

Wang's Martial Arts

92-B Wilson Rd.
Humble, TX 77338
U.S.A.

Phone (281) 548-1638, (281) 682-3387
E-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

School Phone number:
281-548-1638,
281-682-3387 (Cell)

November 2014 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 12-11-2014, Thursday, 6-8:30 pm
5-8 yrs: 12-13-2014, Saturday, 1:30-3:30 pm
15 yrs +: 12-13-2014, Saturday, 3:30-5:30 pm
Must register on or before 12-09-2014.
Test fee : \$35.00 and up

Proverbs 12-11.

" Those who work their land will have abundant food,
but those who chase fantasies have no sense."

Tai Chi Rank Test

Date: 11-22-2014 (Sat.)
Time: 12 noon – 2:00 pm

Black Belt club & Accelerated program rank test:

Date: 1-10-2015 (Saturday)
Time: 2 - 4:30 pm

Basic Sabor class - Date: 12/5, 12/12, 12/19 (Friday), Time: 8 - 9 pm,
Cost: \$49.00 / \$24.50 for Review
Nunchaku Class - Date: 12/20/14 (Saturday), Time: 1 - 2 pm, Cost: \$19.00
Advance Sabre Class - Date: 11/7, 11/14, 11/21, 11/28, (Friday), Time: 8 - 9 pm,
Cost: \$ \$69.00 / \$34.50 for Review.
Basic Bo Class - Date: 1/9/15, 1/16/15, 1/23/15, 1/30/15 (Friday), Time: 8 - 9 pm,
Cost: \$49.00 / \$24.50 for Review

Brown and Black rank test

April 07, 2015 (Tue.) 6 – 8 pm
April 09, 2015 (Thur.) 6 – 8 pm
April 11, 2015 (Sat.) 9 am – 3 pm

Kung Fu Test results - 11/1/14.

Jared Torres - Yellow
Joel LeBon - Orange/stripe
Jeannette Osterman-Adams -
Orange/stripe

Tai Chi Test results - 8/9/14.
Dung Nguyen - Red
Margaret Swavely - Brown



Rank Test picture - September 27, 2014.

There is no class on November 27, 2014 (Thursday) due to Thanksgiving Day.
To celebrate Thanksgiving Day, Buy American Made.

There are no class from December 24 (Wed.) to December 27, 2014 (Sat.) Christmas Holiday.
There are no class from December 31 (Wed.) to January 1, 2015 (Thur.) New Year Day.

Wang's Martial Arts College Student
Scholarship Fund:
2009 Scholarship Fundraising Banquet -
\$628.98

Inner-School tournament:
December 5, 2009 - \$105.00
March 6, 2010 - \$85.00
July 10, 2010 - \$100.00
December 6, 2010 - \$105.00
March 19, 2011 - \$80.00
June 4, 2011 - \$115.00
September 10, 2011 - \$150.00
December 3, 2011 - \$110.00
March 3, 2012 - \$150.00
Outdoor Training (3-25-12) - \$100.00
June 30, 2012 - \$160.00
September 29, 2012 - \$185.00
December 15, 2012 - \$125.00
May 4, 2013 - \$90.00
August 10, 2013 - \$105.00
November 2, 2013 - \$85.00
March 29, 2014 - \$90.00
August 2, 2014 - \$90.00
November 8, 2014 - \$45.00
**Total - \$2613.98 - \$300 - \$300 =
\$2013.98**

**\$300 scholarship to Ms. Megan Payne
on 06-04-12**
**\$300 scholarship to Mr. Wilfred Hung
on 06-24-13**

Current student at Wang's Martial Arts
who is taking 12 or more college credit
hours at semester final report card:
All A's - \$300.00
A & B's - \$200.00
All B's - \$100.00

Current Black Belt at Wang's Martial
Arts who is taking 6 or more college credit
hours at semester final report card:
All A's - \$500.00
A & B's - \$300.00
All B's - \$200.00

Tournament Points: Don't forget to turn in your
points after each tournament for a chance to win
a seven foot trophy at the Chinese New Year
Banquet!
1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts;
Participation-3pts

Report Card Points - Turn in your report cards
all year long for a chance to win a seven foot
trophy at the Chinese New Year Banquet!
All A's-12pts; A's & B's- 9pts; All B's-6pts;
Turn in your report card - 3pts

New Student:

Tri Tran
Julius Herron, Jr.
Alex Lara
Kaeden Sims

Welcome!

