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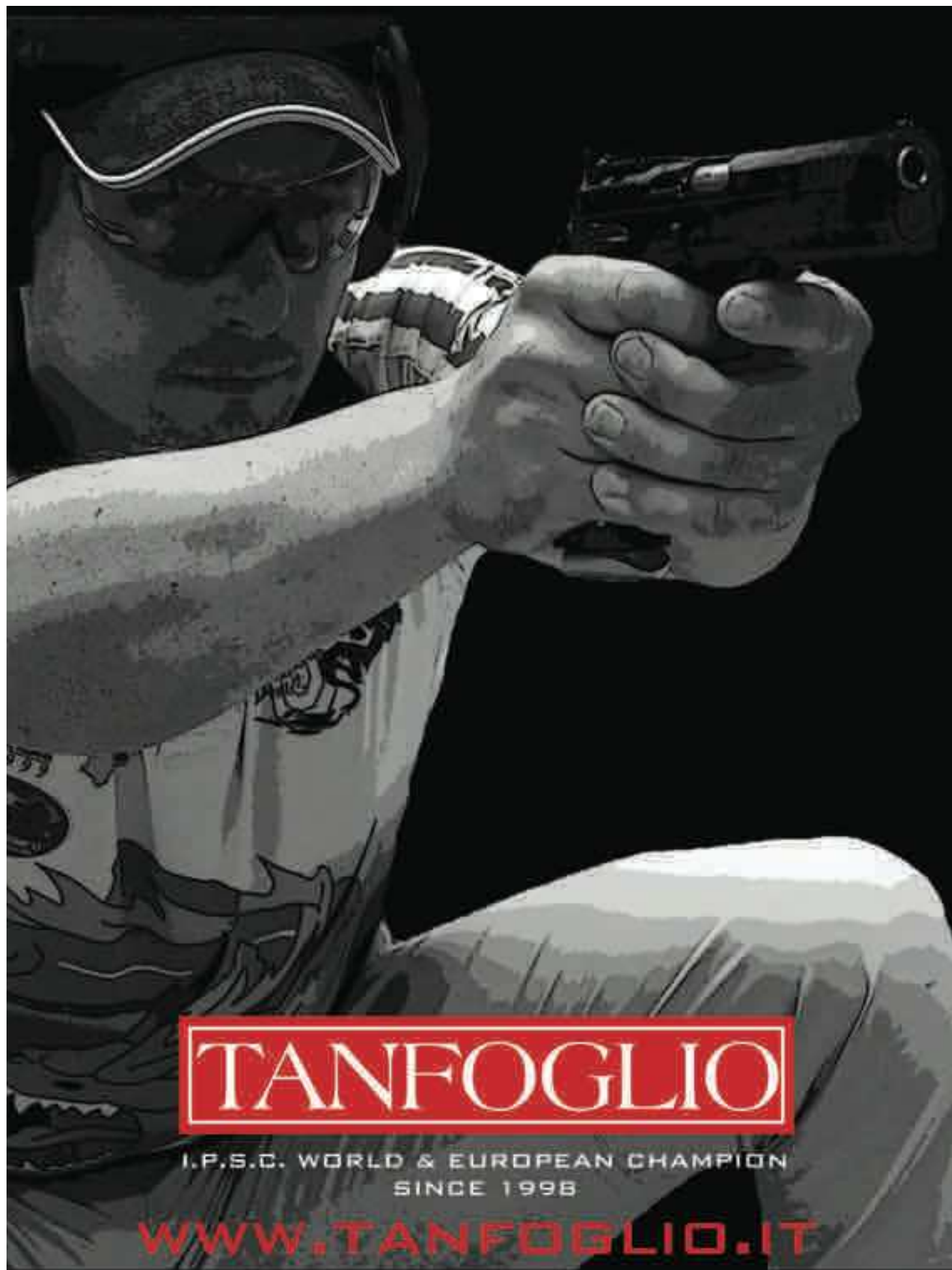
CONFEDERATION
MAGAZINE

SPECIAL REPORT

2013 FAR EAST ASIA HANDGUN CHAMPIONSHIP
PATTAYA, THAILAND

HOT SHOTS - JULIE GOLOB
BEST OF THE BEST - WIESLAW SIODA
YOUNG GUNS - MARY JOY P. SOLIS
SENIOR SHOOTIZENS - FERNANDO GONZAGA

VOLUME III ◦ ISSUE 3



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PRESIDENT'S PAGE



NICK ALEXAKOS
IPSC PRESIDENT

Happy New Year to all our readers. I hope everyone had an enjoyable time with family and friends over the holiday season.

The most significant event of the New Year will undoubtedly be World Shoot XVII to be held in Florida in October. The last time a World Shoot was held in the USA was 1986, and I know our members are very excited about returning to where IPSC shooting began.



As the match is being held in the USA, we expect significant interest from American manufacturers in the firearms, ammunition and related trades wanting to participate as sponsors. Apart from anything else, I expect the vendor tent at the match to be sprawling and very busy!

It is also likely that WSXVII will have the largest number of competitors in IPSC history, which means we will probably need to expand the Pre-Match in order to accommodate the extra Sponsors.

Over the past few months, a series of meetings and discussions have been held with Match Director Frank Garcia and I have every confidence that WSXVII is going to be a memorable event. By all accounts, Frank is going the extra mile to further raise the bar.

Initial slot allocations were released to the Regions and we are currently processing response forms to determine how many slots are being returned unused, so they can be reallocated to the Regions that have requested additional slots. The process should be concluded in March.

The entire IPSC Executive Council has been mobilized to assist with various aspects of WSXVII.

To that end, in February we will be holding our annual meeting in conjunction with the 2014 Florida Open, an annual event at the Universal Shooting Academy and venue for the World Shoot, in order to inspect the range and other local facilities concerning off-range activities related to the match.

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In recent columns, I announced a number of new appointments, and I am delighted to announce two more. A Stats Office name and familiar face to many of you, Jayne Moon from IPSC Australia, has graciously accepted the post of Deputy Education Director. She has already begun working with her former compatriot, Education Director Daan Kemp from IPSC South Africa.

Additionally, Ola Dahlback from IPSC Sweden has been appointed IROA Deputy Secretary.



Ola Dahlback officiating at the Far East Asia Handgun Championship 2013

That's all for now. Keep shooting safely, and I look forward to seeing you on the range.



