare my dad shot with his .22. He then took photos as I cleaned it.

One thing I've learned that's really important is to make sure your knife isn't too blunt. My younger brother and I have found while helping Dad skin and clean animals that it

is much easier and safer to have a sharp knife. When your knife is blunt, you have to push harder to cut the meat, which means the knife is more likely to jerk past where you want to cut and it could even cut yourself. When a knife is sharp, you only need to press lightly to cut and you have much more control over it.

It is also important to remember that while you are cleaning the hare, it is necessary to keep the meat very clean, so the animal should be held off the ground after the first cuts are made. The first cut needed is from the

ankles of the hare down to the crotch. You do this cut on both sides and join them together in the middle, as shown in Photo 2. >



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The next step doesn't require your knife. You need to pull the skin away from the meat of the legs and rump with your hands, as shown in Photo 3. With a young hare or rabbit, you need to be careful not to rip the skin. Pull the skin down to the middle of the hare's body, as shown in Photo 4.



Next, you put your foot firmly on the separated section of skin and pull the two back legs upwards, as in Photo 5. This will pull the skin off right up to the start of the neck.



Now you need to pull the skin off the front legs and neck, as shown in Photo 6. Then cut off the head and front half of the two front legs. The skin will come away attached to the head.



Once you have done that, the next step is to clean out the internal organs. You need to make a cut down the centre of the belly, from the crotch, continuing through the ribs, finishing by exiting at the neck area, as shown in Photo 7. It is very important to be careful not to puncture the intestines as you make this cut.



Next, you need to separate the anus from the rear end of the hare by carefully cutting right around it. Then pull the last section of intestine, which is attached to the anus, very carefully through the pelvis from the inside of the hare, as shown in Photo 8, being careful not to pull too hard and tear it.

Now you need to clear all of the intestines and other organs completely out of the hare. You use your hand to carefully scrape them all out, as shown in Photo 9, but leaving the kidneys in place if you like to eat them.

The final task is to remove the back feet. You need to bend the back legs and cut through the knee from the front, between the bones of the thigh and shin, but do not continue the cut all the way through the calf muscle. Once through the knee joint, cut towards the ankle and then make the final cut through the tendon at the ankle, as shown in Photo 11.

Once the organs have been removed, as shown in Photo 10, you just need to cut off the back feet and you are finished. However, if the front end of your hare is damaged (such as from a shot through the chest or shoulders), then it may be a good idea to only keep the rear half, which is where most of the meat is. To remove the front half, you cut in towards the spine from both sides, just at the start of the ribcage. Then, you twist the two halves in opposite directions and they should separate.



You should now have a clean carcass, like the one shown in Photo 12, ready to take home and cook up into a yummy meal. Check out page 15 for the Italian braised hare in red wine recipe that I have included. I hope you enjoy eating the meat you catch and clean for yourself as much as I do! ●

Hunting goats from plain to precipice

by James Adams

Getting my junior firearms licence was something I had really been looking forward to. Apart from the satisfaction of passing the licence test, my father had promised that once I got my licence, we would go up to New South Wales and do a bit of goat shooting. In fact, as soon as I got my licence, we went stalking goats in the mountains of Gippsland and had seen a couple of mobs, including a large mob we put up from the four-wheel drive, but they were always well across the gullies and we hadn't been able to get close

enough to bag one. Hopefully, we'd have better luck on the plains in outback New South Wales!

It was a two-day trip heading north from our property in Gippsland until we reached a station about half an hour from Bourke in outback New South Wales. This was my first hunting trip to the plains and was quite different to the mountains I was used to hunting. Once we got up past Cobar, we just went through endless kilometres of flat, scrub-covered terrain until we got to the station and I wondered how you managed to find any goats with so much country to hunt.

We'd heard for a while about the droughts in New South Wales and my father thought that we could look for sign around whatever water was available, plus the station manager could probably point us in the right direction to begin with. What we didn't know when we organised the trip was that a fortnight before we'd left Gippsland, it had rained quite heavily around Bourke and there was water everywhere. As a consequence, the goats were moving all over the place, making them harder to track down.

