THANK YOU!!!

In temperatures that only reached a high of about 25°F, hundreds of VCDL members took the time to work for something vital—our right to defend ourselves. From Bristol, from Winchester, from Alexandria, from Roanoke, from Hampton, and all around the Commonwealth, these members ventured out on Lobby Day to speak to elected representatives about our interest in saving our rights.

Some of our “representatives” proved less-than-welcoming. Delegate Rip Sullivan (D-48) simply failed to show up, or send his legislative aide, to the scheduled appointment. At least none posted signs this year telling us we were going to get someone killed.

One team leader reported: “We began with Delegate Kathleen Murphy (D-34). I didn’t have an appointment because her people never returned any of my calls. One of her staff- Julie O’Brien - came out into the hall, clearly terrified. She was hyperventilating, her eyes wide and rolling, as as she explained that the delegate "has a policy," and will not speak to anyone who is carrying a firearm. One of my team, a young, well-dressed guy with a beard, asked her if that policy extended to law enforcement. She just stared, like a deer in the headlights, her jaw flapping but not actually forming words. One of my guys was a constituent of Murphy's and offered to disarm and go in, but I stopped him immediately, announcing that WE have a policy, too, and it precludes unnecessary handling of our firearms. I presented Ms. O'Brien with our packet, asked her to pass it along, and wished her a pleasant morning. I signed their book, as did the constituent. I confirmed with my LEO guy that she had not actually told him that the delegate wouldn’t talk to an armed cop, she just didn’t answer the question. But she was very clear about the rest of us. Nobody with a gun is allowed into the delegate's office, and she will not come out to speak with anyone who is carrying. I took the constituent aside and pointed out that, as terrified and irrational as Ms. O'Brien was, even showing a gun, let alone handling one was just asking for trouble, and there is no sense in handling a loaded gun in a crowded public space even among friends. I don't know what the LEO guy's background is- he mentioned that he's Federal, but didn't want to let the Delegate's staff know where he works because he is concerned about doxxing (identifying someone publicly who has attempted to keep personal details private). As a government employee, myself, I get that. The majority of our office visits went much more smoothly, with no weeping or gnashing of teeth.’

Yet another representative was happy to set an appointment.
From the Editor

“As I finish up this issue, I look at the results of our efforts during the 2019 legislative session with pride. Of the governor’s 26 gun-control bills, not a single one passed. That is testament not only to your lobbying efforts as you met with, telephoned, and wrote your elected officeholders with our message—shall not be infringed’ “

I wrote that back in March, then ran into problems getting the issue out. As most of you know, things changed radically June 1.

It can get worse, and the anti-gun faction is not waiting for November. We must ensure we don’t face an anti-gun success during the special session, or an anti-gun majority in 2020.

A couple of people have shared their opinions of this year’s Lobby Day efforts. One team leader’s experiences are embedded in the front-page story; another appears on page 5. Next year’s Lobby Day efforts will take place on January 20th.

In this issue, we feature the first of the regular columns by Ken Van Wyk — Range Time. This issue’s focus is on distance and precision. Please let us know what you think of this regular feature, and share your thoughts.

Deadline for the next issue of The Defender is August 5. One of the (several) issues that caused the delay in publication is difficulty in getting timely information that you haven’t already read on the internet or newspaper. If you have something you’d like to say, a range, legislator, agency, or business to commend or a nagging question, send them on. This isn’t a real-time discussion, obviously, but a chance for you to put forth your thoughts and allow time for thoughtful consideration. That’s the beauty of printed materials.

President’s Pen

The Governor has just declared war on gun owners. He is calling a special session of the legislature to do nothing but consider passing gun control - lots of it. Northam is paying back Michael Bloomberg for large campaign donations to Democrat candidates last election. His wish list includes: Red Flag laws, One-Handgun-A-Month, “Assault Weapon” ban, ban on magazines that will hold more than 10-rounds, eliminating firearm-preemption laws to allow localities to ban guns as they please, and much more. And NONE of it would have prevented the massacre in Virginia Beach. Getting rid of gun-free zones would have saved lives, but the Governor is not suggesting any such thing, of course. His agenda is about politics and power, not saving lives. VCDL is treating this special session of the General Assembly as a serious threat and will be actively working to derail any and all gun control being considered, while pushing a pro-gun agenda that will save lives.