Jayne Moon teaching the First "Organizing a Stats Office" seminar in Pattaya, Thailand

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PARTYING IN PATTAYA! THE 2013 IPSC LEVEL IV FAR EAST ASIA HANDGUN CHAMPIONSHIP



When a country is known as The Land Of Smiles, there's a high probability that an IPSC shooting match held there will be a happy event, and that was certainly the case in November, when IPSC Thailand served as host of the inaugural Far East Asian Handgun Championship.

The smiles, and efficiency, began for participants soon after they landed at Suvarnabhumi Airport in Bangkok, the capital of Thailand.

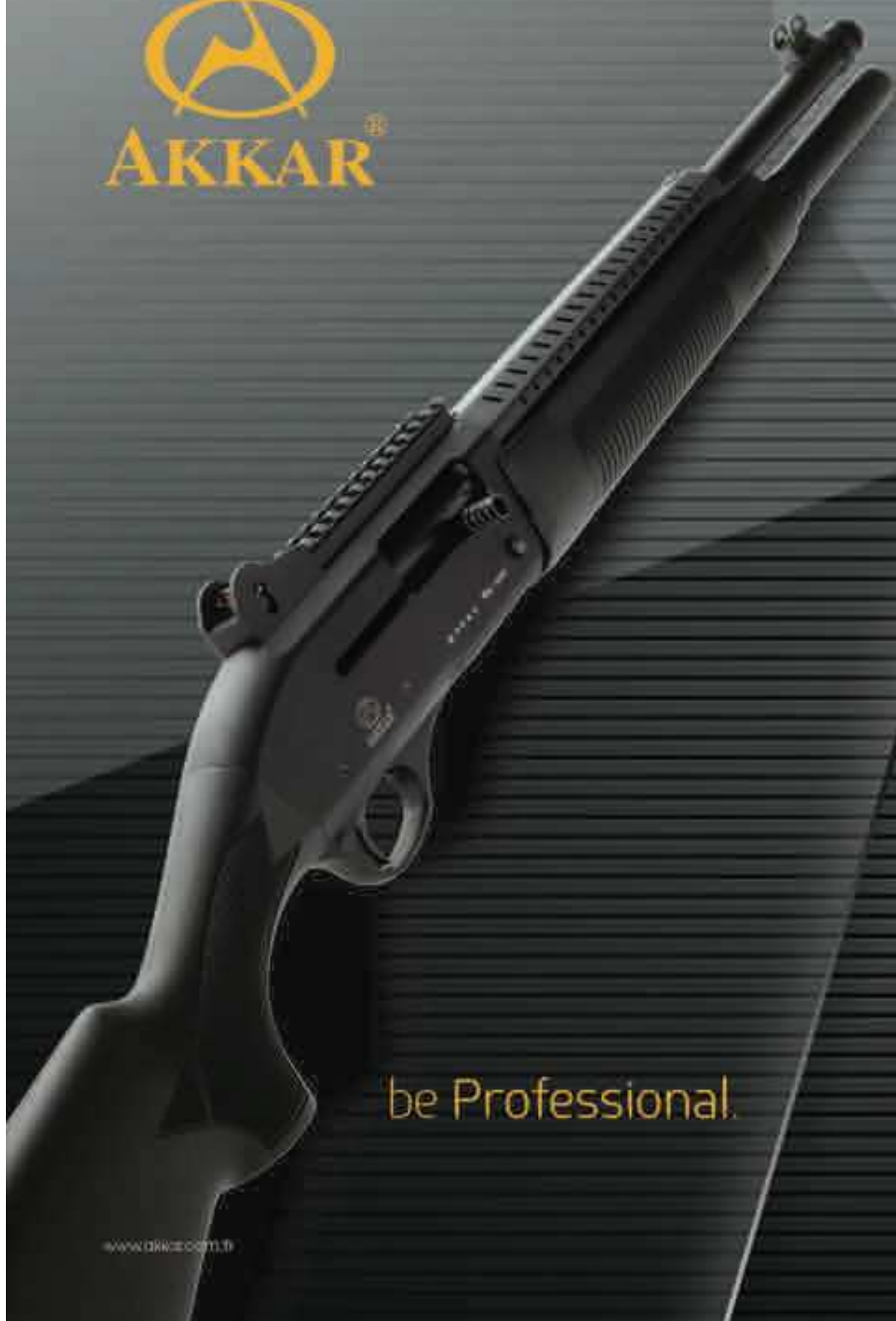
Prominent and colourful signs directed arriving passengers to the airside Welcome Desk where they were warmly greeted with their first Thai smile by the friendly crew operating the transportation desk. The same crew also assisted competitors with police and customs clearance of the firearms and ammunition they imported in their baggage for the match.

In most cases, arriving guests only had to spend 40 minutes after disembarking before they began their 90 minute drive to the popular, southern beach resort of Pattaya, where the shooting range was located. The modern highway made the journey smooth and comfortable.





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2013 Far East Asia Handgun Championship

There were a number of hotels selected for participants, but most activities were centered around the beachfront A-One Royal Cruise Hotel, and the adjacent Sandalay Hotel, where the hardy cadre of IROA range officials were billeted.

The 30 bay shooting range, situated about 40 minutes away, had only been recently constructed, so some of the planned buildings had not been completed. However, the range proper is an impressive facility, with well-defined shooting bays erected into three distinct blocks.



2013 Far East Asia Handgun Championship

There were ample Safety Areas, as well as large shelters for Range Officials and competitors.

The 24 shooting stages ran the gamut from 10 round Short Courses up to 32 round Long Courses, and they tested every skill in an IPSC competitor's bag of tricks. This included courses where it was necessary to shoot while standing, kneeling, sitting or prone, in addition to tests of single-handed shooting.

Target distances ranged from a relatively close 5 metres, up to a challenging 30 metres, and some of the longer distance targets were swinging or moving along a track, adding to the difficulty.

The stages were all attractively decorated with local Thai themes and motifs, and this serving to give competitors a true taste of the ancient Thai culture. Stage names included Manorha Dance, Thai Kite Festival, Tuk-Tuk, Elephant Riding and Umbrella Making.

Thai Course Designer (and Deputy Range Master) Jatuphol "Lek" Prachayaporn, ably assisted by his colleague Srisit Powtongsook, were a dynamic team, who were broadly acclaimed for their creative designs, vibrant décor, and for the rock solid construction of props.



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2013 Far East Asia Handgun Championship

The 2013 IPSC General Assembly was held in conjunction with the match and, as usual, business was conducted smoothly and in a spirit of friendship. A large portion of the agenda was dedicated to our burgeoning match calendar, and hosts for all major events in Handgun, Shotgun and Rifle up to 2016 were easily confirmed.