Still, the station manager had an idea that the western boundary of the station would be a good place to have a look as he'd seen goats there a few days before, so after we unloaded our gear into the shearers' quarters, we set off in the four-wheel drive to have a look. The station tracks were a bit slimy and the deep wheel ruts in the red sandy soil were still full with water, so it was a bit of fun as we headed through the scrub, never knowing until we were in them whether the pothole was deep or shallow. Also, while we were only going about 40kph, there was a bit of splashing and plenty of mud as we kept our eyes open for any decent sign.

Surprisingly, there was sign everywhere. Wherever we stopped, we came across hoofprints and droppings, indicating there were a few goats about, but we couldn't seem to come across the actual beasts. By the end of the first day, we'd seen one wild cat and a fox, both of which were too quick for us.



James Adams with a young billy taken in spinifex in northern New South Wales.

Hunting goats in the East Gippsland Ranges in Victoria.



Day two didn't seem to be going much better. This time, we went out to the eastern boundary of the station, making an early start right at sun-up. However, by the afternoon, all we'd seen was more sign, quite a few kangaroos and a wild pig, which took off full bore for parts unknown. It was becoming a little disappointing, but I was able to pot a couple of rabbits in the evening.

The third day, our last at the station, was following the same pattern as the others. By lunchtime, we'd followed up a number of trails and likely looking country, but hadn't seen a thing. As things were going so poorly, we decided to have one last crack at the western boundary.

Parking the four-wheel drive where we had on the first day, we headed off along a fairly well worn game trail, following a chain of boggy water-holes. There didn't appear to be any new sign, so I guess neither of us was really expecting to see anything when we came into a clearing in the scrub and saw a small herd of about a dozen goats browsing about 200m away. The goats apparently hadn't seen us and there was no breeze, so we decided to stalk closer for a decent shot. It was pretty nerve-wracking trying to creep closer to the goats, keeping just inside the scrub to break up our outline. Any minute, I was expecting

the goats to see us and take off, leaving us with nothing to show for our trip. However, when we got to about 80m away, my father indicated we were probably close enough and to get any closer we would have had to come out in the open, so we sat down to watch the mob.

There were no big billies in the mob, just some some nannies, kids and a couple of young billies. I decided to take one of the young billies, so resting the 8mm across my knees, I aimed for the chest of the nearest billy and slowly squeezed the trigger. At first, I thought I had missed, as the billy swung round as if to run off, but it only took two steps and collapsed in a heap. The rest of the mob certainly weren't hanging around and after a few seconds of crashing scrub and bleating kids, the bush was dead silent and the mob was gone. While I was hoping to see a little more game and maybe bag a big billy, at least we weren't going home empty-handed and I'd actually shot my first goat!

About two months after we'd gotten back from New South Wales, my father suggested heading up the mountains to see if we could bag one of those elusive mountain goats. This was a much shorter trip, being only a couple of hours' drive until we were deep in the East Gippsland Ranges.

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Leaving the four-wheel drive at the base of the range, it took us half an hour straight uphill to the top of the range, where we hoped to find the goats. When we got to the range and looked back at where we'd climbed from, I reflected on how far we would have walked if we'd been on the flat, open plains in New South Wales. On the other hand, there wouldn't have been these great views either.

Like previous hunts, there was a bit of sign, but nothing real fresh and while we scanned the surrounding ranges as we hunted along the ridge, there was nothing to make us hopeful that we were going to be any luckier this trip than on previous ones. Once, we heard what we thought was a kid bleat, but while we scanned the area for nearly half an hour, we couldn't pick up any sign of goats.

Deciding eventually to head back, we started off down a spur on the range, putting up a wallaby on the way, which momentarily gave us a start. About halfway down the spur, we decided to have a look in a big gully to our left just to check it out. We walked around a little to where we could get a good view and sat down with the binoculars. We had barely sat down when we saw movement a little below us. As we watched, four goats and a kid walked out of some wattles and began to graze across the gully. Then they moved off a little, getting higher up the gully until they were about level with us. They hadn't seen us, but they

were moving across the gully towards the opposite spur and presumably into the next gully over.

The goats were now about 200m away and moving further off in and out the scrub, but they still hadn't seen us, so my father suggested I follow and try to get close for a decent shot. This was a small mob, with three nannies, a kid and a medium-sized billy, all of them white or cream colored.