In Congress, the Democrats control the House of Representatives and have vowed to push hard on gun control.

And the Democrats are keeping their promise, unfortunately.

Two gun-control bills passed out of the House within 2 months of the Democrats getting control. Both bills (Universal Background Checks and a bill to allow the FBI to take up to 20 business days to approve gun purchases) are headed to the Senate, where they will hopefully die. President Trump has also vowed to veto them should they get to his desk.

That said, we dare NOT get complacent! Strange things can happen when dealing with lawmakers. VCDL will be keeping an eye on the plethora of gun-control bills in Congress.

The Most Important State Election for Gun Owners this November!

This November there is going to be the most important elections for gun owners in Virginia in the 40 years I have been here. I do not say this lightly — every gun owner out there and their like-minded friends and family members had best vote. A razor-thin single vote in both the House of Delegates and the Virginia Senate is all that is blocking some serious gun control. Any gun control that makes it to the Governor’s desk will get signed.

Status on the Federal Bump-Stock Ban

VCDL, Gun Owners of America, and some other gun-rights organizations had filed a lawsuit against the federal government to stop the BATFE’s bump-stock-ban regulation from taking effect. Unfortunately, the courts denied the stay. So, for the time being, bump stocks are illegal (considered unregistered machine guns). The lawsuit will be heard in a lower Federal court this month.

Whether you have a bump stock or not, hopefully you will agree that we cannot allow unelected bureaucrats in the BATFE to get away with making law. That is supposed to be done by Congress and signed by the President. If they can ban bump stocks by fiat, then they can ban semi-automatics and other guns the same way.

VOTE IN NOVEMBER!

Using CDC Numbers 2017

39773 Gun Deaths
60% (23,864) are suicide
3% (1193) are accidents
4% (1590) are justified
33% (12537) are homicides
80% (10029) of homicides are gang-related

That leaves 3097 gun deaths in a country of 312 million people, after suicide and gang activity
UPCOMING GUN SHOWS AND EVENTS

If you’d like to work a show, email the coordinator and ask to be put on the mailing list used for volunteers. Volunteers get free admission to the show, and some vendors offer discounts to other vendors, including our volunteers.

Verify all schedules; this list is correct as of press time.

CHANTILLY—Dulles Expo Center
Jul 26-28    Sep 27-29
DALE CITY—VFW Post 1503
Oct 26-27
DOSWELL—Farm Bureau Center at Meadow Event Park
Sep 7-8
FISHERSVILLE—Augusta Expo
Sep 7-8
FREDERICKSBURG—Fredericksburg Expo & Conference Center
Oct 26-27
HAMPTON—Hampton Roads Convention Center
Jul 13-14    Sep 14-15   Nov 30-Dec 1
HARRISONBURG—Rockingham County Fairgrounds
None scheduled as of press time
MANASSAS — PWC Fairgrounds
None scheduled for 2019
NORFOLK—Norfolk Scope
None scheduled as of press time
RICHMOND—Richmond Raceway Complex
Aug 24-25    Nov 9-10
RICHMOND — Old Kmart on Midlothian
None scheduled as of press time
ROANOKE—Roanoke Civic Center
Aug 17-18    Oct 19-20
SALEM—Salem Civic Center
Jul 20-21    Oct 12-13
VIRGINIA BEACH — Convention Center
Oct 19-20
WINCHESTER — Body Renew Fitness and Family Sports Center
None scheduled for 2019

COORDINATORS

Chantilly—Danny Paulson—gunshows.chantilly@vcdl.org
Dale City—Richard Kroh—gunshows.dalecity@vcdl.org
Doswell — Rowley Molina — gunshows.doswell@vcdl.org
Fishersville—VACANT — gunshows.fishersville@vcdl.org
Fredericksburg — Mike Clark—gunshows.fredericksburg@vcdl.org
Harrisonburg — Seth Hower — gunshows.shenandohah@vcdl.org
Manassas—VACANT-no shows—gunshows.manassas@vcdl.org
Norfolk SCOPE—John Ward—gunshows.norfolk@vcdl.org
Richmond—Mike Wilburt—gunshows.centralva@vcdl.org
Southwest Virginia—Al Steed, Jr.—gunshows.swva@vcdl.org
Tidewater/Peninsula—Bryan Dunn—gunshows.hamptonroads@vcdl.org
Tidewater/Virginia Beach—Brendan Mooney—
gunshows.vb@vcdl.org
Winchester — Mark Lintz-no shows—
gunshows.winchester@vcdl.org

State Gun Show Coordinator—Tess Ailshire—
gunshowcoord@vcdl.org

THANK YOU

A special thanks to those members who used their time to help spread the VCDL word.