Red, Brown and Black Belt Class

Every Saturday morning from 9:00 - 10:00 am

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 11-29-14 (Friday)
Time: 1:00 - 2:00 pm

Nunchaku Class:

Date: 12/20/2014 (Saturday)
Time: 1:00 - 2:00 pm

Conditioning & Reaction Drill Class:

Age 5 - 14 years old
Date: 11/13/2014 (Thursday)
Time: 8:00 - 9:00 pm

Age 15 - 98 years old
Date: 11/06/2014 (Thursday)
11/13/2014 (Thursday)
11/20/2014 (Thursday)

Time: 8:00 - 9:00 pm

Tournament Point:

Madeline Briles	60
David Ah-Bel Lara	42
Chantel Moody	21

Be sure turn in your tournament point.
For point 2014, every one must turn in
before 12-31-2014.



November Birthday

Terry Robertson	11/29
Darren Bush	11/20
Madeline Briles	11/04
Dan Sullivan	11/07
Betty Stanley	11/16
Robert Cale	11/04
Jefferson Ordenez	11/01
Lakshmi Ordenez	11/05
Troy Robinson	11/06
Santiago Guerrero	11/10
Cade Vickery	11/18
Pablo Garzon	11/22
Ed Green	11/16
Shawna Rencher	11/02
Jameson Ezzell	11/06
Cleotis Washington	11/16
Dominic Venegas	11/27
Aiden Setia	11/30

Happy Birthday

Report card point:

Jarrett Almond	8.25
Alfred Kai Marayag	6.75
Jameson Ezzell	5.25
Libeth Nunez	4.50
Madeline Briles	3.00
Joseph Hellsten	2.25
Dezi Hellsten	2.25
Jordan Godfrey	2.25
Luis Nunez	2.25
Kendell People	2.25
Mark Lmones	1.50
Joseph Alonso	0.75
Luis Limones	0.75
Julian Rosas	0.75

Be sure turn in a copy of your report card as
you receive it. For point 2014, every one
must turn in before 12-31-2014.

* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking. All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

Family Special

Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month	\$139.00	\$125.00	\$69.50	\$69.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

Effective: December 1, 2014

<u>KUNG-FU class schedule</u>			
Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue./Thur. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue./Thur. Mon./Fri. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 5:00 - 6:00 PM (Parents in Tai Chi class) 6:00 - 7:00 PM 10:00 - 11:00 AM
<u>TAI CHI CHUAN</u>			
All ages		Tue. Sat. Mon./Wed./Fri. Wed. Tue./Thur.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM

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(281) 682-3387, (281) 548-1638

www.WangsMartialArts.com



Kung Fu Brown & Black Rank Test Results - 10/18/14



Ayden Sowers - Brown
Conner Roll-Bush - Brown/stripes
Brandon Roll-Bush - Brown/stripes
Kevin Papa - Jr. Black

Charles cates - Brown
Karen Clarke - Brown/stripes
Susan Fishman - Brown/stripes
Theunis Oliphant - Black (1st)

Congratulations!

Costume making class for March 14, 2015.

Date: 12/6/14 (Saturday)

Time: 2 - 3 pm.

Place: Wang's Martial Arts

By Sifu Rafael Gonzales



Wang's Martial Arts 13th Annual Lunar New Year & World Peace Martial Arts Festival

Presented by
Victor Cheng Scholarship Fund, Rotary club of Humble Intercontinental,
Wang's Martial Arts,
Wu Martial Arts Scholarship, World Kung Fu News



March 14, 2015 (Saturday)
Humble Civic Center
8233 Will Clayton Parkway
Humble, TX 77338

MC by Mr. Victor Makris (Makris Law Firm, P.C.)

Supporting Sponsors:

American Society of Karate, Hebei Chinese Martial Arts Institute, Wu Martial Arts Association, USA Chen Tai Chi federation, Shaolin Kung Fu Academy, Jimmy Wong, George Hu, John S. Wang, Paul Chu, Raymond Montoya, Gary Jones, Willie Glass, Jack Santos, Russell Haws, Tye Botting, Abel Martinez, John Paulson, Esmerald Sanchez, David Barnes, Shawna Pietrangelo, Daniel Thibodeaux, Richard Strickland, Allen DeWoody, James Moricca, Marilyn Kidd, Willie Dotson, Danny Romine, Ed Green, Steve Alonso, David Neighbors, Susan Fischman, Marvin Henderson, Richard Dunsmore, Robert Kerr, Rafael Gonzales, Chuck Chretien, Darren Bush, Douglas Jasper, Padraic Gilbert, Nigel Singh, Sue Diaz, Jesse Diaz.

