

The **American Woman Shooter**™

A Publication of The Woman Shooter, LLC
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A woman with long, wavy brown hair, wearing a white t-shirt, a brown scarf, and camouflage pants, stands outdoors under a wooden structure. She is holding a black Ruger 10/22 rifle. A red arrow sign points to the left above her. The background shows a clear blue sky and some greenery.

**Meet American Woman Shooter
Marilyn Underwood Smolenski**

**Profession: Founder and Owner
of Nickel and Lace Company**

**Website:
www.NickelAndLace.com**

**Favorite Firearm:
Ruger 10/22 rifle**



Dear Fellow Shooters:

Welcome! I, too, am an American Woman Shooter and my publication proudly celebrates our wonderfully diverse views and life experiences by:

- * Championing women in the firearms industry
- * Partnering with sister organizations in the areas of hunting and shooting sports
- * Fostering relationships between novice and expert shooters
- * Educating women about firearm selection, safety and self defense

As for my personal story, I'm not sure when my discomfort with guns began. I grew up seeing a rifle in my dad's closet. It was grandfather's hunting rifle which was kept in the closet behind his clothes. My sisters and I knew not to touch it and frank-

ly, were not curious about it at all.

My next exposure to guns requires fast forwarding about 20 years. I was a parent living in Northern California.

"No guns toys for our kids," the members of our new mom group solemnly agreed. When someone suggested one of our kids might still play western or robber games with a gun formed by those innocent hands, we were all stunned into silence.

Present day...my dear friend takes me to the range in Pima County for the first time. I love it... my experience was not what I thought it would be. Gun debates, polarization and politics are nowhere to be found here.

We all shared a passion, with varying degrees of success, zealously determined to nail our shot just inside the precious center circle on the target. As someone with both a marketing and publishing background, I began to think that the real gun stories are here, inside the range. What happens here on a Saturday or Sunday morning is simply having fun target shooting. The seed of an idea was planted in my mind and I begin to wonder, "Why isn't this story being told?"

Months later, I reached out to Carol Ruh, a licensed, certified instructor,

co-founder of The Arizona Woman's Shooting Alliance, and all around amazing person.

After our initial meeting, she and her husband Pete (equally wonderful) invited me to stay at their home in New River to attend Carol's day-long shooting program for women.

Once there, my discomfort finally in check, I saw women supporting and learning from one another. This day was about more than just shooting, although that certainly would have been enough. It was about camaraderie, and education, and safety and defense.

Just as I had observed at the range in Pima County, I saw all ages and socio-economic groups. Judging from the bumper stickers on the cars outside, a spectrum political views also were present.

In this publication, we will share the untold stories of women, for they are the inspiration behind The American Woman Shooter. It will be a safe place for conversations about their love of, fascination with, and/or curiosity about guns.

Let's get started...enjoy!

Lucretia Free
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Getting to Know... Linda Gilbertson



Ladies, welcome to the premiere issue of American Woman Shooter Magazine. My name is Linda M. Gilbertson, CEO and Lead Instructor of LADIES DAY LLC, located in the beautiful White Mountains of Arizona.

As a contributing writer to this magazine, some background information on me, will establish my qualifications and the legitimacy of the information I'll be providing you in future issues.

My background is in Law Enforcement, as a police officer and a federal agent. Later I also worked the other side of the adversary system, in defense investigation and probation. During my career, I not only arrested and sent perpetrators to jail and prison, I also tried to keep them out. Both were interesting perspectives, as I watched the legal system battle to win their case.

Men's training in firearms begins as soon as they can walk as little boys, whereas women's training only develops with the onset of interest, generated by them. The basic information boys learn, on how to handle a firearm, and how to handle themselves in society, is

never considered important for women's development. When taught firearms by their husband or significant other, little time is spent on basics such as an explanation of caliber, difference in pistol mechanisms, sight alignment, sight picture, grip size, trigger pull, or follow through. You can't understand the chemistry, physics and economics of ammunition, if you don't understand the relationship between the components. Current firearms training for women is incomplete, and negligent in not providing mental conditioning as an aspect of that training.

Women don't bake bread without the knowledge on how to mix the yeast and liquids at the right temperature. They rarely make a dress without a pattern and the necessary tools to complete it. Why does society believe that you can learn to shoot competently, and survive the aftermath, without the proper education.