A very busy IPSC General Assembly defined a very busy IPSC shooting calendar for the next 3 years



Jose Carlos Belino (Brazil) and Juergen Tegge (Germany) accepting their joint 1st place awards



Chepit Dulay accepting the 3rd place award on behalf of IPSC Philippines



Paul Anderson accepting the Most Improved Region award on behalf of IPSC New Zealand

2013 Far East Asia Handgun Championship

The Opening Ceremony was held at the beautiful and sprawling Nong Nooch Tropical Botanical Garden on the outskirts of Pattaya. The professionally manicured grounds, gloriously populated with native fauna, presented a calm and soothing ambience.

At most IPSC Level IV or higher matches, VIPs assemble to watch a parade of the national teams and Range Officials march past them, but this time things were a little different. We were in Thailand, and we had the fun and pleasure of doing things the Thai way.



After the 30 national teams and Range Officials had assembled behind their respective flags, IPSC President Nick Alexakos and IPSC Thailand President, General Winai Phattiyakul, entered the arena on two majestic and obviously cherished elephants. They sauntered nobly and gracefully behind a bevy of Thai beauties, resplendent in national dress.



IPSC President Nick Alexakos and IPSC Thailand President, General Winai Phattiyakul

2013 Far East Asia Handgun Championship



Despite being Asian elephants, not their African cousins, they still looked positively huge!

This grand entrance was intended to symbolically represent a Thai King entering to inspect his army of warriors. Although we don't have kings or armies in IPSC, the fact that some of the best shooters in the world were assembled in the arena nonetheless gave us a rare opportunity to embrace the splendor and majesty of Thai culture.



The omnipresent IPSC friendship under the beautiful Thai sky



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2013 Far East Asia Handgun Championship

Following a few short speeches, each assembled group was given Thai paper lanterns. After they were lit and released, the sky was filled with a sea of lights gently drifting away into the clear night sky. It was a truly spectacular and romantic vista.



IPSC President Nick Alexakos and Match Director Voravith "Mao" Chavananand

The Main Match was held over four days, with every competitor shooting 6 courses of fire on our usual half-day format, which allows competitors to use the rest of the day for sightseeing, shopping or enjoying the wide variety of culinary delights available in Pattaya. Of course, enjoying a soothing Thai foot massage was a daily experience for many participants.

Although this was the inaugural event, and despite there being four other IPSC Level IV Handgun matches earlier in 2013, the Far East Asian match still attracted some 500 competitors. This is quite an achievement for a new match, and there's no doubt that the exciting attraction of Thailand as a destination was a contributing factor. IPSC tourism is alive and well!

At the end of the day, after some 230,000 rounds were fired downrange, the results were tabulated, and there was one major upset, albeit a wonderful one.



2013 Far East Asia Handgun Championship

For the first time in IPSC history, a female competitor, the young and charming Maria Gushchina from IPSC Russia, took overall honours in Production Division, and she defeated a number of top male competitors in the process. Maria also took overall honours in Production Lady Category.

Positive shockwaves reverberated around the IPSC world as this exciting news was propagated via social media, where a sense of awe and hearty congratulations were the order of the day.

However, as Maria is from our European Zone, she could not be crowned Far East Asian champion, but her achievement is nonetheless remarkable.

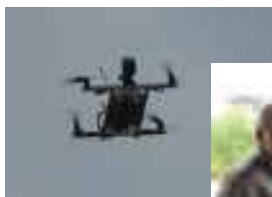
The lion's share of Far East Asian individual medals were won by competitors from the Philippines, so their national anthem dominated the evening. The new individual Far East Asian Champions in four of five divisions are Jag Leujano (Open), Joseph Bernabe Jr. (Standard), Edward Rivera (Classic) and Leonardo Gino Jr. (Revolver), all from the Philippines.



Maria Gushchina from IPSC Russia won overall in Production Division and Production Lady.



2013 Far East Asia Handgun Championship



IPSC Drone



Once again the IPSC Drone captured fantastic images from above the range

Nattaphum Kamolwong from Thailand became the first Far East Asian Champion in Production Division and, by doing so, he prevented the fiery Filipinos from achieving a grand slam.



The Courses of Fire were exceptionally built, full of Thai colors and also challenging to competitor's skills!

We expect that competitors from Thailand will feature more strongly at the next event of the same name in 2015, when they're not suffering from match organisation fatigue!

More individual match results, including Category winners, are available at the IPSC website.

The Overall Team results were equally divided, with Team Philippines winning Open and Standard Divisions, and Team Thailand winning Production and Classic Divisions.



At the Awards Presentation Dinner, Match Director (and IPSC Thailand Regional Director) Voravith "Mao" Chavananand, and his hard-working deputy Jetsada "Tonyman" Phae-Araya, were presented with well-deserved congratulatory IPSC President's medals by IPSC President Nick Alexakos.

IPSC President's medals were then presented to Deputy Range Master Jatuphol "Lek" Prachayaporn, from Thailand and IROA Range Master Robby Atmadja from Indonesia. Robby was later presented with the Ken Norman Award by IROA President Dino Evangelinos.

It would be remiss not to mention the excellent food served at the dinner, which included a variety of Thai and Western dishes. Dinner attendees also enjoyed two Thai cultural performances. The first was a Thai Classical Mask Show, where the performers danced on the stage.

2013 Far East Asia Handgun Championship

The second was a Thai Classical Puppet Show, where the performers deftly manipulated puppets and directly interacted with the audience.



After all the awards had been presented, IPSC Thailand officially transferred the IPSC Flag to IPSC Indonesia, host of the next Far East Asian Handgun Championship to be held in 2015.

The last time a major IPSC match was held in Indonesia was Handgun World Shoot XV in Bali in 2008, so everyone is looking forward to revisiting the land of the Garuda and the Komodo Dragon!

It was also explained that although IPSC usually operates its major match calendar on a 3-year cycle, the next FEAHC will take place in just 2 years' time. This was arranged so that it is in a different year to the Australasian Handgun Championship scheduled for 2016.

Competitors are always keen to attend all Level IV matches in their own Zone, but having two in the same year in the same zone would be a time and financial burden for many, so this adjustment was necessary.

All in all, it was fantastic to end the shooting year with such a well-organised and executed Level IV match.

It is also clear that IPSC Thailand has once again demonstrated their ability to organise top quality IPSC matches, and we look forward to returning to the Land Of Smiles in the future.

In fact, IPSC Thailand has already confirmed their intention of bidding to host IPSC Handgun World Shoot XVIII in 2017. There is no doubt they will garner huge support from delegates when the matter is voted upon at the IPSC Assembly to be held in conjunction with Handgun World Shoot WSXVII in Florida later this year.