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Wang's Martial Arts 13th Lunar New Year World Peace Martial Arts Festival Schedule

Date: March 14, 2015 (Saturday)

Place: Humble Civic Center

Spectator Ticket: \$10 - (age 15 years old plus), \$5 - (age 5 to 14 years old), Free for 4 years old under.

9:00 am - 5 pm, World Peace Martial Arts Festival:

Martial Arts group demonstration .

Lion Dance performance.

Costume competition (individual or group).

Traditional Dance performance.

Oriental Fashion Show competition . (individual or group).

Kicking contest.

Games and activities -

Bow and arrow, throwing star, blow darts, Moon walks, Board Breaking, more.

Culture events - calligraphy, Brush painting, Traditional arts etc.

More details will follow.

6:00 pm - 1. Reception & Dinner (Dinner ticket - see next page.)

7:00 pm - 2. Evening program begin - Guitar by Victor Makris and Russell Martino
MC by Mr. Victor Makris (Makris Law Firm, P.C.)

3. Lion Dance by Lee's Golden Dragon.

Singing of National Anthem US (by 2014 Miss Houston Isis Small).

4. Welcome to the 13th Annual Chinese New Year and Award Banquet (MC: Victor Makris)

A Memorial Tribute to the Life and Achievements of

Grandmaster Victor Cheng & others (Luis Garza, Nancy Green, David Manning, Ken Hogan, Paul St. Amand, Rand Warzeka, Steve Alonso, Mr. Barnes, All Unknown Animals. (Narrated by Mr. Steve Christopherson).

5. Fashion Show, Pass out red envelopes

6. Traditional Dance

Guest Speaker - Grandmaster Bill "Superfoot" Wallace

7. Tournament Points

8. Report Card Points

9. Special Thanks to those who made this event possible.

(5 minutes intermission).

10. Entertainment Program - Traditional Dance

11. Martial Arts group demonstration performs. Kicking contest champion.

12. Singing by "Four Rose Sisters" (Chantel Moody, Liliana Campa, Valerie Campa, Melanie Campa).

13. World Peace Martial Arts - Hall of Fame.

Introduce 2014 HOF, Induct HOF for 2015 (by Mr. Steve Christopherson).

14. Prize Drawing (must present to win).

Conclude.

* Tentative schedule, subject to change. See program book on the day of event.

Wang's Martial Arts

13th Annual Lunar New Year & World Peace Martial Arts Festival Dinner

Date: March 14, 2015 (Saturday)

Festival ticket: 10 am - 5 pm, Admission \$10 (age 15 years old & plus), \$5 (5 to 14 years old), Free (4 years old & under)

Dinner

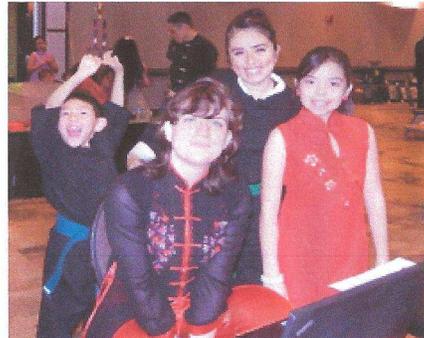
Time: 6:00 pm - 7:00 pm (Reception & Dinner)

7:00 pm (New Year program begin)

Place: Humble Civic Center
8233 Will Clayton Pkwy
Humble, TX 77338

Cost:

Age	Section I	Section II	Section III
4 years old under	\$20.00	\$15.00	\$10.00
5 - 14 years old	\$40.00	\$35.00	\$25.00
15 years old plus	\$55.00	\$45.00	\$35.00
A Table	\$500 (10 people)	\$350 (8 people)	\$250 (8 people)



For more information:

Wang's Martial Arts
92-B Wilson Road
Humble, TX 77338 (281) 682-3387, (281) 548-1638

Registration Form for Lunar New Year dinner event

Name: _____ Date: _____
Address: _____ City: _____ Zip: _____
Home Phone: _____ Other phone: _____ Age: _____
e-mail: _____

\$50 deposit will reserve a table. Balance due on or before 12/31/14.
Your name will be entered for i-pad drawing.