After Law Enforcement, I entered education with the desire to provide women with the power, both physically and mentally,

to live a life free of fear. I offer women survival in today's world, the basics of shooting and the mental conditioning necessary to survive. To stand up to victimization and succeed in personal protection is my goal.

See you in the next issue.

Linda was a Trooper with the Oregon State Police, a Special Agent with the Bureau of Alcohol, Tobacco, Firearms & Explosives, and a Defense Investigator and Probation Officer.

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Pictured from left to right: Toni Gleeson, Debbie Arnold, Shelly Harris, Leslie Christiansen, April Fortner, Felice Cohen, Carol Ruh.

Felice joined us from Colorado and the rest of the women are from Phoenix.

AWSA Program Targets Women Shooters

by Mary Katherine Harony

I recently had lunch with a lovely lady, a 5'2" grandmother with gray hair. The woman is Carol Ruh, President of the Arizona Women's Shooting Associates. Little did I know that this petite grandmother was carrying a .45 caliber Glock. When I asked if she always carried a gun her reply was "most times except when I'm in the shower".

Born and raised as a Jersey Girl, she was never exposed to guns and had a fear of them mostly due to the east coast culture. Coming to Arizona years ago opened another door, shooting a gun. Carol's fear almost got the best of her when she, husband and son went to a range.

Tears fell across her face, but when the most profound state-

ment was uttered to her as it was a life changing moment that few people recognize. She said the gentleman behind the counter said to her, "Madame, it's not the gun that kills, it's the person behind it:" Carol thought about that for a moment, decided he was right, and went shooting for the first time in her life. She said the best part of all of this experience was she had fun.

Carol took classes, and worked very hard to be an accomplished shooter and also doing competition, like Cowboy Shooting, using her new alias the Hungarian Devil.

She began to discover that there were other women who wanted a woman instructor instead of their husbands and boyfriends. Carol

decided that now was the time to become that instructor and help these other women.

She jumped in with both feet in 2001 and the Arizona Women's Shooting Associates was formed. Continuing her own education and her credentials read as such: NRA Training Counselor, Chief Range Officer, Certified Home Firearm Safety, Certified Pistol & Rifle, Personal Protection in the Home, and Refuse To Be A Victim, along with Certified DPS CCW instructor, and bodyguard training.

Carol is also the Women's Director for the Arizona State Rifle & Pistol Association. Being part of ASRPA give Carol to opportunity to take the Roadrunner program throughout the state and teach other women. "Without edu-

cation you will never find your level of confidence” said Ruh. She believes in this triangle effect of the 3C’s being Comfortable, Confident and Competent, and helps women achieve their goal in the sport.

“Teaching is about the most rewarding experience, watching someone who knows nothing and with fear, suddenly comprehend and enjoy the whole sport of shooting” said Ruh. Listening to her many stories of different circumstances you begin to take on what Carol feels and her passion for what she does.

Her group meets at the Ben Avery Shooting Range in north

Phoenix the 2nd and 4th Wednesdays of the month. Practice sessions are varied with drills for muscle memory, holster drawing, concealment practice, but always with a personal protection basis. Sometimes the ladies will do a round robin with shooting other guns on the line to keep everyone on their toes in knowing more than just their gun. Rifles are not out of the picture either and one of their more popular nights is the AR-15 practice.

I had a wonderful eye opening lunch with Carol and hope to go shooting with her soon. This has given me the author of this article a better understanding of the importance of women teach-

ing women. I can understand why the women blossom like a flower with no intimidation factor there.

They have the freedom to ask questions that would be afraid to ask otherwise in a coed class. I've also come to understand how it's OK to cry with tears of joy or fear from a past horrific experience. Women have an incredible sense of gathering in the support for one another and make it better.

If you wish to contact Carol her email is carol@azwsa.com or just give her a call at 602-571-3886. Also go on AWSA website for the shooting schedule and upcoming classes for the fall.