**Just LOOK at the number of first-time helpers here!**

Also note the events that have only one or two people. Often, these are community events that a member simply steps up for. You can do that too!

Winchester, Nov 3-4
Dan Arico, Keith Bailey, Mark Lintz

Chantilly, Nov 16-18
Vaughn Allex, Keith Bailey, Debra Casey, Dwin Craig, Jim Ellett, Robert Eufemia, Mickey Feeley, Tom Fuller, Jim Graf, Paul Gwyther, Chris Karanski, François Krodel, Margaret Marcus, Danny Paulson, Roz Paulson, Randy Royston, Craig Shelton, Mark Shinn, Russ Slater, Mike Stinette, David Warren, Sherry Warren, Robert Wilson

Dale City, Dec 1-2
Tess Ailshire, Eugene Brodetski, Donna Kroh, Richard Kroh, Damian Ljnuquist, Tom O’Hara, Ron Owen, Tom Pietras, Randy Royston, James Simpson, Ken Van Wyk

Fishersville, Dec 8-9
Gary Duden, Donald Stiles, Ed Martin

Fredericksburg, Dec 9
Mike Clark, Dave Eckhart, Dennis Hannick, Susan Hannick, Rowley Molina, Brian Risley, Wayne Robinson, Stanley Walker

Salem, Dec 22-23

Richmond, Dec 15-16
Jake Biller, Susan Brush, Bob Charlton, Mike Clark, Rowley Molina, Stanley Walker

Chantilly, Dec 28-30

Hampton, Jan 12-13
Lee Affholter, Bryan Dunn, Dennis Endres, John Fenter, Ron Lilly, Monte Oakes, Doug Peterson, Craig Seifet, Bill Slifer, Mark Spruill, Frank Stanisz

Salem, Jan 19-20
Don Beheler, Brien Dyer, Dave Evans, Connie French, Ed French, Danny Holdren, Shellie Meikle, Stephen Meikle, Ken Modica, Ed Noell, Kathy Smith, Sherrill Smith, Al Steed, Jr, Bruce Whittleier

Fredericksburg Jan 26-27
Tess Ailshire, Jake Biller, Mike Clark, John Dittamo, Robert Eufemia, Theron Keller, Rowley Molina, John Pionzio Jr., Brian Risley, Wayne Robinson

Salem, Jan 26-27
Brenda Carsley, Jim Kiser, Ed Martin

Roanoke, Feb 2-3

Virginia Beach, Feb 2-3
Carl Bare, Rick Cerza, Nelson Clarke, Mitch Copeland, Mike Ferris, John Greene, Larry Hatch, Brent Hodgins, Bob Lambert, Mike Stinette, David Warren, Sherry Warren, Robert Wilson

(Continued on page 6)
Let’s talk a bit about getting the most out of our range time. Today’s topics will be distance and precision.

Before I dive into that, though, let’s consider for a moment how often we get out to the range to practice, and for how long. When I ask my gun-owning friends how often they get to the range, I hear a lot of answers around once a month. Once a month seems to me to be pretty much the middle of the bell curve for gun owners. I should caution that this is a very unscientific polling of friends over the years. Please don’t read more into it than a casual observation.

My next question is: How long do you practice and how many rounds of ammunition do you normally work through? Here, the answers start to vary quite a bit. For range time duration, 1-2 hours seems pretty common, except when people are working on a very specific issue. (These can include trying to debug why our AR isn’t cycling, zeroing in an optic at a long distance, etc.) At one range I go to quite a bit, I am limited to 1 hour at a time, particularly when there are people waiting. When I’m at my outdoor range on a business day, I tend to stay for about 2 hours. That seems pretty consistent with the (again) informal polling I’ve done among my friends.