Act fast to get best spot.



Stage Area
Section I
Section II
Section III

Mission Statement:

Martial Arts training for health, fitness, self defense, discipline, concentration, focus, respect, character and building proper attitude.

Showcase Traditional cultural ideas to promote harmony and peace among people worldwide.

To increase vegetarianism in order to reduce cruelty to animals, improve human health, protect the environment and preserve world food resources by encouraging plant-based choices through education, information.

For the benefit of everyone's health, eat vegetables, fruits, grains and be kind to all animals. World Peace is possible and can be achieved.



Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

- 10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.
- 9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.
- 8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.
- 7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.
- 6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.
- 5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.
- 4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.
- 3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.
- 2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.
- 1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

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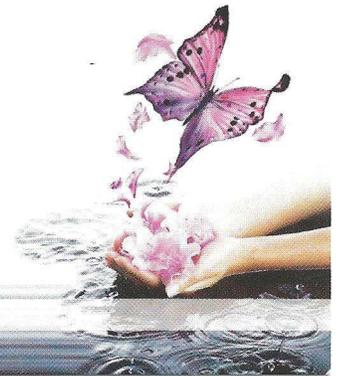
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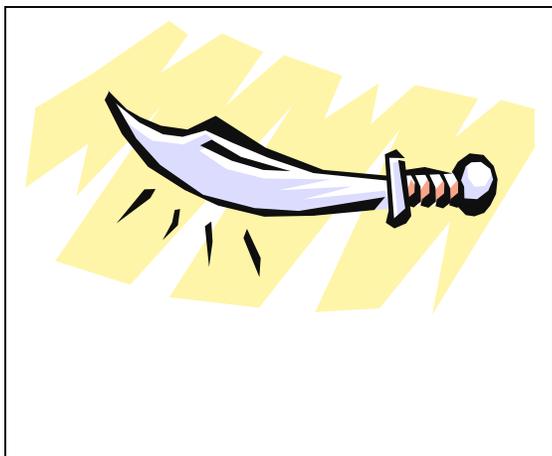


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U.S.A.

Phone (281) 548-1638
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e-mail wang3888@embarqmail.com
Web site www.WangsMartialArts.com

Advance Sabre



Date: November 07, 2014 (Friday)
November 14, 2014 (Friday)
November 21, 2014 (Friday)
November 28, 2014 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts
92 – B Wilson Road
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Pre-requisite: Took Basic sabre before.
Adults (15 years old and up) –
Red belt and up.

Jr. students (5–14 years old)- Brown belt and above.

Fee : \$69.00
\$34.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

Phone (281) 548-1638, (281) 682-3387
E-mail wang3888@embarqmail.com
Web site [http://www. WangsMartialArts.com](http://www.WangsMartialArts.com)



Nunchaku Class

Date: December 20, 2014 (Saturday)

Time : 1:00 - 2:00 PM

Place : Wang's Martial Arts
92 – B Wilson Road
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$19.00
Free for Brown, Black, Jr. Black
& Accelerated program.

Age 15 to 80 year old - Yellow belt above.

Age 9 - 14 years old - Yellow belt above

Age 5 - 8 years old - Green belt above

Need bring your own nunchaku or purchase a foam nunchaku for \$7.95 - \$14.00

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (Cell): _____

e-mail: _____

Amount paid _____ .

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Web site www.WangsMartialArts.com

Basic Sabre Class



Date : December 05, 2014 (Fri.)
December 12, 2014 (Fri.)
December 19, 2014 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
92 – B Wilson Rd.
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

Pre-requisite: 15 years old and above, yellow belt +
5 -14 years old, green belt above.

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

PHONE (HOME): _____ PHONE (WORK): _____

Cell phone: _____ Amount Paid _____

Phone (281) 548-1638, (281) 682-3387
e-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 1-24-2015 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
92 – B Wilson Road at First St.
Humble, TX 77338
(281) 548 - 1638
Entry Fee: \$45.00 up to two events
\$5.00 additional event
\$5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.
Encouragement awards are given for everyone who does not place.

***** **FORMS*******

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

***** **WEAPONS*******

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Adv.

