



www.irwinsportsmen.com
P.O. Box 225, (995 Oakside Dr.)
Irwin, PA. 15642
Issue 20-10
October 2020

Hunting has Nutrition and Health Benefits

There is much debate around the issues of hunting these days. This article will not address gun laws, but rather the Michigan State University Extension nutrition and health benefits view from the sport. First off, no other sport provides both a nutritional and physical benefit. Some may say that the sport of fishing provides a nutritional and physical benefit. If you are stream fishing and have to walk to the stream or river, then yes, that is both a physical and nutritional bonus. It is true that if you sit in a blind to hunt, you are not getting as much of a cardiovascular workout as those who walk the woods. Another form of hunting is trapping. Setting traps and checking them daily is no small task. Regardless of what you hunt, hunters are people in motion.

Hunters are busy preparing blinds, tending food plots, scouting the woods, target shooting and some even train dogs. Some hunters even cut-up and package their own game, which can take more than a few days to process. Hunting is a natural physical activity that can be done alone, with friends and or with family. Many hunters state that they were taught to hunt from a family member and enjoy the quality family-time that hunting provides.

Besides the physical benefits of walking the woods, hunting provides social-emotional health benefits. Many hunters feel that they receive a therapeutic/relaxed feeling when out hunting or enjoy the quality time that it provides to be with family and friends. Many enjoy the challenges that temperature, inclement weather and terrains can add to their hunting adventure. Adding to the intrigue, there are many new reality hunting, fishing and survival television shows depicting the same message.

The objective of hunting is to bring home game meat. Game meat generally is a lean protein. Venison (meat from deer) and elk meat both are low in fat. Game birds, such as partridge and pheasants and game such as rabbit all are lean meats, meaning they have less fat too. The benefits of hunting sports are that they provide exercise, social and emotional health benefits and a nutritious, low-fat protein. Good luck to all the hunters and if you haven't tried hunting, fishing or trapping sports, go out and enjoy what nature has to offer, the benefits are numerous!

Did you change your phone number, email account, or address? Please tell us so that we can communicate with you.

There is no need for anyone to work alone.
Please call one of the following so that they can assist and provide additional safety.
Smokey Burdin 724-396-9627 M-F 9-5
Kevin Kennelty 724-640-0726
Rich Boehm 724-953-4778

Know your target and what is beyond.

Whether you are at the range, in the woods, or in a self-defense situation, if you're going to shoot you must know what lies beyond your target. In almost all cases, you must be sure that there is something that will serve as a backstop to capture bullets that miss or go through the target. Even in an emergency, you must never fire in a direction in which there are innocent people or any other potential for mishap. Think fire, shoot second.

Know how to use the gun safely.

Before handling a gun, learn how it operates. Read the owner's manual for your gun. Check the manufacturer's website for an owner's manual if you do not have one. Know your gun's basic parts, how to safely open and close the action, and how to remove ammunition from the gun. No matter how much you know about guns, you must always take the time to learn the proper way to operate any new or unfamiliar firearm. Never assume that because one gun resembles another, they both operate similarly. Also, remember that a gun's mechanical safety is never foolproof. Guidance in safe gun operation should be obtained from the owner's manual or a qualified firearm instructor or gunsmith.

Knowing how to use the gun safely is especially important with pistols, as there are many different types of pistol mechanisms, each with its own specific operating procedure. Most long guns of a particular type (such as bolt-action rifles or pump-action shotguns) work in essentially the same way, allowing an individual familiar with one model to be likely to know how to operate another of the same type. This cannot always be said of pistols, particularly semi-automatic pistols.

Musings from Our President

This edition of the newsletter is late because I let myself get a little too busy with things, but Ron's gentle reminder that "I have everything ready to go except your musings" nudged me in the right direction.

The open house (membership drive) was very successful. I would like to thank God for the beautiful weather and for the opportunity to share the day amid all the unrest and uncertain times we are in. Thank you to Manor Grill, Jakes' Haggie Hut, Delmont Walmart, Manor Valley Golf, Bell View Foods, Espey's Meat Market and John Reed for their donations. Thanks to Jack and Diane Ruffner, Charlie Pekar, Kevin Kennelty, Ken Gray, and George Tay for the Chinese Auction baskets. And a special thank you to all the officers, members, members family and SAS shooters who gave their time to make this day so special.