Stalking as carefully as I could across the gully, which was fairly steep, I watched the goats wander over the adjoining spur and into the next gully. When I got to the next gully, I was momentarily lost, as I couldn't see the goats any more. But, as I stood looking, I saw them in the middle of the gully, grazing around some steep, rocky outcrops. They seemed to have stopped moving on, which gave me time to get closer.

Creeping slowly and carefully through the wattles and scrubby underbrush, I found the slope was now very steep. Luckily, the breeze was blowing in my direction and the goats seemed occupied in grazing, so I managed to get to within about 40m of the mob, about as close as I thought I could get. Squatting down, I took careful aim and squeezed a shot, bringing the billy down cleanly. A few minutes later, my father came across and we sat there joking about who would carry the billy back to the four-wheel drive, but I didn't care because in just a few weeks, I'd managed to get two goats - one on the plains and one in the hills - and I felt pretty good. ●



A billy taken in the Gippsland Ranges.

Italian-style goat

by Erica Wright

Serves 5-6

Ingredients

- 1kg goat from leg or shoulder
- olive oil
- 2 onions
- 3 or 4 fat cloves of garlic
- 2 cans chopped tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon sugar
- 2 or 3 sprigs of fresh rosemary - stripped from stem - or 2 teaspoons dried
- salt and pepper
- 3 or 4 zucchini - cut into thick slices
- 1 capsicum - chopped or cut into strips



Method

Cut the meat into 2-3cm cubes.

Heat 1 tablespoon of oil in a heavy-based saucepan and brown the meat. Do this in batches if necessary to avoid crowding the pan and stewing the meat before it browns. Drain off any liquid that accumulates.

When all of the meat is browned, set it aside and drain off any remaining liquid in the pan. Add a splash more oil and heat; then add the onion and garlic and cook until the onion browns.

Add the tomatoes, tomato paste, sugar, rosemary, salt and pepper and stir to combine.

Return the meat to the pan and simmer. Cooking time should take from 1½ to 2 hours, depending on the meat; mine was 'fork tender' at 1¾ hours. If the liquid evaporates too much, add a little water.

During what you estimate to be the last 15-20 minutes of cooking time, add the zucchini and capsicum.

Serve over pasta or rice and with extra vegetables if you wish. ●

Italian braised hare in red wine

by Elise Jurasovic

Serves 4

Ingredients

- 1 tablespoon oil
- 15g butter
- 1 small onion - diced
- 1 small carrot - sliced thinly
- 1 celery stick - sliced thinly
- Around 800g boned meat from a large hare - cut into chunks, with gristle trimmed off
- ½ cup full-bodied red wine (merlot or similar)
- ½ cup beef stock
- 2 tablespoons tomato paste
- 1 thyme sprig
- 1 bay leaf
- salt and pepper
- tagliatelle pasta



Method

Heat the oil and butter in a deep frying-pan. Add the onion, carrot and celery and fry on medium heat for 5 minutes, stirring occasionally.

Increase the heat to high, add the meat and stir until it is brown all over. Add the wine, bring it to the boil and simmer for 5 minutes.

Add the stock, tomato paste, herbs and salt and pepper to taste. Mix thoroughly and transfer to a crockery casserole pot which has a lid.

Place the covered casserole pot into the oven, which has been preheated to 150C, and cook for 3 hours or until tender.

Serve over tagliatelle with fresh crusty bread. ●

SPONSOR A JUNIOR

AND SAVE your sport

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

SSAA National's 'Sign up a Junior' campaign was launched 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 add more than one junior by photocopying the form and adding an extra \$21 per junior.

As an incentive to promote the campaign,

all junior members who join or renew their membership between January 1 and December 31, 2010, will go into the draw to win \$500 worth of SSAA merchandise.

Additionally, all adults who sponsor a junior member will go into the draw to win \$1000 worth of SSAA merchandise!



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

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

Has the junior been a member before? Yes/No

Membership 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

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

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

Cheque Money order MasterCard Visa

Card number

Expiry date Signature.....

Cheques payable to the Sporting Shooters' Association of Australia

MAIL TO: MEMBERSHIP OFFICE,
 PO BOX 282, Plumpton, NSW 2761

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.

- Fees are per year unless specified and include GST.