***** **SPARRING*******

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)
Ages 9-14 Beg./ Int./ Adv. (Boys)
Ages 9-14 Beg./ Int./ Adv. (Girls)
Ages 15-17 Beg./ Int./ Adv. (Boys)
Ages 15-17 Beg./ Int./ Adv. (Girls)
Adult Men Beg./ Int./ Brown & Black.
Adult Women Beg./ Int./ Brown & Black

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____, STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____

Inner-school tournament result - 11/8/14

Kung Fu FORM

Ages 5-8 Int. - 1st. Aiden Trayal
Ages 9-14 Adv. - 1st. Kevin Papa, 2nd. Dezie Hellsten, 3rd. Daniel Rosendo.
Ages 15-80 Adv. - 1st. Dennis Cruiz , 2nd. Chantel Moody,

Kung Fu/Tai Chi WEAPON

Ages 5 - 14 Int. - 1st. Kevin Papa, 2nd. Dezie Hellsten, 3rd. Madeline Briles
Ages 15-80 Adv. - 1st. Dennis Cruz , 2nd. Polly Ferguson, 3rd. Paul Turk.

Tai Chi FORM - Adv. 1st. Polly Ferguson, 2nd. Paul Turk.

SPARRING

Ages 5-8 Int. - 1st.. Madeline Briles 2nd.. Aiden Trayal.
Ages 9-14 Adv. - 1st. Kevin Papa , 2nd. Daniel Rosendo, 3rd. Dezie Hellsten .
Ages 15-80 Adv. - 1st. Dennis Cruz, 2nd. Chantel Moody.





Published: April 1, 2014 Updated: 07:58 April 1, 2014

Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

Creating an appreciation for nature in our children is one way to promote future generations of environmentally friendly adults. It also helps our kids learn to enjoy the simple beauty and pleasure found in the natural world. While younger children may not be so keen on reflection, they do love to collect things. For an engaging activity that promotes a love of the outdoors for two- to eight-year-olds, consider a Nature Table. It works like this:

You will need a small, low table to place in a common area of the house, such as the living or dining room. This is your Nature Table. When you are out and about with the children, allow them to collect one or several items to bring back and place on the Nature Table. The only rule is that the objects must be natural. Kids will love finding these treasures, like rocks, leaves, sticks and so on. Allow them to play with the items on the table and rearrange them as they wish.

Here are some tips to have fun with your Nature Table:

- Create different themes for the table, such as the seasons or rocks, leaves or sticks.
- Go on a weekly Nature Table walk to find treasures.
- Cover the table with different colors of fabric for a change or to mark a change of season.
- Change the Nature Table on specific days, such as winter and summer solstice or the first day of a season, to connect your child to seasonal changes in nature.
- Place a magnifying glass on the table to inspect items close up.

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e-mail wang3888@embarqmail.com
Web site www.WangsMartialArts.com

Baisc Bo



Date: January 09, 2015 (Friday)
January 16, 2015 (Friday)
January 23, 2015 (Friday)
January 30, 2015 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts
92 – B Wilson Road
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Pre-requisite: Adults (15 years old and up) –
Yellow belt and up.

Jr. students (5–14 years old)- green belt and above.
(Minimum 6 people register.)

Fee : \$49.00
\$24.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

For the benefit of everyone's health, eat vegetables, fruits, grains and be kind to all animals.



Humble, October 1, 2014

The Rotary Club of Humble presented a \$10,000.00 check to The Village Learning Center. The funds donated will help provide operational support for their medical services programs at their Day Program and Assisted Living Facility. It will help to fund staff salaries, equipment and supplies. The staff includes two licensed vocational nurses, two certified nurse's assistants, a medical assistant and a part time registered nurse.

The Village Learning Center is the largest provider in the Northeast Houston area for individuals with Developmental Disabilities (IDD) serving more than 140 clients on a monthly basis. More than half of the individuals served in the 5 operations; Licensed Childcare, Licensed Assisted Living Type B, Adult Day Program, Transportation, and our Vocational Program, have underlying medical diagnoses, which require medical assistance on a regular basis.

The presentation was made as the Board of each entity, Humble Rotary and Village Learning Center met together. Susan Brodbeck, President of Humble Rotary, presented the check to Kimberly Ann Brusatori Founder/CEO of the Village Learning Center. Kimberly thanked the members of the Rotary Club of Humble for their significant support. She stated "we are truly humbled and grateful for your commitment to our mission and hope to continue our long and lasting relationship now and in the future."



