

KICK-A-THON

We are holding another Kick-A-Thon on October 3rd to help raise funds to buy new karate equipment, such as: tumbling mats, focus and kicking bags, striking mits, clappers, etc.

Students ask friends, family, neighbors, students, to sponsor them to see how many kicks they can do in the course of the event. **Sponsor forms are located in the office.** 10% of all the proceeds will go towards the DeVos Children’s Sedation Unit.

During this event we are looking into having “Thow a Pie at your Instructor”, “Dunk Your Instructor”, and have “Adopt a Pet” as well.

Please stop in the office to pick up your sponsor form.

Saturday, October 3rd

1pm—4pm

MONTH OF SEPT.

AEROBICS

FREE Trial Month starting September 8th!

Every Tuesday:

6pm—7pm.

You do not have to be a karate student to participate—open to the public.

Upcoming Events

SEPTEMBER

5TH—7TH—CLOSED

LABOR DAY WEEKEND

26th—Keebong Seminar 10a—12p

OCTOBER

3rd—Kick-A-Thon 1pm—4pm

14th—BB Pre-Test 6:00 pm

31st—CLOSED

NOVEMBER

7th—Adult, Family, Senior Testing 9am

Tune—Up Testing 1:30pm

14th—Kids/Mini’s Testing—9am

26th—29th CLOSED

CRUSADER SWEATSHIRTS

Due to complications with our supplier, we will not be ordering new ones this year. We do have some sweatshirts left from last year.

FALL SCHEDULE

Mini's new class days are on Mondays 6:30p—7:15p **AND** Wednesdays 4:45p—5:30p. All other classes have remained the same. Please pick up your new fall schedule card by the sign in sheets on the wall.

KEEBONG SEMINAR

Saturday, Sept. 26th

10am—12pm

\$10 if have Keebong

\$15 if need Keebong

Deadline Sept. 25th

Deadline Sept. 18th

B.E.T.Y. Sponsorship Program (NEW)

We are now starting a new program in order to help troubled kids/teens that need positive guidance / direction in their lives.

(Believing & Empowering Teens & Youth)

What this program does is informs the Crusader Family of a child/teen in need and if someone is able, they sponsor the child/teen by covering a certain portion of the monthly and testing fees.

We have our first teen candidate, a beautiful 15 yr old girl named Bonnie, who has faced some very difficult obstacles in her life, and is wanting to become part of our Crusader Family.

If you are interested in sponsoring Bonnie, please see KyoSaNim Jaci as soon as possible.

Taking Applications

In need of an Event/Community Coordinator Director(s).

Responsibilities: would include organizing events such as potlucks, seminars, testings, demonstrations in & outside of studio, researching advertising/marketing possibilities, speaking engagements for DoJuNim and getting volunteers.

Qualifications: must have excellent management & customer service skills, computer literate, organizational skills, have passion for studio and basic understanding of how studio operates. Hard working, dependability and know how to take directions/follow through a must.

Candidate will be on a “need be” basis as events/testings come up. If have computer/laptop—may work from home or at studio. **Candidate will enjoy the benefits of receiving free seminars and percentage off of Proshop items.**

Please submit resumes to DoJuNim or KyoSaNim Jaci for consideration.

SCRAPBOOKING PARTIES

Scrapbooking is back!! Hoorah!!

Dates we meet: **Every 3rd Friday of the month.**

6pm—11pm

September 18th

October 16th

November 20th

Please RSVP no later than the day before the party. The last two meetings no one showed up. \$2 entry fee.

Contact: Lisa Smith

Good Eating!

Restaurant of the Month

Gorilla Grinders. Corner of Clyde Park and 36th Street, across the street from Happy 's Pizza. Home of the King Kong 3 lb footlong sub! Order the King Kong 12" on Fridays and get it for the price of a 6".

Every Wednesday, buy a 12" sub for price of a 6".

Very clean, "proud to be an American" atmosphere, extremely friendly and funny!

Proudly owned and operated by a Navy Veteran.

DID YOU KNOW TRIVIA:

Facts about the 1500's

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell...brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

GOT A NEED, FILL A NEED

NEED:

- Full mattress/box springs.
- Queen size mattress/box springs.
- car—in good running condition

HAVE:

- Sprint Katana II black cell phone - has texting, internet, Bluetooth capability and camera phone, comes with charger. Willing to barter for good condition queen size mattress/box spring or asking \$25 OBO.

Please see DoJuNim or Jaci for these items.