It would be easy to measure the success of the day by how many members signed up but I measure the success by the stories that are told. Seeing and hearing the excitement from the families that came. From the little girl (about 3 years old – with permission of course) who shot a handgun, the children that stood in line to throw the knives talking about what they want to try next and what they will go back and do again, the adults who told me they never shot trap before and absolutely loved it.

As I visited each station to see how things were going, I was overwhelmed by the patience, attention to the details in the instruction and the sheer joy in sharing that everyone exuded. Thank you so much for being there and sharing what you love to do. I measure the success of the day by the smiles, the laughter, the friendship, and the fond memories of the day shared.

Joyce



"The only thing that stops a bad guy with a gun is a good guy with a gun." And, for those that carry or have a defense weapon available, practice at the club makes for that perfect shot when required.

Deer

One antlered deer per license year,
and an antlerless deer with each required license or permit

Regular Firearms Nov. 28, Sunday, Nov. 29, Nov. 30 -Dec. 12

The season is statewide. In many WMUs, antlerless deer may be taken only during the second part of the season.

**WMUs 2B, 2C, 2D, 2E, 4A,
4B, 4D, 5A, 5C & 5D**

ANTLERED & ANTILERLESS - Nov. 28,
Sunday, Nov. 29, Nov. 30-Dec. 12

**WMUs 1A, 1B, 2A, 2F, 2G, 2H, 3A,
3B, 3C, 3D, 4C, 4E & 5B**

ANTLERED ONLY - Nov. 28, Sunday, Nov. 29, Nov. 30-Dec. 4
ANTLERED & ANTILERLESS - Dec. 5-12

Other deer seasons

Archery

Antlered & Antlerless

STATEWIDE

Oct. 3-Nov. 14, Sunday, Nov. 15,
Nov. 16-20, Dec. 26-Jan. 18

WMUs 2B, 5C & 5D

Sept. 19-Nov. 14, Sunday, Nov. 15
Nov. 16-27
Dec. 26-Jan. 23

Muzzleloader

Antlerless Only

STATEWIDE

Oct. 17-24

Special Firearms

Antlerless Only

STATEWIDE

Oct. 22-24

*Junior & Senior license holders,
Mentored Youth, active-duty
military and certain disabled
persons' permit holders*

Flintlock

Antlered & Antlerless

STATEWIDE

Dec. 26-Jan. 18

WMUs 2B, 5C & 5D

Dec. 26-Jan. 23

Extended Firearms

Antlerless Only

**ALLEGHENY, BUCKS, CHESTER,
DELAWARE, MONTGOMERY
& PHILADELPHIA COUNTIES**

Dec. 26-Jan. 23

Turkey

One fall turkey per license year, plus up to two bearded birds
in the spring season (one per day) for properly licensed hunters

Fall Season

Hunters during the fall season may take a bearded or unbearded bird.
Fall season is closed in WMUs 5C & 5D. Season lengths and arms vary by WMU.

Oct. 31-Nov. 7

WMU 1B

Oct. 31-Nov. 14

WMUs 1A, 2A,
4A, 4B, 4D & 4E

Oct. 31-Nov. 14

& Nov. 25-27
WMUs 2D, 2E, 2F, 2G,
2H, 3A, 3B, 3C, 3D & 4C

Oct. 31-Nov. 20

& Nov. 25-27
WMUs 2B & 2C

Nov. 3-5

WMU 5B

Nov. 5-7

WMU 5A

Spring Season

Bearded birds only.

Youth Hunt

April 24, 2021

Statewide

May 1-31, 2021

Hunting hours vary

Bear

One bear per license year, with bear license

Regular Firearms

STATEWIDE

Nov. 21,

Sunday Nov. 22,

Nov. 23-24

Archery

Includes Crossbow

STATEWIDE

Oct. 17-Nov. 7

WMUs 2B, 5C & 5D

Sept. 19-Nov. 27

WMU 5B

Oct. 3-Nov. 14

Muzzleloader

STATEWIDE

Oct. 17-24

Special Firearms

STATEWIDE

Oct. 22-24

*Junior & Senior license
holders, active-duty military
and certain disabled persons'
permit holders*