The Rotary Club of Humble has contributed more than \$1,600,000 to humanitarian needs in the past 16 years. Included in this has been more than \$350,000 to local social services institutions. The community supports the fundraising of the Rotary Club of via support of its annual Humble Rotary Festival, Eat Fish, Change Lives event. More than 40 local firms have supported this event via an annual sponsorship. More than 1000 attended this event this past year in March. This year's event will be held on May 2, 2015.

Humble, September 29, 2014

The Rotary Club of Humble presented a \$7000.00 check to HAAM to assist them in purchasing a truck. Humble Rotary is also developing an additional support of \$6000.00 via a District Rotary Grant where \$3000.00 from the Rotary Club of Humble will be matched with \$3000.00 from other Rotary clubs in District 5890. The net amount will be \$13,000 to assist HAAM in purchasing a much needed truck.

The presentation was made as the Board of each entity, Humble Rotary and HAAM met together. Susan Brodbeck, Humble Rotary, presented the check to Millie Garrison, Acting Director of HAAM. Also pictured is Darryl Chandler, President of HAAM's Board.

The Rotary Club of Humble has contributed more than \$1,600,000 to humanitarian needs in the past 16 years. Included in this has been more than \$350,000 to local social services institutions. The community supports the fundraising of the Rotary Club of Humble via support of its annual Humble Rotary Festival, Eat Fish, Change Lives event. More than 40 local firms have supported this event via an annual sponsorship. More than 1000 attended this event this past year in March. This year's event will be held on May 2, 2015.



WORLD STAR CHINESE MARTIAL ARTS COMPETITION



世界之星中華武術錦標賽

Dear Friends,

The World Star Chinese Martial Arts Competition hosted by Wu Martial Arts Association (WMAA) will be held at Marriott Westchase Hotel in Houston, Texas and scheduled for March 20th - 22nd, 2015. In this event WMAA will host workshops, seminars and friendly competition. The event will set a common ground for all Chinese martial arts lovers to exchange techniques and help the younger generation to understand the true meaning of Chinese martial arts.

WMAA cooperates with all Chinese Martial Art communities. Together, we promote Chinese Martial Arts through competitions in Houston and throughout the world.

We are looking forward to see you at the 2015 tournament in Houston, Texas.

Sincerely,
Ernie Wu



GRAND CHAMPION CUPS

being awarded in
all Advanced Categories:
Traditional Kung Fu, Wushu,
Taiji & Other Internal.

★ Honor medals will be awarded to
all kids 12 and under who place after 3rd.

Time: March 20 - 22, 2015
Place: Westchase Marriott
Houston, TX

Saturday night 7 pm
Chinese Martial Arts
Exhibition

Free admission w/ ticket

More than
400 Divisions
Tradition Kung Fu,
Wushu, Taichi,
Xing Yi, Bagua,
Wing Chun, Sparring,
Push Hands,
Chi Sao
and much more...

EVENT SCHEDULE

FRIDAY, MARCH 20, 2015

6 - 8 pm On-site Registration

SATURDAY, MARCH 21

8 - 9:30 am On-site Registration

8:30 am Official's meeting

9:30 am Open Ceremony

6:00 pm Competition Ends

7:00 pm Martial Arts Exhibition

SUNDAY, MARCH 22

8:00 AM Seminars

2900 Briarpark Dr. Houston Texas 77042



We have secured the special rate of **\$109.⁰⁰**/night for Single or Double
Occupancy and we recommend that all out of town guests stay here for
both convenience and value.

To make reservations by phone please call **800-452-5110**
and mention "Kung Fu competition"

Fee: Registration

\$65 (includes 1st event)

must be received by 3/7/15

\$20 Late Fee if received after 3/7/15

\$20 per additional event after the 1st

\$20 compete for Grand Champion

(Level IV only**)

\$80 per Group event

Spectator:

Adult \$20, Kids (12 & under) \$10

FREE CMA Exhibition/Saturday 7 PM

Registration and more details, please check: www.kungfuppetition.com

Contact Information: Ernie Wu / Wu Martial Arts Association

(713) 780-4007 • E-mail: wumartialartsassociation@gmail.com

Phone (281) 548-1638, (281) 682-3387 (cell)
Email: wang3888@embarqmail.com

Chinese Vegetarian Food & Tour Chinatown

Date: 12-27-2014 (Saturday)

Time: 10:00 am - Meet at Wang's Martial Art.

