



R3 News

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The NJ Division of Fish and Wildlife's R3 Program will provide monthly newsletters filled with upcoming events, conservation news, division staff & mentor highlights, and resources to promote your hunting, fishing, and/ or shooting sport participation.

July Events:

- **Independence Appreciation Shoot:** Join the R3 staff and Pine Valley Trap Club on July 15, 2021 from 5:00 pm to 8:00 pm for a night on the range celebrating our nation. No experience is necessary. All ammunition will be provided. Registration is required, all ages and abilities welcome! Registration can be found [HERE!](#)

More events can be found below!
[NJOP & R3 Events](#)

Get someone new into shooting!

Basic Safety Notes:

1. Always keep the firearm pointed in a safe direction.
2. Always keep your finger off the trigger until ready to shoot.
3. Always keep the firearm unloaded until ready to use.

Before you go shooting, learn to point!

Before you start working with your firearm, use your index finger to simulate shooting fundamentals with a target. This exercise is designed to teach you to point toward the flying target without having to concentrate at the same time on the necessary body movements required to position the shotgun.

Start in a basic "boxer" stance, but with your index finger pointed at a 45° angle to the ground. If you are right eye dominant, point with your left-hand finger. If you are left eye dominant, point with your right-hand finger. Line up your leading foot with the expected target breaking area.

Now, focus your eyes on the area where the target will first appear. As soon as you see your target, immediately and smoothly move your finger to the target and keep your finger aligned with it until it hits the ground. Repeat until you notice that you are looking at the target, not at your finger. This backs the concept that *shotguns are pointed*, not aimed. Once comfortable with pointing and following through, add in sound effects!

When the target is released, smoothly follow the target with your finger. Once your finger "touches" the target, simulate pulling the trigger by saying "BANG!", as you continue to follow through. It is important to time your shot so that you pull the trigger as soon as the muzzle touches the target. By saying "BANG", you are learning to recognize and develop a mental picture of actions in shooting that should eventually become instinctive. Once you are comfortable, apply what you have learned with a firearm!

The National Shooting Sports Foundation provides instructional shooting technique and tip videos for all levels of experience.

[Like this one HERE on Shotgun Stance and Mount.](#)

Monthly Fun Fact:

A hunting dog's sense of smell is over 10,000 times better than ours!

Staff Highlight: Samuel Forlenza

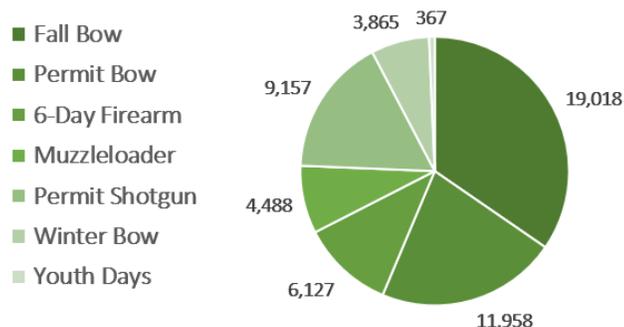
Sam has worked for the NJ Division of Fish and Wildlife for three and a half years as the Southern Region Hunter Education Coordinator where he helps students of all ages and backgrounds; teaching them how to become safe and ethical hunters. In his free time, Sam enjoys fishing and hunting for anything and everything. You can find Sam tuna fishing in the offshore canyons, hunting whitetail in the mountains of New York's Adirondack Park, fly fishing for Jersey rainbow trout, and last but not least, training his new lab pup "Timber" to retrieve some Barnegat Bay ducks.

"The outdoors isn't just a hobby to me, it's really a lifestyle that I was lucky to be raised into."

Seasonal Stats:

Are you ready to hit the woods this fall? The chart below shows a break-down of the 54,980 Deer harvested during the 2020-21 seasons. This information is derived from the [2020-2021 Harvest Summary Table](#) provided by the Deer Project.

2020-21 Deer Harvest Report by Season



R3 Recipes to Share!

Seafood Boil

By: Samuel Forlenza

This seafood boil contains fresh shrimp, clams, crab, potatoes, corn and sausage, all boiled in a flavorful broth. An impressive meal in one pot that is perfect for feeding a crowd!