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REGIONAL DIRECTOR: Roderick Seeto

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Team PNG in their flamboyantly colourful shirts

Papua New Guinea is a tropical paradise with pristine wilderness, extremely dense forest and world class diving. There are over 600 tropical islands within its borders, and it has mountainous highlands. PNG is well known, and best described as, “The Land of the Unexpected”. With over 850 languages (a quarter of the world’s total), PNG’s culture is extremely diverse.

PNG is littered with many war relics from World War II, and is a place where many hard battles were fought, most notable of which were the Battle of the Coral Sea and the Kokoda Trail.

US General Douglas Macarthur made Port Moresby one of his bases of operation while fighting the Pacific theatre. Japanese General Yamamoto, architect of the plan for the attack on Pearl Harbour, died after

his transport plane was shot down over Bougainville where his remains were found with his hand still clutching the hilt of his katana.



IPSC PAPUA NEW GUINEA

An interesting tidbit is that IPSC Treasurer Ren Henderson has family who were born on Samarai Island in PNG, a great place to visit PNG's Colonial past.

IPSC in PNG was started in the mid 1980's by Gunta Trnk, an active IPSC competitor in Austria. He was also the Austrian Honorary Consul to PNG. Establishment of IPSC in PNG was not easy due to little support for the sport, but hard pushing by Gunta and a few others convinced the Royal PNG Police Constabulary there was a place for IPSC in PNG.

Gunta went to the USA and spoke with first IPSC President Jeff Cooper, a personal friend, for ratification of IPSC in PNG. Gunta was then elected 1st Regional Director of PNG. He returned to train shooters in PNG to shoot IPSC.

Gunta trained over 200 shooters and conducted NROI courses. One of his students who certified as a Range Officer was Ian Chow, who became interested in IPSC when he was at a shooting match in New Zealand. Ian became PNG's 2nd Regional Director and held the post for 20 Years (1992-2012).

Ian went on to become an IROA official, with over 15 years of service, and is ranked as a IROA Handgun Range Master. His most notable achievement was serving as Range Master of the Australasian Handgun Championship held in 2007 in Pattaya, Thailand, a highly successful event.



During Ian's tenure, PNG sent teams to every Australasian Handgun Championship from 1996 to 2013. Ian also organised teams to every IPSC Handgun World Shoot from 1996 to 2011.

PNG also sends teams to the Arafura Games, a major sporting competition held in Darwin. One year, Team PNG took home more Gold medals than all other PNG Teams in all other disciplines combined!

Organising teams and sending them overseas was not done without hardship. After the events of 9/11 in the US, obtaining shipments of ammunition became difficult and costly, and this made IPSC an expensive sport in PNG, so the ability to practice dropped significantly over the years.



IPSC in PNG has expanded beyond the capital Port Moresby to other cities including Lae, Goroka, and Rabaul. With fewer restrictions than many countries, IPSC draws a lot of interest from residents who wish to take up the sport. The ranges in PNG are large, so we can have decent sized matches here.

Many international competitors have graced our shores, and these include IPSC Secretary Vince Pinto, Chepit Dulay, Ross Napigkit, Toto Lao, Roland Tan, Mary Grace Tan, Zeev Hamilton, Kent Docker, and many other well-known IPSC personalities.

Labour here is cheap and plentiful, so the hard work is made easy. Three ranges are spread out in New Guinea and a fourth one in East New Britain. Coming to a match here is half the fun; the other half is exploring PNG and its people.

Time your visit to coincide with one of our cultural shows such as the Goroka Show in the Highlands or the Hiri Moale Festival, where you will witness traditional PNG culture. The pristine wilderness can be enjoyed from our many local resorts enjoying PNG's natural beauty. Expect the Unexpected!





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PHILIPPE DELABRE, 66
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ON THE RANGE



"I use a "Yellow" R U Ready timer most of the time for better readability for the score keeper, and a louder start signal heard by most competitors. Sometimes I use a CED 7000 together with a "BigBoard" for spectator's fun, or a Mini-Rifle due its easily adjustable sensitivity. My wife Maya (RO as well) uses a Pocket Pro II."

JEAN-PIERRE "JP" LEMAITRE, 63
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Name: Mary Joy P. Solis **Age:** 18 **Region:** Philippines

How did you first hear about IPSC?

I was introduced to IPSC by my father and his shooting colleagues, and it was the start of my love for this exciting sport.

For how long you have been shooting?

My father is a gun enthusiast, so he introduced to me this sport when I was 11 years old. I have been shooting for seven years already. During that time, I joined numerous matches, and I even organised my 1st Youth Council Chairman Mary Joy Solis Shooting Gala in 2011. Proceeds raised from that match were allocated to the less fortunate children in our local community.

What division do you shoot and why?

I started shooting IPSC in Standard Division with my Para-Ordnance 40S&W caliber pistol, and I used that gun when I attended IPSC World Shoot XV held in Bali, Indonesia in 2008. At that time, I competed in Standard Lady category, and I stayed in that division for 6 years. Eventually, my preferences changed, and I am now shooting in Open

Lady category with my STI pistol in 38 Super calibre. I prefer Open Division because I can compete with many more female competitors, and I believe that it is more challenging.

What is the coolest about IPSC shooting?

For me, the coolest thing about IPSC shooting is being able to visit different places. I love to travel, as that enables me to always meet new people and to gain new friends, all thanks to IPSC.



What inspired you to begin shooting?

My father's constant encouragement and support inspired and sustained me to embrace and make this sport an important part of my life.

What do your friends and family think about you shooting IPSC?

My family and friends think shooting IPSC is a wonderful opportunity, and one that should be nurtured and developed through determination and constant practice.



What are the main challenges you have when shooting IPSC?

I'm studying for my Bachelor of Science in Accountancy, and I am also an elected Sangguniang Kabataan (youth council) official in my local community. With those responsibilities and extracurricular activities, it is not that easy to manage and allocate time for IPSC shooting practices. My weekdays are primarily for school, and on Thursdays, I attend regular meetings as a youth official, but I make it a point to join IPSC shooting matches during weekends.

What other sports or activities do you enjoy besides IPSC shooting?

Other than IPSC shooting, I also enjoy volleyball. With my height, it's hard to believe that I'm a spiker but, what I

lack in size, I make up for with determination! Volleyball has helped me overcome my insecurities about my height because I am able to show the world that height does not really matter if you have the will to do something. Volleyball boosts my confidence, as does IPSC shooting.



What other sports do you think help with shooting?