Arizona Shooter at 4H Nationals

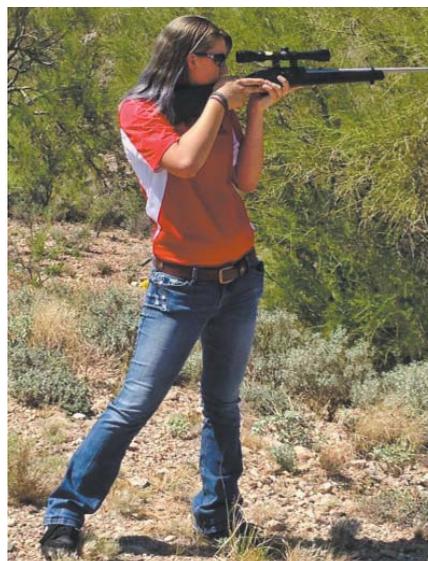
by Paige McIntosh

Arizona's 4-H clubs create a positive atmosphere where young people can make friends, develop new skills, become leaders and shape their communities. 4-H offers one of the few sports that allow males and females to compete against each other equally: shooting. The shooting team from Arizona qualified for the National Finals in Nebraska where they faced fierce competition.

John Whiteside, coordinator of the 4-H Shooting Sports Education, was impressed to be a part of the National Finals. For good reason, the event turned out over 500 competitors from over 36 states. The competition may have been intimidating, but the team

was prepared. Their hard work, dedication, and focus combined with the emphasis put on goal setting and progress for the State competition set them up to succeed.

One of the competitors stood out among her peers, Jessie Kimminau. Jessie, 17,



was unsure about how she had shot at the State competition. However, she did not need to worry because her skill with a 22 Rifle won her State. Arriving at the National Finals, Jessie faced very stiff competition. She would be up against 3 or 4 male shooters, but this only added fuel to her already very competitive fire. Jessie has been shooting since she was 11 with her dad. After joining 4-H, she realized she could make shooting a shotgun- her favorite gun - a serious passion. Jessie is planning on continuing shooting at the University of Arizona after graduating high school.

No doubt she will be a sharpshooter inside and outside the classroom.

8th Annual Wild West Western Festival

Voted the “Best in the West Wild West Show” in the U.S.

Arizona's, Biggest Western Event takes place October 25, 26 & 27, 2013, at Glendale's Historic Sahuaro Ranch Park, 9802 N. 59th Ave., Glendale, AZ, 10:00am to 5:00pm. The Arizona Press called it “A Wild West Renaissance Festival” and is an event where “History meets Hollywood”, as guests enjoy Wild West Comedy Gunfight and Stunt Shows, Wild West Trick Ropers and Gun Spinners, Trick Horse Shows, Live Music and Native American Tribal Dancers. Meet TV and Movie Stars, Dan “Grizzly Adams” Haggerty, Stuntman Neil Summers, Don “High Chaparral” Collier, Mike Moroff and Kevin “Hercules” Sorbo! Enjoy Pie Eating Contests, Tug of War, Sack Races and other Free Country Fair contests, plus Bounce Houses, Face Painting,

Train and Pony Rides and more! Tour Historic Buildings, do some Cowboy Fast Draw, enter a Costume Contest, explore 100's of Vendors & Artisans and don't forget to taste some great festival food or Chuck Wagon cooking! There's plenty of True West Moments to capture at the Wild Western Festival! It's not just another western event; it's a three day Wild West Theme Park! All Shows included with Admission!

Tickets: \$10-Adults, Military \$6, \$9-Seniors, \$5-Kids {5-12} and FREE- 4 & under and Parking is always FREE!

For further Details, Discount Coupons, Daily Ticket Specials and Multi Day Ticket Pricing and details about St. Mary's Food



Bank Sunday, visit the website at: www.wildwesternfestival.com or call: 623 882-9428 or 623 521-3856

Spicy Oven-Baked Venison

Cube 2lbs of venison into 1 inch cubes. Rinse and blot dry with paper towel.

Combine 1/2 cup of whole wheat flour with 1 tsp. smoked salt, 1 teaspoon curry powder, 1 teaspoon ground black pepper, 1 teaspoon paprika and finely chopped fresh rosemary.

6 cloves of garlic

Thoroughly mix spices with flour. Dredge meat pieces with seasoned flour.

Heat 1/4 cup olive oil in heavy skillet.

Add cubes of venison, And lightly brown cubes on all sides tossing in garlic cloves until they are translucent.

Add lightly browned cubes and garlic to baking dish with 1/2 cup water and 1/2 cup of red wine.

Cover dish and bake for 90 minutes. Garnish with fresh rosemary.