Place: 11:15 am -
Pine Forest Garden Vegetarian Restaurant
9108 Bellaire Blvd. At Ranchester.
Houston, TX 77036
(713) 772-2888
(281) 682-3387 (Cell phone for Master Wang)

1:00 pm Ten Thousand Luck Trading for Chinese Cloth
& Mulan Asian market
9866 Harwin dr.
Houston, TX 77036
(713) 975-8889



Cost for Food: \$12.00 for 10 years old and above.
(Including food, tax, tip, soft drink or tea.)
\$10.00 for 9 years old and younger.

Registration Form

Name : _____ . **Date :** _____

Address : _____

Home Phone : _____ . **Work Phone :** _____

Cell Phone : _____

Number of People (10 years and above): _____ x \$12.00 = _____

(9 years and younger) _____ x \$10.00 = _____

(Total Amount Paid) = _____

Vitamin D May Help Ease Asthma

(Article from Energy Times)

People with asthma who are deficient in vitamin D are 25% more likely to suffer an acute attack, according to a study in the journal *Allergy*.

Researchers at Tel Aviv University came to this conclusion after analyzing data taken from 21,000 Israelis who have asthma, in which an inflamed, narrowed airway can lead to episodes of extreme shortness of breath.

The study team took other asthma predictors, such as smoking and obesity, into account.

“Vitamin D has significant immunomodulatory effects and, as such, was believed to have an effect on asthma,” said lead author Ronit Confino-Cohen, MD. “Our present study is unique because the study population of young adults is very large and ‘uncontaminated’ by other diseases. We expect that further prospective studies will support our results.”

The researchers recommend vitamin D screenings for people with poorly controlled asthma. Confino-Cohen said that for those with low levels, “supplementation may be necessary.”

According to the Centers for Disease Control, 18.7 million adults and 6.8 million children in the US have asthma, which accounts for 1.8 million emergency room visits each year.

Overweight Teens Have Trouble Controlling Diabetes

MAY 2012—It’s bad enough that a third of US adolescents weigh more than they should. Now we learn that type 2 diabetes is much more difficult to control among overweight teenagers than it is among heavy adults.

A multi-institutional study team followed 669 youngsters between the ages of 10 to 17 for about four years. All were overweight or obese and had been recently diagnosed with type 2 diabetes, the kind associated with excess weight. Their glucose levels were stabilized with metformin, a standard diabetes drug, after which the participants were split into three groups. All the groups continued on

metformin; one added diet and exercise counseling, and another took metformin along with a drug called Avandia.

By the end of the study, half of the teens who took metformin only had to start taking insulin to control their glucose levels. Those in the other groups did somewhat better, but not by much.

The study, funded by the National Institutes of Health with medications donated by drug manufacturers, has been published in the *New England Journal of Medicine*.

“It’s frightening how severe this metabolic disease is in children,” David Nathan, MD, director of diabetes research at Massachusetts General Hospital and one of the study authors, told the *New York Times*. “It’s really got a hold on them, and it’s hard to turn around.”

Type 2 diabetes used to be labeled “adult onset” because it would generally first appear in midlife. In this type, the pancreas still produces insulin but the body’s cells resist its effects. Type 1 diabetes, the “juvenile” variety, is an autoimmune disorder in which the immune system attacks the cells that secrete insulin; patients usually need to go on insulin therapy early in life.

Green Tea Compound May Help Fight Leukemia

JUNE 2009—A compound responsible for green tea’s healthful properties has helped people with a form of leukemia in one early, but promising, trial.

Scientists at the Mayo Clinic in Rochester, Minnesota led a research team that gave eight different dosages of epigallocatechin-3-gallate (EGCG), the main phytonutrient found in green tea, to 33 patients with chronic lymphocytic leukemia (CLL), the most common leukemia type in the US. The dosages ranged from 400 mg to 2,000 mg twice a day. Most of the patients experienced an improvement in symptoms and those who had enlarged lymph nodes saw a 50% decline in node size. Others experienced declining levels of abnormal white blood cells. Side effects, such as nausea, were mild.

The researchers reported their results in an early online issue of the *Journal of Clinical Oncology*. They have already enrolled volunteers in the next phase of this study, in which everyone will get 4,000 mg of EGCG a day.

CLL, which currently has no cure, tends to strike older adults. Some patients live with the disease for years; others have a more aggressive, fatal form. Conventional CLL treatment involves “watchful waiting” to see if the disease will progress.