As for rounds shot, I hear a lot of different answers from 50-500. One friend tells me he doesn’t get to the range too often, like once every 2 months, but when he does, he likes to stay long and shoot at least 300 rounds, so he’s really getting a lot of practice in.

I like that kind of thinking. I must say. Years ago when I took my first concealed carry class over a 2-day period, we shot about 500 rounds per student. We drew from holster about 2000 times, mostly dry firing and practicing the steps. (We’ll go into a lot more detail on that in a later column.) The instructor told us that the training you do when you are most tired and being pushed the hardest is the training that tends to stick the best — and the training that is most likely to be helpful during a high stress life-or-death situation. Indeed, when I left that class, I felt supremely comfortable with carrying a loaded gun in holster and presenting it with confidence.

I’m reminded of an old saying. It’s not enough to merely practice until you get it right. You should instead practice until you cannot get it wrong. The logic there is that the repetition helps our “muscle memory” and makes our actions seem like second nature to us. Those of you who practice extensively with musical instruments know what I’m talking about. Any fool can play a note on a guitar, but when (say) Eric Clapton plays that same note, it sounds better, right? (Feel free to substitute your favorite guitar player here, of course.) Ask those at the top of their art how much they practice, if you’re ever given the chance.

Same holds true with firearm practice. Perhaps going once a week for a 30-45 minute session and a box of 50 rounds might not be as helpful as going once a month and shooting 200-300 rounds. In the end, that’s a very personal decision, but I recommend everyone gets in at least the occasional long practice session at the range, where you cycle through a few hundred rounds.

Now, let’s move on to what kind of shooting we should be doing during those range sessions, whether they be long or short sessions.

I often pick a range day “theme” when I hit the range. Like gym-goers will designate “leg day” and such — never miss leg day, right? — it’s helpful to pick one or two things to focus on during a range session.

One theme I do often is distance training. I’ll pick whichever firearm I’m working with that day, and cycle through distances. Start at (say) 5 yards, then 10, 15, 20, 25, etc. Don’t just shoot for the sake of shooting, either. Count your rounds, and then inventory the target when you’re done. Let’s say you shoot 10 rounds at each distance. Fire your 10, and then examine the target. What percentage of the rounds hit center mass? How did those percentages change as you moved out to increasing distances? Track those percentages over time, too. (Tracking our progress is another topic we’ll delve into in more detail in a later column. For now, a simple notebook is quite adequate.) And push yourself beyond your comfort zone. Perhaps you have a tough time with sight picture and alignment of your pistol when you’re shooting at 25 yards. So what! Try it. Maybe you only hit one or two out of ten the first time. Push it! And then go even farther out.

When you do this, you’ll start to notice that your percentage hits improve at the shorter distances as well as at the longer ones.

Now, also consider precision as a range theme. How tight of a group can you make at (say) 10 yards? Does it improve if you really take your time and focus on grip, trigger control, breath control, and such? Slow down. Make a mental checklist of everything that matters to you. Sight alignment. Sight picture. Focus on the front sight. Breathe in. Hold your breath. Slowly slide the trigger back. Be genuinely surprised by the trigger break. Follow through with your trigger “stroke”. And so on. Does that help your groupings? Focus on what you’re doing and tune everything else in the world out. Nothing else exists but you, your pistol, and the target.

Yes, that sounds a lot like meditation “kumbayah,” and perhaps it is. So what. Try it. Slow down and focus.

In the next installment of Range Time, we’ll continue down that path further. For now, get out there and try focusing on one or two range themes. I’d love to hear back from people who are reading along and trying these things, so please feel free to reach out and chat. You can reach me via email at ken.vanwyk@vcdl.org.

Get out there and practice!
**Opinion**  
**RELATIONSHIPS**  
*By VCDL Member Bryan Dunn*

I recall my first Lobby Day in 2016. I wrote down a few thoughts, and you saw them in The Defender. Today I’ll share a few more thoughts.

It’s a couple of years later. While I started contacting my legislators in 2012, after I first started to receive VA-ALERTs and became a member of VCDL, I truly wondered if getting involved with my legislators (who have yet to vote ‘my way’ on 2nd Amendment items of importance to me) was going to be worth a couple of clicks — or many tappings on a keyboard — to provide unfiltered thoughts on what is going on in my county/city/state.