Serve with wild rice, couscous or mashed potatoes. Sautéed Brussels sprouts will finish this dish off quite nicely.

Try a bold red wine with hints of oak to make this meal memorable.



Cowboy Shooting

By Kathleen Kalina

President of Womenhunters

www.womenhunters.com

Dressing up like a cowboy and shooting period guns is Cowboy Shooting...?

Once a year an elite gun range south of Minneapolis holds a “ladies on the range” day open to any woman who wants to shoot.

The Dakota County Gun Range is an exclusive gun range with a waiting list for membership of several years, much like some upper class country clubs. To their credit they volunteer once a year to open their gates and offer an array of shooting to any woman who comes. Last year the entrance was free and over 550 women arrived. This created long lines and very expensive ammo to be consumed. This year they charged \$10 which included a free hamburger lunch, free ammo, and a choice of shooting any caliber of pistol, rifle, AK-47, muskets and cowboy armaments.

President of Womenhunters, Kathleen Kalina was there with friends to do

some cowboy shooting.

To enter the world of Cowboy shooting, the participant puts together a cowboy outfit and an array of period calibers from 1800’s Americana.

The cowboy shooting circuit is now a national sport where enthusiasts are somewhat like the Renaissance fair, Civil War re-enactors or Rendezvous gatherings. At a cowboy shooting, the gathering requires that cowboy dress be worn by both men and women. Raised stages of painted walls that mimic the old west towns are put up for the shooters to walk through and shoot moving targets of evil cowboys. The effect of the old west is complete. Some cowboy shooters have actual antique guns from the period

while others are able to buy a replica working gun.

For the “ladies at the range” day, volunteers dressed up and brought their own guns for women to try out.

Kathleen has hunted and fished in many places in the U.S, Alaska, Canada and Mexico. She hunts deer with bow and fire.



Kathleen Kalina shooting a .32 caliber single action pistol made famous as worn around the waist for quick draws in the old west.



Kel-Tec Innovation: the PMR-30™

by Kate Krueger

Thanks to some great folks at Kel-Tec I received a Cornucopia of Kel-Tec's to do some shooting with a little while ago. The first is the Kel-Tec PMR-30. This is one of those unicorn type firearms that everyone wants but are very hard to get. Now over the short time they've been available to the public I've only managed to get half a dozen for customers of mine and absolutely none to test fire. So I was really looking forward to this test.

About the PMR-30

Let's start with a little background information. The PMR-30 is a semi-auto pistol with a 30 round capacity of .22 Magnum [.22 WMR] and it comes with two 30 round double stack magazines in the box. When you get your first glimpse it almost looks like a funky water pistol or something built with black legos. It's slim and lightweight with a great set of fiber-optic sites. It has its own hybrid blowback/locked-breech system that lets you utilize a wide variety of ammunition as it adjusts based on the pressure of the cartridge between locked breach and blowback operation and a single action trigger.

The slide locks back after the last shot and a manual slide lock lever is also provided. Slide and

barrel are 4140 steel, frame is 7075 aluminum. Grip, slide cover, trigger, mag release, and safety levers are glass reinforced Nylon [Zytel]. Other features include: dual opposing extractors for reliability, heel magazine release

Technical Specifications

Calibers	.22 Magnum/ .22 WMR
Weight Unloaded	13.6 oz.
Loaded Magazine	6 oz.
Length	7.9"
Height	5.8"
Width	1.3"
Barrel Length	4.3"
Sight Radius	6.9"
Energy [40gr]	138 ft-lbs
Capacity	30 rounds
Trigger Pull	4-6 lbs
MSRP	\$415.00

to aid in magazine retention, dovetailed aluminum front sight, Picatinny accessory rail under the barrel, Urethane recoil buffer, captive coaxial recoil springs.

TECHNICAL SPECIFICATIONS

First Steps:

We wanted to test as many new shooters do and that's excitedly taking the gun right down to the range with little inspection and no cleaning or lubricating and

shooting it straight from the box. Some guns can handle this but some cannot.

