



ROCK SOLIDNEWSLETTER

July 2013

website: www.NicklausMartialArts.com

There Are Many People Struggling, And We Can Help

It's been almost two years ago now that my brother and I have been serving lunch at the Salvation Army a few times each week.



It's sad to see so many people without food or a roof over their heads. I'm glad that I can help, even if only in a small way, and going to the **Salvation Army** really does put things into perspective.

I'd like to do more and I'm hoping our families at Nicklaus' Martial Arts America will join me

I'm planning a

Food Drive Friday, July 26th 4-7 pm

We will be **collecting donations for the Salvation Army.**

Here is a list of the supplies most needed:

- Bottles of salad dressing (Ranch, Western, Thousand Island)
- Salt
- Pepper
- Lemon Juice
- Lemonade Mix
- Kool Aid
- Can dinners (Spaghetti, Ravioli)
- Hot Sauce
- Taco Seasoning

Note- The folks at the Salvation Army asked me to mention that it **would be great to get some of these items in industrial/bulk size.** These are some of the items that are used in meals at the Salvation Army and also for people to pick up for meals at home.

I hope you can join us for this very worthwhile cause.

It's still in the works but we are planning some special activities for that day. We'll keep you posted. **Please mark your calendar for the 26th.** If for some reason you are unable to join us on that Friday night, you can still drop off any supplies starting Wednesday July 24th.

Note- There will be no classes that Friday.

Fred Nicklaus

Fred Nicklaus

Owner & Master Instructor

Special Summer Activities

Event #1 – Movie Night

Friday, July 12th

Did you see the first Despicable Me movie? Word is that the second one is even better.

We're planning a Despicable Me 2 Movie Night for **Friday July 12th.**

We're going to ask you to sign up and pay for your tickets prior to that night

We will arrive at the Marcus Theatres on Ward Avenue well in advance of the movie so that we can go into the theatre as a group.

Watch for further details over the next few weeks.



Event #2 – Beach Day

Sat, July 20th

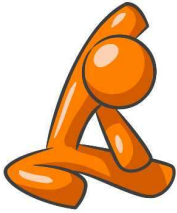


On Saturday July 20th we will be hosting a family beach day at Pettibone Park

The event will start at 1 pm and all of our families and friends are invited.

Bring your frisbees, footballs, and other beach toys and plan to spend part of the day at the beach with us on July 20th

Core Exercise Training For You ***New Session Starts July 8th***



A new session of Core Exercise Training starts the week of July 8th. Any mom or dad who would like to improve strength, energy, and overall fitness level is welcome to give the class a try.

Not sure if it's for you, **try a FREE class and see how it goes.**

The Core Exercise Training program has helped many adults improve their health and overall fitness. Give it a try.

Ken Dawson Benefit **(Ms. Dawson's Dad)** **@ All Star Lanes** **Saturday, July 27, 2013** **1-6 pm**

On October 15, 2012, at the age of 45, Ken was diagnosed with Stage 4 Colorectal Cancer. At the time of the diagnosis, the cancer had metastasized to his liver.

Ken has endured months of rigorous Chemotherapy and follow up doctor visits. Shrinking tumors leave this family hoping for a surgical cure. As a result of this very aggressive illness and treatment plan Ken has been unable to return to work.

Family and friends are organizing a benefit to assist with the financial burdens that have been placed upon this young family as a result of this devastating illness. With Ken facing the toughest fight of his life, it is our hope that with generosity and community

support, the battle for a healthy future can be financially possible.

Through a raffle and silent auction, all proceeds will help support Ken's family in their courageous fight. Your contribution, big or small, will make a difference. Monetary donations are also accepted.

An account has been set up under Ken Dawson Benefit at:

- Altra Credit Union
- 2715 Losey Blvd. La Crosse.
- Tax ID# 46-2578075

Thank you in advance for your support!

Ken Dawson is a devoted husband, father, La Crosse community member and American citizen. As a U.S. Marine Corps veteran, he served three years as an Anti-Tank Assault man. As a long standing member of the La Crosse community, he has worked for the past 23 years for La Crosse County.

Holiday Schedule

Remember there will be no classes July 3-5. Classes will resume on Saturday July 6th. Enjoy your July 4th holiday.

August Summer Picnic ***Wednesday, August 28th***

Remember to get ready for our Annual School Picnic which will be held on Wednesday August 28th. Instructors are already planning an all out water gun assault on students. Bring your best and most powerful water gun.



**Happy
Birthday!**





- 3 Caitlin Coffey,
AJ Kalosis
- 6 Max Doering
- 7 Alahna Keil
- 10 Vickie Manderfield
- 11 Luke Johnson
- 13 Tia Wagner
- 14 Jackson Affeldt
- 19 Ali Buege,
Angie Brown,
Ian Brown
- 23 Abby Kerska,
Braedon Kerska
- 24 Ryan Poelma
- 28 Lewis Bingol
- 30 Makayla Carney,
Zarah Elegbede
- 31 Grace Graff

**Welcome to the
Leadership
Program**

- Jackson Affeldt
- Sawyer Affeldt
- Ethan Nevsimal
- Katlin Palm-Leis
- Johanna Tornstrom

**Special Events for
Members of the
Black Belt Club &
Leadership Team**

The last 15 minutes of regular classes are reserved for Black Belt Club and Leadership Team members to experience advanced training. Ask your instructor how you can become a part of these awesome programs. In July: Bo Staff

ROCK SOLID CALENDAR – JULY 2013						
Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Dragon Theme: Fitness	1 	2	3	4	5	6
	Happy Independence Day!!! No Regular Classes July, 3-4-5 See you Saturday!					
7 Dragon Theme: Self-Discipline	8 Summer Boot Camp Starts	9 No Morning Classes	10	11 No Morning Classes	12 MAA Movie Night No Regular Classes	13
14 Dragon Theme: Memory	15	16 	17	18	19 Adv & Black Star Testing 7 pm Location TBA No 645 Class	20 Beach Day At Pettibone Beach 1 pm Classes are on
21 Dragon Theme: Coordination	22 	23	24 Donations Begin	25	26 Salvation Army Food Drive 4-7 pm @MAA No Regular Classes	27
28 Dragon Theme: Self-Control	29	30 	31	August Events Summer Boot Camp II: Aug 12-16 Annual Summer Picnic: Aug 28		
Leadership Weapon of the Month: BO STAFF <i>Next Month: Nun-Chuks</i>						