I think volleyball is the sport that can help me with IPSC shooting. We always jog and sprint during our volleyball training and I think it helped me a lot to improve my stamina, speed and power.



A composite image featuring a handgun, a logo for 'K-CALIBUR' and 'GRAND POWER', and contact information. The logo includes a stylized 'G' inside a circle. Below the logo, the text reads: 'WWW.GRANDPOWER.EU', 'INFO@GRANDPOWER.EU', and 'TEL. +421-48-472 85 10'. The bottom of the image is divided into three smaller panels showing different views of a handgun.

HOT SHOTS



NAME: Julie Golob

REGION: United States

OCCUPATION: Professional Shooter

AGE: 35

How many years have you been shooting?

I have been enjoying IPSC for 22 years now.

What do you like best about IPSC shooting?

What I like best about IPSC shooting is how dynamic the courses are and the wide variety of skills tested. I really enjoy the problem solving aspect and then seeing how I stack up against my fellow competitors. It's such a great feeling when you develop a solid stage plan and then shoot it to the best of your ability.



How often do you practice at the range?

In the heat of the competition season I practice two to four times a week. My training sessions are usually between two and three hours.

What is your match pistol and ammo?

I compete in the Production Division with a Smith & Wesson M&P9L with Warren Tactical Sights and I use 147 grain ASYM 9mm ammunition.

How do you prepare mentally for a match?

In order to be mentally prepared for a competition I think it is important to set realistic goals based on what I have been able to do in practice. After that I focus on my game and what I know I can do in the match instead of worrying about how other competitors are shooting.

Any special nutrition or diet?

I strive to eat healthy throughout the season. During a match I like to eat fruits and nuts throughout the day and I always drink plenty of water to keep my energy levels up and stay hydrated.

Any special exercises?

The best exercise regimen for me has been Crossfit. Much like IPSC stages, the workouts change up constantly and have helped me improve my speed, strength and endurance.

Do you dry fire or use an airsoft gun at home?

I use dry fire to warm up for live fire practice sessions and to work on fundamental skills. I do not currently use Airsoft but with the recent ammunition crisis here in the United States, it's definitely something I am looking into.



Who do you consider your inspiration or mentor?

There are so many shooters I look up to in the sport, but if I had to choose just one it would be Rob Leatham. He is one of the most decorated shooters of all time and his success in other shooting sports is incredible.

How do you unwind at the end of the day?

I am married and have two young daughters that make me laugh and fill my life with such joy. I also love hunting, cooking and photography.

What advice do you have for up and coming shooters?

Set realistic goals and work hard to achieve them. Be honest with yourself and make sure you focus on improving your weakest skills. Push yourself as hard as you can without sacrificing being safe and don't forget to have fun!



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SENIOR SHOOTIZENS



NAME: Fernando Gonzaga

REGION: Philippines

AGE: 54

When and where did you first discover IPSC shooting?

My wife and I started shooting in Silay City, Negros Occidental, Philippines in 1983. IPSC shooting was then a newly introduced sport in the country. During those times there were no Divisions, so everybody shot against the whole field equally, whatever firearm you were using.

What do your friends and family think about you shooting IPSC?

My friends and family enjoy IPSC shooting as much as I do.

Which divisions do you shoot and why?

My favorite is Open Division. I enjoy shooting fast with a compensated gun. When electronics sights and higher capacity guns became popular, IPSC shooting became even more fun. I have also dabbled in Production and Standard Divisions, just for the fun of it. Variety is the spice of life!

Which make and model firearm do you use?

I have a number of favorites, and these include Caspian 1911, Para-Ordinance P16-40, Beretta 92SB, Glock 17, CZ75 SP01, STI 2011 pistols, plus Remington 11-87 and Beretta Xtrema 2 shotguns.



SENIOR SHOOTIZENS

What inspired you to begin shooting?

I grew up going hunting with my Dad, so when IPSC was introduced, we tried it and enjoyed it.

What other sports or activities do you also enjoy?

Hunting, sport fishing and water sports.

Do you have any tips for the Young Guns?

Shooting is simple. Pick your spot on the target, put your sight on the spot on the target and finish the shot. Aim small, miss small. But, most of all, enjoy the camaraderie of the sport. Make as many friends as you can. Use the sport as a venue for making friendships that will last.

A large advertisement for GECO ammunition. It features a close-up of a shooter in a blue shirt, wearing a cap and ear protection, aiming a handgun. The GECO logo, a stylized 'G' with 'eco' inside, is prominently displayed in the upper right. Below the logo, the text 'GECO - ALL YOU NEED' is written in large, bold letters. At the bottom, there is a stack of GECO handgun cartridges. The background is dark, and the overall tone is professional and focused.

GECO - ALL YOU NEED

The GECO range of handgun cartridges is continually being expanded and consistently oriented to the needs of the handgun user. A wide-ranging palette of cartridges is now available - especially a range for IPSC shooters in calibres 9mm, .40 S&W and .38 Super, providing factor with almost any gun.

www.geco-ammunition.com



NAME: Linda Blowers

REGION: Australia

AGE: 34

Which division do you shoot and why?

I shoot Open Division because I'm afraid shooting a pistol with traditional sights would still place me at the 15% level!

What do you think about the social aspects of IPSC?

The social aspect of IPSC is probably one of the most important for me. I have met so many wonderful people within Australia and internationally and I truly value those friendships. I love to travel and catch up with my shooting friends from all over the world.

How long have you been shooting?

I started shooting in 1992 and I started shooting IPSC in 1993. My first match was a disaster. I think I placed at the 15% level, but I loved it so much, I decided to stick with it.

Who and/or what inspired you to begin IPSC shooting?

My husband, Alain, encouraged me to start pistol shooting in the first place. When we joined a local gun club there were 3 or 4 people who regularly shot IPSC, and they convinced us to come and watch a match. When we did, we thought it was fantastic, and that set us on the road to learning how to shoot IPSC ourselves, and we've never looked back.



What do your friends and family think about you shooting IPSC?

My family is very supportive. Alain shoots as well, and our daughter Karla is the reigning IPSC Open Lady World Champion. I'm not sure friends outside the shooting community really understand what it is that I do, or why I enjoy it so much, but they are still supportive.

How do you balance your IPSC shooting activities with your other commitments?

Balance? I'm not sure that I balance anything, ever. I'm over committed with everything but somehow it all fits in.

What other sports or activities do you enjoy besides IPSC shooting?

I train in Indonesian Martial Arts (Silat Perisai Diri), and I also enjoy social running and gym work.

What is the best way to get more female competitors into IPSC?