8 Excellent Immune System Boosters for Kids - In partnership with Natural Vitality (article from Taste for Life)

Fall brings a host of changes—kids head back to school, the leaves turn and the weather cools down. This transitional time can leave children more susceptible to illness. We consulted with natural health experts for some easy ways that parents can support their kids’ immune systems and hopefully avoid pesky colds and other illnesses. Here’s the lowdown:

Avoid getting cold. Lauren Feder, MD, author of *Natural Baby and Childcare* (Hatherleigh, 2006), advises to avoid swimming during changing fall weather and to add an extra layer of light clothing to ensure children stay warm during abrupt weather changes. She also says a hot water bottle in bed at night is a great way to warm up quickly

Offer high-vitamin foods. Foods rich in vitamin C, such as grapefruit, lemons, limes, bell peppers, broccoli and goji berries, are effective in helping to boost immunity, says licensed acupuncturist and nationally certified herbalist Lexi Hagenson. “So in terms of meals and snacks, I would encourage parents to offer their children foods like veggie pizza, trail mix and yogurt parfaits.”

Adequate sleep. With the excitement and stress of returning to school, experts agree that not just adequate, but even some extra, sleep can go a long way in boosting immunity, and mood. Feder cautions to ensure adequate sleep during the busy holiday season as well, when we are susceptible to illness such as the flu.

Minimize sugar. Sugar can depress the immune system, says Hagenson. “Avoid giving children packaged sugary foods and drinks as much as possible,” she says. Offer vitamin-rich fruits as treats instead.

Eat moisturizing foods. Our bodies can have a difficult time adapting to weather changes, such as dryness, that accompany a new season, making us more susceptible to illness, according to Hagenson. She suggests serving kids nuts, seeds, pears, honey and organic yogurt, which she says are all great at moistening the body internally to protect it against the dry fall environment.

Go for gut health. Probiotics are also an excellent way to boost the immune system by increasing healthy gut bacteria, which can then properly fight off bad bacteria and germs. “Kefir smoothies are a nice way to give your child probiotics,” Hagenson suggests. “Just blend plain kefir with a mix of fresh or frozen fruit and a touch of honey or maple syrup as necessary.”

Keep the ears clean. The ears may also be an entry point for illness-causing bacteria, so keeping them clean may prevent illness especially in preschool-age kids, according to Dr. Feder. “At bath time simply put a few drops of hydrogen peroxide in each ear. The solution will bubble and there may be a little stinging. Within a couple minutes, the liquid will drain out.”

Essential oils. When added to a bath, a couple of drops of eucalyptus or cinnamon essential oil really help to open the sinuses, Hagenson says. Lavender or chamomile can be calming. Try and keep the bathroom as steamy as possible when using the oils.



Introducing the Next Super Green - In partnership with Natural Vitality (article from Taste for Life)



Unless you garden and grow broccoli yourself, you may not know that this popular vegetable grows amid plentiful leaves. Yup, the stuff you see in markets is just the florets, or crown, of the broccoli plant. So what happens to the leaves? Depending on the farmer, they get tossed or composted—but eaten, not so often. One company though is working to change that, and BroccoLeaf is turning the maligned broccoli leaf into a culinary superstar.

It all began when the produce company Foxy was doing a juicing demo and an employee brought in some broccoli leaves. The team tested the leaves and the result was delicious—and nutritious. They decided to bring the leaves to market under the name BroccoLeaf. The dark green leaves of the broccoli plant have all the major health benefits of broccoli; a serving delivers an adult dose of vitamin C and it's packed with folate and calcium.

Celebrity registered dietitian Ashley Koff is very excited about Foxy bringing its BroccoLeaf product to market. “OK, so I am a broccoli addict—just the florets until now—so I may be biased. But I love the taste of the leaves. I love that it's organic and

non-GMO, and I loved learning that farmers rely on the leaves to detox [cleanse and nourish] the soil after growing lettuces. What it does in nature it does within us. I love that it is super versatile too,” she says.

Koff suggests using the leaves in juice, smoothies, sautéing them and adding them to eggs, pasta sauce or as a burger topping. “A serving contains a day’s dose of vitamin C, plant compounds called glucosinolates that aid in detoxification and cancer prevention, and a nice dose of calcium as well.”

BroccoLeaf is hitting stores this month, so get your forks ready.

Happy Thanksgiving!