I will say this: I’m pleasantly surprised. While neither of my representatives is what any would call a staunch supporter of my 2nd Amendment right, they are very open to continue the conversation and learn about what is important to their constituent. I’ve made it a point to attend their town hall events locally. They know me by name. I’ve seen them in the community with their families and spoken to them and they still remember my name and continue the conversation. I’ve missed a local town hall and, when a question was raised around guns, both of them asked for me to weigh in (and at Lobby Day this year, when I met with each of them, they both mentioned that they ‘called me out’ specifically and wondered if everything was OK since I was not in attendance).

Relationships. If you want to continue down the path of civil discourse, I’d recommend you build them. My legislators focus on various topics as the year progresses, but one topic that will remain consistent is the 2nd Amendment. And I want them to think of me - and you. We’re the law-abiding citizens. We’ve done nothing wrong, stayed informed of existing laws, and work to get them changed (more freedom is not a bad thing). When they meet, I want them to think of us and not only the criminal element in our society. How does this impact those who have done nothing wrong - what is the price they believe we must pay?

But building relationships takes two things - effort and time. It is up to us to be there consistently, but it is more than just showing up. We should share the knowledge we have, and be willing to look at multiple sides of issues that are being addressed while maintaining our efforts to defend freedom for law abiding citizens. We must be consistent in answering ACTION ITEMS but also doing the things like showing up at town hall meetings to engage our legislators as often as possible. Building a relationship where you are known by your name—that will take time.

Is it worth it? In the short term you may wonder... but we should be in this for the long haul. There were many, many infringements already on the books before I got involved. That’s not a statement of guilt or fault on others - it is a sad statement on my inaction and lack of focus. It is something I must keep engaged at now in an attempt to influence a better outcome. How can I best do that? Get involved. Stay involved. Be there consistently. Build relationships. It is my hope that time will allow me to continue to build relationships with those that are currently representing me and maintain my ability to provide feedback - or with new representatives that tend to vote more in line with my beliefs about our freedoms. I’m thankful my representatives not only listen (I hear what you’re saying) but now look forward to our interactions (missed your input at town hall). What is your strategy?

**Opinion**  
**LOBBY DAY**  
*By VCDL Member Corey Fauconier*

0445 hours my cell phone alarm woke me up playing my VCDL theme song. “Load, rack, ready trigger finger pew, pew. Police, military or an ordinary dude. VCDL state wide is my crew, let me show you what the 2A do” (Pew Pew: VCDL Theme Unreleased Corey "Sage" Fauconier)

With the heat nowhere to be found, I wore long johns, lounge pants, three pair of Dickies socks, my favorite Banana Republic sweater, favorite pair of Levi's blue jeans (sorry Levi's, I know you all have spoken out against the Second Amendment), my favorite pair of Adidas high tops and my super duper weatherproof winter coat.

I departed my home in Henrico County to make the short drive to the General Assembly for Lobby Day 2019 with my brothers and sisters of the Virginia Citizens Defense League (VCDL). The VCDL is a non-partisan grassroots organization dedicated to defending the human rights of all Virginians. The right to keep and bear arms is a fundamental human right.

On my way I listened to two songs on the radio, the King Holiday song and Lift Every Voice and Sing. What stood out to me was, "Don't play on the holiday, work to find a better way" Grandmaster Flash King Holiday Chorus and Holiday Crew from 1986 (see it at https://youtu.be/5Y7Qy7VrWxk)

It was to be my second year as a Lobby Day Team Lead for VCDL. I arrived at 0545 and stood outside the park on the corner of Bank Street and N. 9th Street in the dark and cold. Just spending some quiet time with God before I went inside. There was calm in the cold just looking at the lights that lit downtown. People moving about driving to work. One by one my brothers and sisters began to arrive and we engaged in small talk learning where people were from and just breaking the ice learning about each other.

Folders with information on legislation, and prepped with business cards and handouts about potential bills the group strongly supports, supports, is neutral on, opposes, or strongly opposes found their way into my hands to distribute to legislators.

(Continued on page 6)
Not many African Americans out there with us. I believe I counted four or five. That made me feel some sort of way. But, my Second Amendment brothers and sisters showed me lots of love and respect.