Load that magazine:

So we started by loading up the magazine. Easier said than done in my case as I first tried to load it like a traditional handgun magazine when in fact [had I read the manual] it loads slightly more like a rifle magazine. If you look down at the top of magazine you will notice notches on each side of the feed lips about 1/2" away from the back of the magazine allowing for the 22 magnum cartridge to be pressed straight down and seated back. They refer to the notched area as the rim window. You want to tap the back of the magazine every few rounds on a flat surface to seat the rounds properly. Once you read the manual it's pretty amazing how easy the magazine is to load. Having read about folks not being able to get more than 26 rounds in the magazine I did not expect to get the full 30 rounds in the first time but I did.

Let the shooting begin:

The first round of testing was done with just my husband and me at Phoenix Rod and Gun Club. Now remember no cleaning and no lubricating was done on this

pistol out of the box. Having tried this with other firearms before my expectations were not high but I must say after a couple of "Failure to feeds" during the first magazine things went pretty smoothly. We put over 100 rounds through the gun and had a great time. We were not testing for accuracy as we were paying more attention to the function but I have to say there was not much left to the center of our IPSC cardboard target. Recoil:

I've been asked about recoil on this gun and all I can say is its minimal [not much more than 22LR]. But I will say someone watching our shooting session was shocked at how loud it was and the big orange muzzle flash. But that is really the bark being worse than the bite. This was proven out as we had a couple of new shooter's out with us during the next test session and once we put them into the right grip and stance they just wanted to keep on shooting.

Function:

Let's talk about that trigger... It's great! It is a pretty crisp 4-6lb and being a trigger junky I can be pretty critical. It's got some take up, which I expected, but it breaks very clean and if you are a Glock shooter resets beautifully. I was quite impressed with it.

As for the heel magazine release it was interesting and based on my experiences with the old European heel releases I thought I would absolutely hate it. Surprisingly based on its location and function it grew on me. It was not at all like the old style releases as it functioned so easily. No fumbling around trying to manipulate a small, stiff magazine release at the base of the magazine. In this case the magazine's dropped freely and it really suited the pistol.

Accuracy

As I mentioned earlier, even without working too hard at it the gun was pretty accurate. For those inquiring minds we were shooting at 10 and 15 yards away. At 10 yards the X ring was pretty much cleared out and at 15 yards our group opened slightly to include the 8 and 9 rings. We actually moved back to 25 yards and because of how easy it was to control we were able to hold everything in that 8 and 9 ring and were able to pick off some head shots in a pretty snug group and it didn't really seem to it out to when we were testing some rifles at 200 yards on steel and a young friend of ours managed to put a few "dings" on steel from that distance with some of our "junk" rounds.

Ammunition:

We, personally, have put over 300 rounds through the PMR-30 and would have put more if the ammunition had been more readily available. Add to that other testers for another 300-400 of the same types of rounds for a total round count of 600 plus.

We were able to test this with CCI 40gr Win Mag in both Total Metal Jacket [TMJ] and Jacketed Hollow Point [JHP]; Armscor 40gr JHP, Federal 50gr JHP and 40gr Full Metal Jacket [FMJ] and one box of Winchester 40gr, Super-X FMJ [and let's not forget the unknown mixed rounds from our other testers]. To me there was very little difference in recoil and shooting experience. And overall accuracy was similar. Also with 22 magnum becoming popular in defensive revolvers ammunition manufacturers are starting to offer higher velocity, defensive rounds which makes this gun just about perfect.

Overall impression ... Outstanding!

But in the end the PMR 30 loves to be clean. As good as the experience was the first time on the range with this gun it only got better once we used our favorite CLP [Cleaner/ Lubricant /Protectant] FrogLube to clean and lube it. The action was so much smoother and there were no failure to feeds at all. It has been through at least a dozen or more shooters and has risen to the occasion with each and every one. The comments that I heard most: "What a blast" and "When can I get mine?"

Bottom line it's just plain fun to shoot and makes a great go to gun. All our testers agreed that this odd little gun is a keeper!

Kate has a strong firearms and martial arts background. She is an NRA Instructor and a certified Arizona



Kate Krueger

Concealed Carry instructor as well. Her thirst for knowledge has led her to training facilities around the country, Smith & Wesson, Lethal Force Institute (now Massad Ayoob Group), Chapman Academy, Gunsite to name a few. Kate is very passionate about the United States of America and all it stands for particularly the 2nd Amendment and our Constitution. Today she brings all that passion and skill together for you with Talking Guns. You can listen to Kate, Sundays from 12-2pm on 1100KFNX Radio www.katekruegertalkingguns.com



Cathryne Czubek's "A Girl and a Gun"

by Andy Morales

Cathryne Czubek makes beautiful movies. The beauty of her cinematography in her work such as the short documentary called "On" and her numerous music videos has now spilled over into the beauty of the message that comes out her of her full-length documentary called, "A Girl and A Gun."

