



Women & Appleseed: Stories from the the Trail





## 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."* MamaJean, 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

## Safe & Supportive Instruction:

"I went reluctantly to my first Appleseed with my husband at the encouragement of my mother-in-law, who said "go, be with your husband". She has been happily married for over 65 years and is my role model for a good marriage. So when she talks, I listen.

Fantastic experience! Met great people. All respectful and polite. Learned ALOT 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, Wisconsin

## History & Heritage:

*"I recommend Appleseed to novice shooters, expert riflemen, and people young and old. Not only do you learn how to shoot (and be accurate), but you get lessons in the history of our America, our country...all that she has lost and sacrificed only to be regained by our brave men and women who fight everyday for the freedoms that many of us take for granted. I left the Appleseed with a renewed respect and love for my country. I also left feeling a new closeness to my husband (who, BTW, made RIFLEMAN!!) We did this together...and it was fun!"* Kori, MO

**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:**  
[www.Appleseedinfo.org](http://www.Appleseedinfo.org)



**APRIL 19, 1775**

*When marksmanship met history, and the heritage began...*