My team meetings started at 0900
0830 hours Atron Yohai Legislative Aide to Democrat Delegate Vivian Watts
0900 hours Democrat Delegate Mark Levine
0930 hours Democrat Delegate Ken Plum
1000 hours Democrat Delegate Mark Sickies
1015 hours Republican Delegate Terry Kilgore
1030 hours Shani Shorter Legislative Assistant for Republican Les Adams
1045 hours Republican Delegate Mark Cole

Delegate Levine only agreed to meet with us on two conditions.
First: No guns. We were requested to remove our firearms to be provided access to the Delegate's office. That was a "no" and we explained to Jacob Weinberg, his Chief of Staff, that we were responsible for our firearms and they were best left holstered and with their owners. The second request is that we needed constituents of the 45th district. Well one out of two is not bad. So we met with Mr. Weinberg.

Our best conversation was with Delegate Mark Cole. Delegate Cole opened his blazer to show us he too was carrying. He is a supporter of the Second Amendment, member of the VCDL and is a strong ally of gun owners in the Commonwealth. He was happy that the VCDL, Gun Owners of America, and the National Rifle Association were working to defend the Second Amendment. We spoke about the future of the Republican Party as well as the future of the Commonwealth. I shared with Delegate Cole the importance of speaking to the African American community.

After all the morning we had our rally at the Bell Tower. A VCDL member came up to me and gave me a big hug and told me he was glad that I was there and that he wanted me to make sure I spoke to people in my community about the importance of the Second Amendment. I smiled to him and we shared a brief conversation about how we came to stand in the park on a cold January day.

Afterward, a group of VCDL members met at Pupatella Pizza (1 N. Morris Street, Richmond) for lunch, to unwind, share fellowship, get warm and connect. It was a pleasure to see familiar faces and also connect with new brothers and sisters.

Lobby Day was great. What I am taking away is: as a Libertarian I should be able to bridge the gap between the Democrats and the Republicans. At this point, the Republicans in Henrico County are open to speaking with me, as are members of the Tea Party. The Democrats do not really reach out. So in 2019, I am going to connect with the Republicans but, also reach out more to Democrats to see if we can connect on any issues.
### VCDL Membership Application

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<td>VCDL-PAC donations of over $100 per year require additional information needed by the State Board of Elections. If you are in this category, VCDL’s PayPal system is better for donations, it compiles the required information.</td>
<td>VCDL Membership Processing Center</td>
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<td>(Note: Membership processing can take 4-6 weeks)</td>
<td>Fredericksburg VA 22403</td>
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<td>Contributions, gifts, or membership dues are not deductible for Federal income tax purposes.</td>
<td>Or save postage and use credit card or PayPal at vcdl.org/join</td>
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### What is “Common Sense” About These Proposals?

Governor Northam has proposed the following in “response” to the Virginia Beach murders. We call these lies — whether through ignorance or, more likely through the expediency of scoring some points, not one of these proposals would have made an iota of difference in Virginia Beach.

**Universal background checks**—The Virginia Beach murderer passed background checks.

**Child access prevention**—There were no children involved in the Virginia Beach murders.

**One gun a month limits**—The Virginia Beach murderer’s guns were bought over a period of years.

**Banning assault weapons, including bump stocks**—Bump stocks are already banned by regulation; assault weapons are already highly regulated.

**Requirement to report lost or stolen guns**—None of the VB murderer’s firearms were lost or stolen

**Allowing localities to ban guns from municipal buildings**—VB had banned its employees from carrying in the building, preventing its employees from being prepared

**Red flag laws**—At this writing, there is no evidence released that indicate there were any red flags in the murderer’s prior behavior.

Therefore, it is patently false that these restrictions are proposed “in response to” the murders. They are not “common sense”. They are people control. And anyone who tells you otherwise is, yes, LYING to you.
Virginia law provides that you can get the full five years of your Concealed Handgun Permit if you apply for renewal at least 90, but no more than 180, days prior to expiration of your current permit. (Section 18.2-308.010)

CHP RENEWALS

Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sept
Oct
Nov
Dec

EXPIRES
RENEW IN
January  August-October
February  September-November
March     October-December
April     November-January
May       December-February
June      January-March
July      February-April
August    March-May
September April-June
October   May-July
November  June-August
December  July-September