Ingredients:

- 2 Lemons
- ½ Cup Old Bay seasoning, plus more for garnish
- 8 Garlic Cloves, smashed
- 1 Onion, peeled and cut into 6 pieces
- 1 lb. Small Yukon Gold Potatoes, halved
- 4 Ears of Corn, cut into 3-4 inch pieces
- 1 lb. Littleneck Clams (fresh from Barnegat Bay)
- 1 lb. Cleaned and Halved Crabs (also fresh from Barnegat Bay)
- 1 lb. Smoked Venison Sausage cut into 1 inch pieces
- 1 lb. Shrimp, peeled and deveined
- 3 Tbsp. Butter
- 2 Tbsp. Chopped Parsley

Directions:

- Cut Lemons into quarters
- Fill large pot with 14-16 cups of water. Place Lemons, Old Bay seasoning, Garlic, and Onion in water. Bring to boil.
- Add potatoes to the pot and cook for 8 minutes.
- Add the crabs and cook for 5 minutes.
- Add the clams and corn and cook for 5 minutes.
- Add the shrimp and sausage and cook for 2-3 minutes.
- Drain the seafood mixture from the pot, reserving 1 cup of the broth.
- Melt the butter in a small bowl and whisk it into the reserved broth. Pour the broth over the seafood mixture.
- Garnish with chopped parsley and lemon wedges.
- Sprinkle with additional Old Bay seasoning to taste, then serve immediately.

Do you have a recipe you would like to share?

Send the recipe to R3mentoredhunt@dep.nj.gov to be featured in next month's newsletter!

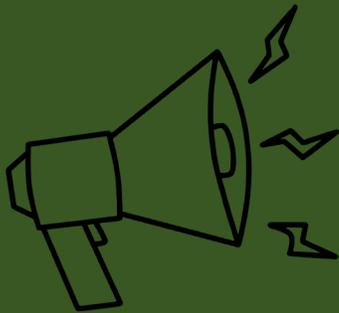


Pictured above: Participants at the Women's Turkey hunt held May 2-4, 2021, at Good-Sports Sportsman's Club in South Jersey listening to Ryan Risher, the Division's R3 Coordinator, demonstrate how to identify turkey signs.

Pictured below: Participant and mentor at the first Ladies Night Fun Shoot at the Pine Valley Trap Club held on November 19, 2020.



Program Announcements: Mentor applications are still being accepted! If you or someone you know is interested in passing on their knowledge of outdoor recreation, consider becoming an R3 Mentor. There are many roles a mentor can play. Contact our staff at R3mentoredhunt@dep.nj.gov to find out just what you can do to pass on the outdoor heritage.



Pre-Season Scouting Checklist:

After using the [New Jersey Hunter Trapper Explorer](#) to find new public land, use this checklist to pinpoint where you may want to deer hunt this fall!

- Bedding Areas:** These include cedar thickets, standing crop fields and swamp islands.
- Water sources:** Studies suggest deer typically go to water before food in the morning.
- Food sources:** Sources include agriculture fields and food plots.
- Hard & Soft Mast Trees:** Mast trees (those that produce acorns, fruits, and other nuts) are primary food sources in the fall. Oaks, beech, and persimmon are just some examples.
- Pinch points:** This is an area where deer movement is bottlenecked down to a manageable shot. Identify these areas on the web and on foot!

Interested in hunting or shooting, but do not know where to start?

The R3 Program provides numerous [hunting and shooting sport events](#) designed to increase the knowledge and participation for all levels of outdoor enthusiasts. Contact the R3mentoredhunt@dep.nj.gov team to find out what events may benefit you!

What can you do to support R3?

We challenge every sportsman and woman to make R3 a priority and commit yourself to this idea that the species we must strive to conserve as hunters and anglers. Introduce someone new to target shooting, hunting, or fishing. It only takes a moment, to make a moment!

Contact the R3 Program Staff!

Email: R3mentoredhun@dep.nj.gov

Phone: (856) 629-1014