

## It's A Family Affair



## Mothers and Daughters Bond



## The Men Cook



and Babysit!!!!

## Friendships are Forged



ATHENS FISH & GAME CLUB  
600 ROBINETTE RIDGE ROAD  
NEW MARSHFIELD, OHIO 45766  
For directions and to register:  
[appleseedinfo.org](http://appleseedinfo.org)

*Rifles-n-Roses  
Ladies Only  
Appleseed  
October 16&17, 2010  
Athens, Ohio*





## Safe & Supportive Instruction

“Fantastic experience! Met great people. All respectful and polite. Learned A LOT about how to shoot a rifle, and the happy surprise were the American heritage talks.

I used to have a lot of fear about handling a rifle. Didn't know how to hold it, handle it, operate and shoot it. Thought guns were just plain unsafe because I didn't know anything about them.

There is confidence and security in good training and knowing how to handle a rifle properly and safely. Since that first shoot, I have been to four more and have met some remarkable women. I am so honored to have met you all and hope to make a lot more new friends on the Appleseed trail.”  
— *Old Glory*

The Appleseed Trail has been a wonderful experience for me as an amputee as well as my entire family. It's difficult to find an activity in which all eight of us can participate ! We enjoy learning about our heritage and “spreading the seed” to our fellow citizens.” — *Sara, Ohio*



## Family Fun

“(The) Appleseed Project is a life changing experience. We invited all of our children and their spouses to an Appleseed Shoot and one of our daughter-in-laws who had very little experience with a rifle at all, made Rifleman. She had no bad habits to break and she is proof that the instruction given really works.” — *MemaJean, MO*

“These people helped me discover a talent for something I didn't even know I have, how cool is that? In fact, I think they enjoyed it as much as my family and I. I'm debating on what I can do that will be most useful to Appleseed, as I have to do my part to help.” — *Susan, MO*

## History and Heritage

“My Appleseed trail began in June 2009 year when my family finally convinced me to attend a shoot. Until I actually went to the Appleseed, I didn't think shooting was “my thing.” But it turned out that I really enjoyed shooting my 10/22.

I have to shoot a little differently than most folks because I have a hip disarticulation (an amputation of my entire leg. In the standing position I prop up my right hip with my crutch, in sitting I prop my left knee with a sandbag (where my right foot would normally support), and in prone I just lie on my stomach as normal.

Despite my “challenges,” I managed to score rifleman at my first Appleseed with an AQT score of 211. I have scored somewhere in the 240's on my AQT before, but that's rare.



The women of Appleseed agree; a weekend at your local range, learning the heritage we all share, is a wonderful way to spend the weekend with your loved ones!

**Find out more at: [appleseedusa.org](http://appleseedusa.org)**

“I now feel more like an American, taking to heart the history. They gave everything they had and more, not only for their families, but for ours. They had true character. Character is not built in an instant when a goal is reached. It's honed during the struggle, in the middle when you don't know the outcome, but you have hope and you push through for what you believe in. Appleseed is a taste of that, where kids and adults can learn discipline and a greater sense of being American, while honing perseverance. Thank you for this program and for awakening me.”  
— *KyJam, Kentucky*