I'm really not sure. I think if they're encouraged to at least come and watch what we do, they will want to try it and, once they try it, they will be hooked, just like me.

What tips do you have for other aspiring female IPSC competitors?

Relax and enjoy your shooting. If you can relax and enjoy it, the results will surprise you!



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The Scale Lies!

By Sean McCauley, CISSN, CSCS

Now that the holidays are over, you're probably feeling the need to diet a little bit. That's a pretty normal thing. So, like most, you tighten up the food intake and start weighing in daily to track your progress. Have you been frustrated by the scale though? It's very common to see somebody "do everything right" and still see the scale jump a pound or two (or more) while dieting. That causes a lot of frustration to say the least. I have even heard people proclaim, "Dieting doesn't work for me!"

That's inaccurate. Every human can lose weight. But their frustration is very real. And another reality is that some people lose weight easier than others, but it is always possible with a good nutritional plan. The scale, however, does not always cooperate on a daily basis and that compounds the frustration that you may feel. So let's look at why the scale might not be telling the whole story.

Did you know that it takes at least 12 hours for food to work its way through your GI tract? That means the food you ate at your last couple of meals before a morning weigh-in will definitely be inside your body. That food and drink has

physical weight. That means it's present on the scale. And if it was a bigger meal the night before, it's very possible the weight could be higher than you want it to be.

If you ever want to see how much that can impact things, just realize that a liter of water weighs about 2 pounds. A gallon of water is about 8 pounds. A plate of food can weigh a pound. It does not take long to see how this stuff adds up. Food and drink can and will impact the scale.





PRACTICAL FITNESS

So what do we do with this? Simply said, we just make a few changes. First, we need to change our expectations. Most people expect to lose weight each day they diet. And while you may be losing fat each day you diet, there are going to be a lot of days where the weight of the other variables occludes your visual progress on the scale. That means you can be losing body fat and actually see a small jump on the scale. Remember, our physiology does not care about our thoughts on the matter. So don't let your thoughts on a given day get in the way of your weight loss.

Secondly, we need to weigh in every single day we diet. Some people already do this. Others hate doing this because they get frustrated when they do not see that forward progress on a daily basis. And that is not exactly unreasonable. But the problem with not weighing in each day is this: If you only weigh in once or twice a week, you'll only get part of the picture. In a given 7-day work week, you will likely have 7 different body weights. There will be a "high" day and a "low day" and the rest of the weights will fall in the middle. If you weigh in 7 days a week, you'll see all those numbers. If you don't, you can very easily miss the "low" day each week simply because you may not have stepped on the scale that day. If that happens, your perception will be that you are not losing weight – when you really are.

So track your weight, chart it out, be patient and watch the averages. Because while the scale lies from time to time, the averages week after week do not.



Sean McCauley is the president of Cloud Health Dynamics (www.cloudhealthdynamics.com), a company that helps clients all over the world with their weight-loss and performance goals via the web. He is also the president of Cloud Defensive (www.clouddefensive.com), a company that provides web-based defensive solutions for you, your family and your business.



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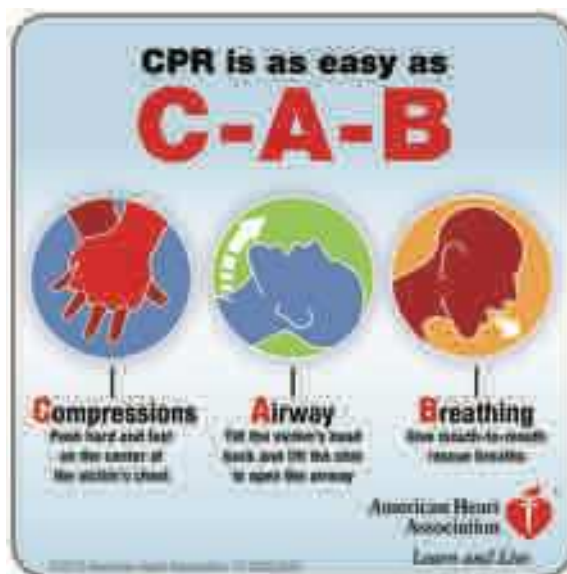
ROSS TWEMLOW
PARAMEDIC - AUSTRALIA

Firstly to introduce myself. My name is Ross Twemlow, and I'm a paramedic in NSW Australia. I am a Master grade production shooter, and have been shooting on and off for over 30 years.

I'd like to talk about "heart attacks & cardiac arrest", the words a lot of people fear. There is a difference between the two. A heart attack is where a heart muscle is being deprived of vital blood and nutrients, which is usually caused by a blockage in an artery around the heart. A cardiac arrest is

where the heart will stop pumping blood effectively around the body, and if left untreated, death is the result.

Let me tell you, a cardiac arrest is not limited to the 75 year old over weight super senior, any person can suffer a heart attack for a number of different reasons, mostly caused by an "unknown" medical condition.





So what do I do if someone is having a cardiac arrest? Firstly don't panic, this person needs your help immediately, and time is critical. If you are with friends, send someone for help and contact the emergency services. Research shows that the best outcome for survival outside the hospital environment is the immediate start of CPR. Again, this is a task many people are scared of, but it's so easy to perform.

Place the palm of your hand in the center of their chest. The easiest way to find this is between the notch at the base of your neck/top of your chest, and the xiphoid bone at the base of the sternum/chest bone. Once you have the center, you need to start depressing in a downward motion and try to depress about 1/3 of the chest depth.

The rate for CPR is 30:2, so after 30 compressions, you will need to delivery 2 breaths to the patient. If there is a defibrillator available, use it and follow the directions. Most defibs are a voice instructed unit, designed for use by anyone.

To breath for a patient, firstly you need to ensure there is nothing caught in the person's throat. Then, place a hand under the neck area and lift up. This will cause the head to tilt back and open up the airway. Next, use a protective mask across the persons face, pinch their nose tightly and deliver 2 full breaths. To make sure this is working, watch their chest to see if it rises.

Hopefully help will now be close at hand, and you have given your friend the very best chance of survival!! And to anyone who says they don't think they can do it properly, any CPR is better than no CPR!

Happy New Year to All, and see you on a range soon.





DINO EVANGELINOS
IROA PRESIDENT

Points Reporting

It's that time of year again when IROA officials have a final opportunity to report the points they earned working matches during 2013, and to submit the relevant supporting documentation.

Remember that you must first register your points online, after which you must submit a points card, with each match signed by the applicable Match Director. Both sides of the

points card can be scanned and submitted to IROA by email: iroa@ipsc.org

As usual, the reporting deadline is 31 January, and that date is rapidly approaching, but this year the deadline has special significance. Any IROA member not current by the deadline (and provisional members), will not receive the Call-Up notice in respect of World Shoot XVII.

