



# FR&R Monthly

November 2025  
Issue #5

## The latest news from our Club

### INSIDE

#### Member Spotlight

Helen Swingle

#### Leagues

New members are encouraged to participate in our competitive shooting leagues.

#### Help Needed!

The fourth Saturday of the month at 9 am.

#### Monthly Meeting

The third Monday of the month at 7 pm.



## A Beautiful NEW Sign

A huge "Thank You" to the creative talents of **Jim Ottaviano** & **Su Walenta** for this fantastic upgrade to the sign on our Clubhouse. They took on the task of gathering the wood and paints and created this masterpiece, which will be proudly displayed for years to come.

## A Second Girls, Guys & Guns in 2025

In July, we filled all twenty-four ports for Girls, Guys & Guns, and had twelve people on the waitlist, so we decided to host a second smaller event on Sunday, September 28. Thank you to all twelve coaches, to **Bob Uzzalino** for calling the range, to **Mark Jenkins** and **Larry Leve** for the safety training, to our RSOs **Bobby Sole**, **George Hoffmann**, **Pete & Deb Hoer**, to **John Hadley** for taking phone calls and registering students, to **Helen Swingle** for organizing the day, and to **Mike Luongo** & **Diane Carroll** for cooking.



With her favorite rooster "Reagan" in 1981, and when she danced at the Sussex County Fair in 1997

## Member Spotlight

**This month, we highlight Helen Swingle**

Helen has been a member since 2001, joining after attending a Girls, Guys & Guns event. In her almost twenty-five years, she has served as secretary for ten, vice president for one, president for two, and has been on the executive committee ever since. She's been our NRA recruiter for twelve years, and in that time has gotten us over \$20,000 in grants (\$5,000 for our parking lot, and another \$5,000 recently for upgrades to the rifle range). When she's not submitting applications like the one that got FR&R the NRA Outstanding Club Award, she's organizing and hosting Girls, Guys & Guns events, interviewing potential new members, and cleaning, polishing, and buffing the floors of our Clubhouse. And let's not forget that she secured a tax exemption, **saving us \$8,200 every year, starting in 2026.**

In her past life, Helen was a mail carrier for fifteen years, was her husband's right-hand for their construction business, and ran a farm for thirty years. She loves gardening and raising her own food. When she's not at the Club, she's enjoying her passion for music by going out a few nights a week to line dance, which she has been doing since it first came to Sussex County in 1992. She also plays the piano and organ, and became a Black Belt in Taekwondo in 1992.



## It's Beginning to Look a Lot Like Christmas (Again)

Our annual Christmas Party is scheduled for Sunday, December 7, from 1:00 to 5:00 pm. Once again, The Lamp Post Inn on Rt 565 in Vernon will be hosting our event. Cost is \$35 per person. There will be a 50-50, prizes will be drawn, and donations by members are always appreciated.

**Mail checks payable to: David Anderson, 121 Route 284, Wantage, NJ 07461.**

## Leagues

### **Combat Pistol Match - Ryan Stickle**

Saturday, November 1 - 10 am

### **Fall Pistol Leagues - Harwood Webster**

Sunday, November 2 & 9 - 10 am

### **Precision Match - Bob Uzzalino**

Sunday, November 16 - 10 am

### **Winter Pistol Leagues - Mike Luongo**

Sunday, November 23 & 30 - 10 am

## Help Needed!

### **Work Party - Bobby Sole**

Saturday, November 22 - 9 am

## Meeting

Monday, November 17 - 7 pm