When you are about to see a movie with "girls" and "guns" in the title you might think you were about to see a movie that will either promote gun usage or attack it. I did. I did and I was wrong. Although guns and rifles are major players in her documentary, I discovered the movie was so, so much more than that. It was a film about the real-life struggles of the women in the movie and, perhaps, the struggles within all of us.

Part of those inner struggles include the issue of guns and gun ownership. It was not a pro-gun movie nor was it an anti-gun movie. It is a perfect film for our times. "I never set out to prove a thesis or promote an agenda while making this film," explained Czubek from her home in New York. "Rather it was a journey to understand how women relate to guns and gun culture in this country and how we culturally negotiate ideas of an armed woman.

"Quickly I discovered that almost everyone I spoke with had a very nuanced relationship with guns and gun ownership, that obviously reflected their own background and experiences, but very few were absolute about it or were unable to understand other perspectives. It's an incredibly

**17 MILLION WOMEN.
ONE LOADED ISSUE.**



A GIRL & a GUN
A film by Cathryne Czubek

FIRST RUN FEATURES PRESENTS A SALTED PRODUCTION
DIRECTED BY CATHRYNE CZUBEK PRODUCED BY CATHRYNE CZUBEK & JESSICA WOLFSON EDITED BY AMANDA MADSEN
MUSIC BY ANDREW HOLLANDER COSTUME DESIGNER JESSICA WOLFSON
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complex issue that we tend to discuss in black and white terms. Because the armed woman is such a distinct pop-culture icon, by focusing on women in this film I felt it allowed for an audience to approach current gun issues in a different way."

The documentary follows the lives of several women and their individual "journey" through life with their "guns" as the backdrop on how their weapons had different meanings at different points in their lives.

For instance, an inmate [Karen Copeland] who killed her girlfriend said about her rifle, "At first the weapon was something that I felt could protect me but it became a tool for destruction." Still, Tai Chi instructor Robin Natanel had mixed feelings about killing someone even if it meant saving her own life. Hunter Crissy Springer gave her 8-year-old son a rifle for Christmas even though her own brother was killed while

hunting at the age of 14.

In fact, every story within the documentary can be broken down to its own feature-length film. It is that powerful. Just as Czubek had to trim 10 years work and over 500 hours of film down to 75 minutes, there just is not enough space here to give her movie the full review it deserves. "I certainly explored and interviewed many female activists on the various political sides of gun rights and gun control," said Czubek. "What really resonated were the stories of average women who were really honest and not promoting an agenda.

I feel that what is missing from gun conversations today is everything but the politics."

http://firstrunfeatures.com/agirl-and-a-gun_synopsis.html

DVD is scheduled to be released on September 17 with many more scenes added.

Directed by: Cathryne Czubek

Produced by: Cathryne Czubek, Jessica Wolfson

Cinematography, Writing by: Cathryne Czubek



Conceal and Carry

by Carrie Lightfoot

Conceal and Carry, Concealed Carry, or CCW, is defined as the carrying of a handgun or other weapon in public in a concealed manner, either on one's person or in proximity. Concealed Carry for women poses some important questions and challenges. Women have some unique challenges to effective and safe concealed carry such as: holster locations on our curvy bodies, a variety of clothing styles that can make concealed carry challenging and the way a woman lives out her life.

The Supreme Court, in *District of Columbia v. Heller* [2008], ruled that the Second Amendment protects "the individual right to possess and carry weapons in case of confrontation". Self-defense is a fundamental right. The U.S. constitution, the constitutions of 44 states, common law, and the laws of all states recognize the right to use arms in self-defense. Right To Carry laws respect the right to self-defense by allowing individuals to carry firearms for protection. The laws change and it is imperative that you know the laws in your state and the permitting requirements prior to carrying your gun in a concealed manner. It is your responsibility to not only understand the concealed carry laws but also understand the seriousness of the responsibility you assume when you choose to concealed carry. As intelligent women, we instinctively know that we need to protect ourselves and that the world we live in, sadly requires us to always be aware of our surroundings and know that there are some very bad people out there that will do us harm. I don't want to dwell on the gruesome, painful realities and statistics of

the violent crimes against women, as The Well Armed Women is focused on empowerment. However, in making the decision to concealed carry as a woman it is important to be fully informed, and understand the need to protect ourselves, whether our personal plan includes concealed carry of a gun or other methods of self defense.