I therefore urge everyone to respond in a timely manner, because I'm certain that demand for Range Officer slots will far exceed the number of slots available.



IROA Officers at the Opening Ceremony of the 2013 Far East Asia Handgun Championship



Official Uniform

I also take this opportunity to remind IROA officials that the only shirts approved for Level IV and higher matches are the now familiar striped shirts bearing the Tanfoglio logo. Earlier versions of the striped shirts may still be used at Level III or lower matches.

The original single-colour, non-striped shirts are no longer approved for any level match.

If you currently do not have a sufficient quantity of the Tanfoglio shirts, you can order them through the IPSC Store at the IPSC website, but don't wait until the last minute!

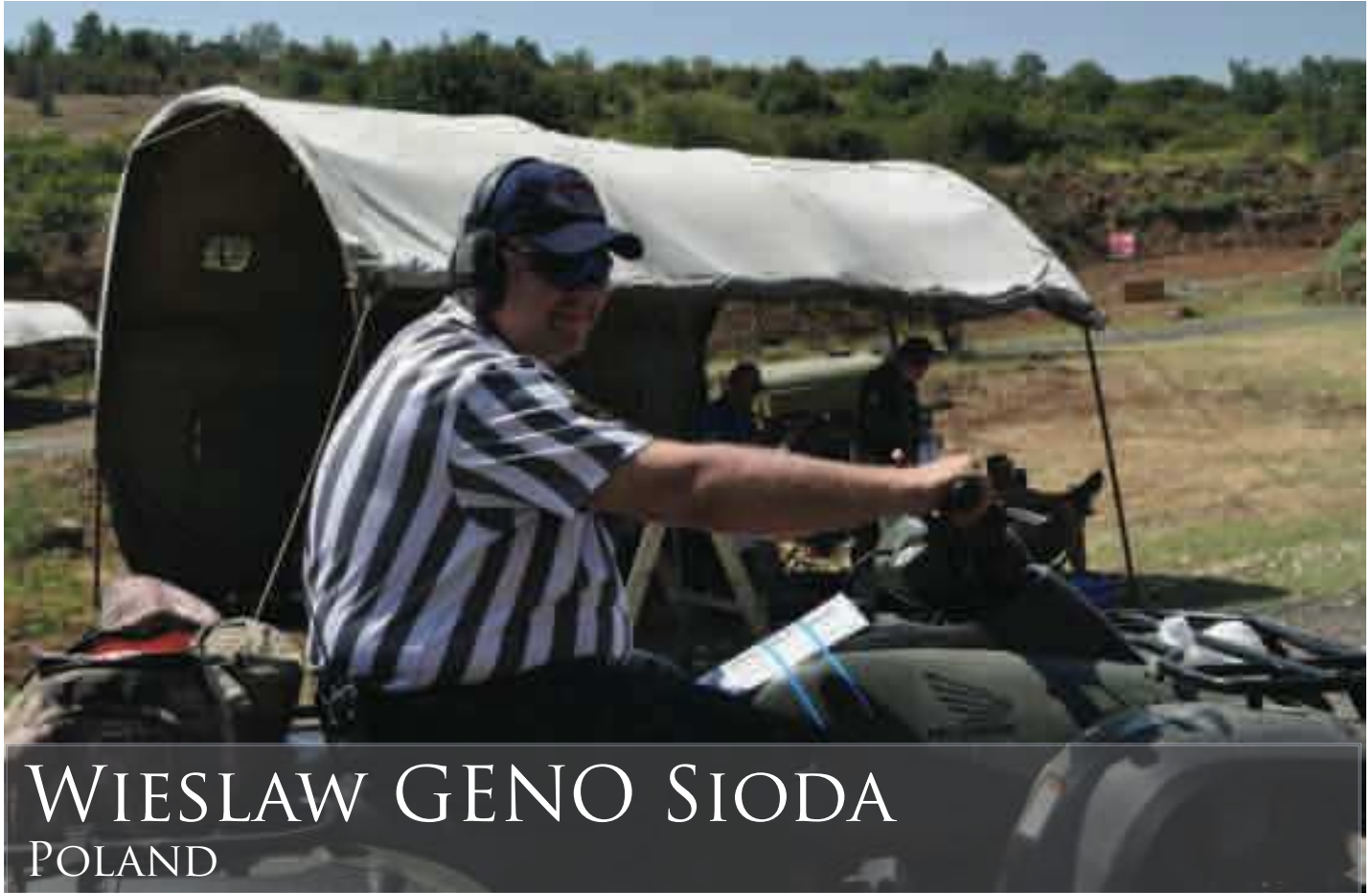
Unfortunately, we cannot keep stock of the country crest (sleeve flags) for all regions. If the crest you need is not listed on the drop-down menu at the IPSC Store, you must source them at home. The correct size is indicated by the white, designated area on the left-hand sleeve.



Member Records

Finally, I remind all IROA officials to ensure that your contact and other details, in particular your current email address, is updated online, failing which you will not receive IROA communiqués.





WIESLAW GENO SIODA
POLAND

How many years have you been officiating?

I began officiating as a Range Officer in 2000. Later, in 2005 I applied to, and was accepted by, IROA. Even though I've been serving for quite a long time, there are still so many matches that I would love to work each year. Every match is an opportunity for me to improve my skills, to gain valuable experience, and to make new friends from all over the world.

What do you like best about officiating?

Definitely the best thing about officiating is that each match is totally different. As they take place in so many different countries, it's always possible to meet new and interesting people. Also, at every match, new situations always arise, so it's crucial to stay calm and to make the best decision possible to deal with the challenge. Sometimes everything goes along smoothly, and other times there is a need for a huge effort to complete the match on time.

What was your most memorable match?

An easy question to answer! The most memorable match for me was the 2004 Cracow Open in Poland. It was the first big international match organized by me on a new shooting range. Every detail connected with the organization was completely new for me and required a lot of attention, and still I was not sure of the outcome.

I was really nervous, mostly because many important people were invited from all over the world.

I remember after the awards ceremony, while our guests were watching the fireworks show, Mira Kucera, organizer of the well-established Czech Euro Open in Czesky Krumlov, came to me and asked: "What can I possibly do at my next match to surpass everything you've organized in Cracow?" For me, it was a huge and unexpected compliment. Such moments really make life worth living!



What advice do you have for aspiring new officials?