Extended Season

WMUs 2B, 5B, 5C & 5D

Nov. 30-Dec. 12

WMUs 1B, 2C, 3A, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 4E & 5A

Nov. 30-Dec. 5

OUR EXCELLENT SPONSORS

Industrial Tractor Parts, Jim , Bev or Jon
724-424-1200

Howard Gasoline & Oil Co, Thomas Howard,
724-864-5210

KC Express Vending, Ken Carasia,
724-527-5233

Lenhart's Service Center, Nick Lenhart,
724-863-4000

Manor Grille, Derek Gutkowski,
724-861-3404

Norwin Rental & Outdoor Power Equipment,
724-864-1150

Pete's Firearms, Larry Weightman,
724-515-5417 and 724-787-1023

Varine-Slavin Insurance, Niles Slavin, Agent,
724-527-2802

Integrity Plus Realty,
George and Dana Kendall, 724-420-5676x170

Revolution Arms, Charles Laughery,
724-527-2045

Roberts Roofing Experts,
412-353-7663

Scott Electric, Chuck Konkus,
412-389-9181

Westmoreland Equipment, Rental Sales &
Service, Ernie Graham 724-744-3130

Varine-Slavin Insurance, Eric Slavin, Agent,
724-527-2802

All Vehicle Service, Shawn Mason,
724-863-6424

Bell-View, Lee-Thompson-Fawcett Co, Robert
Fawcett, 724-523-5406

Vasko Tree Service, Robert Vasko,
724-515-7823

A Better Choice Inc., Richard Pack
724-516-5000

ChooseAVintageLife, Bill & Rose Omalacy,
724-880-5832

Dominic Surace Automotive, Dominic Surace
724-527-5011

Buchanan's Auto Repair and Sales,
LLC, Bill Buchanan, 724-744-3055

David L. Holloman Tree Service,
Dave Holloman 724-863-9082

Fix's Body Shop, Inc.,
Insurance, Collision Work, 724-863-9305

Harper Electric, Tom Harper, 412-378-4757



***** 2020 ISA OFFICERS *****

| | | |
|---------------------|-------------------|--------------|
| PRESIDENT | JOYCE LICHTENFELS | 724-863-6940 |
| VICE PRESIDENT | KEVIN KENNELTY | 724-640-0726 |
| FINANCIAL SECRETARY | SMOKEY BURDIN | 724-396-9627 |
| RECORDING SECRETARY | DAN NAVE | 724-863-1392 |
| TREASURER | MICHAEL SERLO | 724-523-3748 |

***** 2020 ISA COUNCIL *****

| | | | |
|------------------|--------------|-----------------------|--------------|
| JOE CURRAN (21) | 412-610-3692 | JOHN RUFFNER (19) | 724-744-2514 |
| JON GILMORE (21) | 724-433-9854 | ED GOLLINGER (19) | 724-864-0687 |
| LAUREN WEST (21) | 724-244-9053 | LARRY LICHTENFELS(19) | 724-863-6940 |
| AL CEOL (20) | 724 396 7010 | RICH LINDH(19) | 412-817-4074 |
| JIM FISHER (20) | 724-863-3764 | RON COINER (21) | 724-396-4971 |
| RICH WEAVER (20) | 412-638-3063 | KEN GRAY (21) | 412-610-2963 |

***** 2020 ISA Contact Persons *****

| | | |
|---------------------------|-------------------|--------------|
| ACTION PISTOL | Vince Benkovich | 724-744-4437 |
| ARCHERY | John Reed | 724-864-2488 |
| COUNTY LEAGUE | Samuel Petrill | 724-523-9216 |
| | Smokey Burdin | 724-863-7365 |
| | Kevin Kennelty | 724-640-0726 |
| JR RIFLE TEAM | Paul Angelicchio | 724-864-2026 |
| KITCHEN | Lauren West | 724-244-9053 |
| LUCKY BB SHOOT | Al Ceol | 724-396-7010 |
| MEN'S PISTOL/SELF DEFENSE | Larry Lichtenfels | 724-863-6940 |
| NEWSLETTER/WEBSITE | Ron Coiner | 724-396-4971 |
| NRA | Smokey Burdin | 724-863-7365 |
| PISTOL PINS | Rich Weaver | 412-610-2388 |
| PISTOL SILHOUETTE | Ed Onder | 724-989-6595 |
| RIFLE | Al Ceol | 724-396-7010 |
| TRAP SHOOT | Lauren West | 724-244-9053 |
| WOMEN'S LEAGUE | Joyce Lichtenfels | 724-863-6940 |
| YOUTH DAISY BB COURSES | Ken Guidas | 724-864-7318 |