Once you have made the decision to carry a gun, there is one thing that is not an option and that is carrying a gun un-holstered. Whether you carry in your pocket, in a purse or in your belt, your firearm must be holstered and the trigger covered at all times. Carrying a concealed gun carries the great responsibility of being safe and trained how to use it.



Concealed carry for women has some very real challenges to comfortably and safely carry a concealed gun. Our clothing and our curves cause most of the challenges to carrying a gun on our person. On the body carrying is preferred and is the safest and best way for you to carry your gun. It is on you, within easy reach and the opportunity for someone who you don't want to get to your gun is extremely limited.

Let's start with the challenges our clothing present for effectively carrying a concealed gun.



Women tend to wear more fitting styles and many of the fabrics we love are thin and sheer. Naturally this can make it difficult to conceal a gun. Dresses pose an additional set of challenges as the absence of a belt add to the difficulty. Yet, to provide the security we desire, we must have our gun readily available and accessible to defend ourselves and yet be hidden from view. Women are shorter waisted and our curvy hips can change the way a gun carry's on our waist.

The Well Armed Woman has a driving focus to Educate, Equip & Empower women for self defense and to expand the world of firearms and to be voice for women everywhere. Reach her at Carrie@thewellarmedwoman.com info@thewellarmedwoman.com 888-572-7730

The Well Armed Woman was founded in 2012 by Carrie Lightfoot, an entrepreneur with a background in small business start ups, ecommerce and marketing. As a firearm enthusiast, and certified handgun instructor, Carrie has now set her sights on opening and expanding the world of firearms to women working to "demystify" the unnecessarily confusing and intimidating male driven industry.





Frontier Girls Troop #101 with the Air Force Honor Guard during Air Force Days in Sacramento, CA.

Frontier Girls on the Move

Frontier Girls was founded in 2007 as a scout like program to assist girls in becoming women of honor and to develop in them the confidence and strength to become the mothers and leaders of tomorrow. Their program focuses on life skills, leadership, character building, patriotism, service to others and a love of learning that is being lost in today's culture.

Frontier Girls' extensive badge selection contains something for everyone; from firearms and computers, to beekeeping and

painting. More than 1200 badges are divided between nine Areas of Discovery:

Discover Agriculture: poultry, beekeeping, farming, grain...

Discover Art: beading, drawing, painting, photography...

Discover Character: honesty, responsibility, modesty, patience...

Discover the Home: cooking, budgeting, pets, child care....

Discover Health and Safety: nutrition, soccer, fire safety...

Discover Science and Technology: astronomy, electricity, magnetism...

Discover the World: stamp collecting, travel, geography...

Discover the Outdoors: firearms, archery, hiking, camping...

Discover Knowledge: chocolate, spies, welding, reading...

Higher awards are offered for things like organizing a community service project, leadership, and understanding American history and government.

While Frontier Girls is still a fairly new organization, there are troops in 43 states and it is growing daily. Check out their website at www.frontiergirlsclubs.com or email any questions to kerry@frontiergirls.com.



Katie Cordy ziplining in Big Sky, Montana



Troop #101 kayaking on Whiskeytown Lake in Redding, CA

Girls Can't Do What?

by April Knoll

A few years ago Beth Vicory was a shy, timid young girl who had a hard time breaking out of her shell. That is until she discovered the Frontier Girls and learned that nothing was impossible, even with a disability. Now with over 250 badges to her name such as surfing and weaving, Beth has found her voice and a reason to keep pushing forward to inspire other young women. To date, Beth has achieved what no other Frontier Girl in the country has, earning two of the highly esteemed WOW awards, for accumulating 100 badges for her age level. However, that is just the beginning.

This 10 year old 5th grader from Chino Valley, Arizona doesn't let her Autism stand in the way of accomplishing her goals. From competing in the Special Olympics to performing at Diamondback games with her sign language choir, Beth is proving to be a tenacious advocate for what can be done by showing a little initiative. Beth has also been chosen as an ambassador for the Million Misfit Sock March,

an anti-bullying movement, based on the essay she submitted. Writing about a previous experience with an adult bully demonstrated that bullies can come in all shapes and sizes. But, no matter how big they can be, her confidence is bigger.