Most of all it is important to be as professional as possible. If there are any doubts do not hesitate to ask other, more experienced Range Officers - they are always willing to help. If anything goes wrong, do not give up! There will always be the next match, the next challenge and more experience!



In addition to a timer, what other equipment do you use?

At most matches these days, I work as a Stats Officer, so my timer is a big clock on the wall! Most of my equipment is therefore office hardware, such as computers and printers. However, a very important tool for me is a 4WD vehicle like a Quad, as it helps me to collect score sheets even from remote stages in a short time. At major matches, I can log up to 300 km in total distance travelled.



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IPSC recognizes numerous practical shooting disciplines such as Handgun, Rifle & Shotgun, Mini-Rifle and, of course, Action Air. Here is a brief history on how the latter was adopted.

Text by Ken Scales

At the 2006 IPSC Assembly in Greece, IPSC Secretary Vince Pinto gave an initial report to the Assembly on the status of airsoft shooting sports around the world, and he presented arguments why IPSC should embrace it.

After some discussion and a show of hands, the non-binding consensus was not very enthusiastic. This was not a very good start to a vision, but it's amazing how things can change in just one year!

At the 2007 IPSC Assembly in France, IPSC President Nick Alexakos gave another report about Action Air, and stated his desire to form a committee to investigate the matter further.



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AIR CREW



He then called for volunteers to serve on a new Action Air Committee, and positive responses were received from Finland, France, Greece, Hong Kong, Ireland, the United Kingdom and Uruguay. That's an impressive response!

At the 2008 IPSC Assembly, an Action Air Rule Book, based on the upcoming 2009 Handgun Rules, was provisionally accepted for one year. Another year later, the 2010 Action Air Rule Book was formally adopted.

2011 was not only the year of IPSC Handgun World Shoot XVI in Greece, it also marked the 100th anniversary of the 1911 Pistol, a youthful IPSC celebrated its 35th anniversary, and the 2010 Action Air Rulebook was updated to the 2012 Edition, in accordance with similar changes approved to IPSC Handgun Rules, where applicable.

However, there were some new rules unique to Action Air. These included a requirement that magazines must have residual propellant gas safely released from them prior to them being taken into a Safety Area. Failure to comply is subject to match disqualification.



Compared to the first mention of airsoft in 2006, IPSC Action Air has grown, and so has understanding about the new discipline.

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Of course, as Action Air in each Region falls under the umbrella of the accredited IPSC Region, so all other well-established systems and protocols are available.

I was truly honoured when the IPSC President asked me to serve in the capacity of IPSC Action Air Rules Director, and I promise to do all I can to help Action Air to continue along its development path in as many of our 94 Regions as possible.

Have a fun and safe shooting year in 2014 and beyond.



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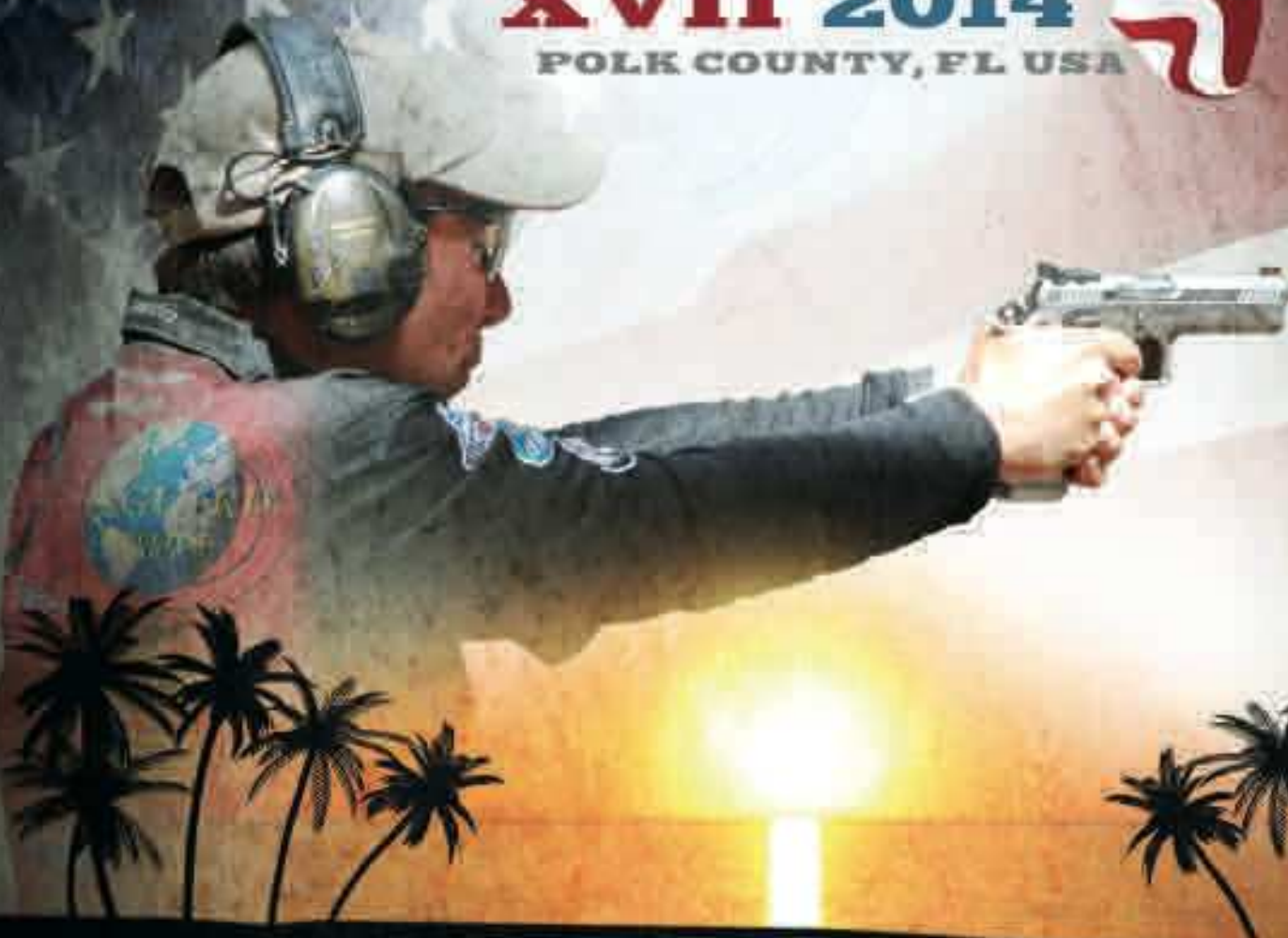
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