Being involved with the Frontier Girls and other activities has been a major force in building her self esteem and confidence. The kind that can only come from being active with other children while focusing on teamwork, character development and appreciation for Mother Nature. With so many accolades under her belt and countless more waiting in the wings, Beth is sure to be an inspiration to young women everywhere for years to come.

Here are some words of encouragement from Beth to those young ladies who need help breaking out of their shell too: "Just because you have a challenge doesn't mean you can't do stuff. It just means you have to work a little harder and do things a little differently than

someone else. There is nothing in this world that you can't do if you just keep trying and never give up. NEVER let someone else tell you that you don't belong, you aren't good enough or that you can't do something. Never, never, never give up! To give up means to give in to those people who would hold you back."

April Knoll resides in Tucson, AZ with her three beautiful children and wonderful hubby. She enjoys writing, the outdoors and camping trips with the family. April is originally from Georgia but lived in Tucson off and on growing up and now she is a true native. She is available for writing services, from songwriting to journalism. For more information please contact April directly. If you are interested in listening to some great music please visit <https://soundcloud.com/april-knoll>.



Beth Vicory shooting archery in Chino Valley, AZ.



Samantha Lockwood, Amy Light, Hannah Peasha, and Kristine Cordy in Redding, CA

SUN COUNTRY SHOOTERS CORNER

Clifford W. Saylor
Firearms Instructor

Part1: Why a Gun?

Hey everybody! Welcome to Sun Country Shooters Corner. Over the next few months I will be sharing some basic information regarding firearms. We'll be talking about firearm selection (primarily handguns), storage and maintenance, shooting fundamentals, and the use of a firearm for personal protection. Firearm safety will be a common theme throughout all of the articles as it is at the heart and soul of any firearm use. My personal definition of a successful firearm outing is to come home whole, with no extra holes!

It's not unusual to be asked the question, "Why do you carry a gun?" The usual reply is, "Because a Cop is too heavy!" I'm also frequently asked what firearm I prefer. That question requires me to specify what I'm going to ask the gun to do. Is this a gun to practice with at the range? Is this the firearm I'll be using on an upcoming hunt? Is this a firearm that I am going to bet my life and the lives of my family on? All of these are common uses of a firearm.

In my mind there are four primary answers to the question as to why I carry a gun. Recreation is right at the top of the list. Shooting is fun, a confidence builder, and it is a great family activity. Mom, Dad, and all the kids can be involved in this one.

Next is hunting. Yes, I do kill animals. Yes, I do eat animals. You will also find that my freezer is full of a variety of "organically" grown meat from a variety of animals. And, all of it is very healthy for you as it is low in fat and high

in protein.

Personal protection is a historical, fundamental use of a firearm. When seconds count, you and your gun may be the only thing standing between you, your family, and somebody that intends to cause you harm. There's an old saying, "God created man, Sam Colt made them equal!" I don't care who you are, when you have a firearm and know how to use it, that evens up a fight.

Fourth is competition. A lot of shooters spend a lot of time at the range "burning up ammo" practicing and competing in a variety of competitive firearm events. From simple games of "shoot the shot" to Olympic events, shooting brings out the competitor in most of us.

OK, now I have to admit, I fibbed a little about there being four answers to the question, there is a fifth - all of the above! Yes, shooting has been likened to an addiction, but it is a healthy addiction!

To end this month I want to highlight firearm safety by presenting four basic rules of firearm safety. There is an acronym, TAB +1 that I want you to remember. Treat every firearm as if it were loaded. Always point the muzzle in a safe direction. Be sure of your target and beyond. Keep your finger off the trigger until you are ready to shoot!

Have fun, be safe, and I'll see you next time at the Corner.

Located in Phoenix, Arizona, Cliff Saylor is the owner and lead instructor for Sun Country Outdoor Adventures. Classes offered include all types of firearms, personal protection classes, and outdoor skills classes including mentored hunts. Introductory handgun classes are Cliff's specialty. Cliff can be contacted by email at cwsaylor@cox.net.



Photo Courtesy Saverio Truglia

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