



ROCK SOLIDNEWSLETTER

 **November 2015** 

website: www.NicklausMartialArts.com

The Season of Thanksgiving

I'd like to start this month's newsletter off by saying thank you. There are so many things in my life that I am grateful for. I am thankful for my wife and son and daughter, for my brother, for my business and the opportunity to change so many people's lives, for my health, and the list goes on. I have been blessed.

Even though I've been given many wonderful opportunities, there are many who have not been nearly as fortunate. Times can be very tough for people and in this Season Of Thanksgiving we at Nicklaus' Martial Arts America choose to help in a variety of ways.

Fred Nicklaus

Salvation Army

My mom passed in January 2011. May of that year would have marked her 92nd birthday. She was a wonderful, dedicated wife and mother. She had taken care of my special needs brother, Gerhard, her entire life until she had become ill.

Gerhard moved to La Crosse in October of 2010. It's been great having him close and being able to spend time with him. He loves to go fishing, travelling, and he loves animals. He also loves the Packers. I'm sure that he's not too happy after their trip to Denver this November.

When Gerhard moved to La Crosse I started to look for things to keep him busy. We found our way to the Salvation Army and we go there twice a week to serve lunch to the people there. It's become a place that we both look forward to going and the staff at the Army has embraced my brother.

In our time there I've noticed the wonderful job that the staff there does to help those who have fallen on hard times. In addition to the meals that they serve 3 times per day they also provide shelter, help people learn job skills, serve as a means of physical and emotional support for individuals and

families, and many other things that make a real difference in people's lives.

This year I would like to try to do a little more for the people at the Salvation Army. I encourage you to join me in this service.

Here is the plan

- Every year we help with the annual Red Kettle Salvation Army Bell Ringing. This is an event that provides the Salvation Army with much of the financial support for the entire upcoming season. We will be ringing bells for this event at **Festival Foods in the Village and at K Mart across the street from Festival on Saturday December 5th. The bell ringing shifts are for two hours starting at 8 am.**

We ask that two of our students man each two hours and it's always a great idea to have a mom or dad along for the two hour shift. Sign up in the office for your time slot



Socks For Kids And Adults

This is something new for us but one of the things I've been told that the Salvation Army desperately needs is socks for young and old. You can help by giving either gently used socks or by giving new socks. There's nothing so nice during the cold season as having warm feet.

- Read about our other Salvation Army fund raiser in the next section of the newsletter

Fundraising For The Salvation Army and New Horizons

I've already told you about my work with the Salvation Army. One other organization that I've chosen to get involved with is the **New Horizons Shelter For Battered Women**. Over the past year

we have been donating all monies raised from our kids and women's safety and awareness programs to New Horizons.

This year during November we will be offering a **\$59 program that entitles the person to two months of lessons and a uniform.** This is a program that anyone can purchase for a family member or friend. (New members only please) This year you can also purchase this program for someone you don't know as a Holiday Gift offering.

So here's how the fundraiser will work. Whether you purchase this gift for a family member or friend, or you decide to gift it to the Salvation Army or New Horizons, your \$59 purchase will go to one of these worthwhile organizations

We will write a check to the organization that you choose for the entire \$59

This is a great opportunity for you to give martial arts training and it's many benefits to someone you know and care for or to someone who might never get to experience our training system. I would ask you to consider this possibility. I know that it would make this Holiday season very special for someone.

Fred Nicklaus

**A Chance To Release
Frustration And Have Fun...**
DODGEBALL NIGHT
Friday November 20TH
Dodgeball Night
630 pm @ Blessed Sacr. School

Had a tough day or a tough week? There's nothing like a high energy game of Dodgeball to get rid of some of those pent up frustrations.

You will have your chance.



On Friday November 20th we will be sponsoring a Dodgeball Night for kids and adults at Blessed Sacrament school starting at 6:30 pm at the Blessed Sacrament gym.

This is a chance for kids and adults to throw heat seeking missiles at anyone that they choose.

A sure, there will be rules, but this could easily get to be Way Too Much Fun!

Mark it on your calendar. Dodgeball is a blast.

Toys For Tots

Every year we also take part in the Jaycees Toys For Tots program. It's a program that provides



new and slightly used toys for kids whose families are struggling this Holiday season. We will have a large barrel for toys in the Karate school. Please help us fill it up

Black Belt Testing's

Second Degree

11/13 – 7 pm @MAA

First Degree

11/14 – 230 pm @ Blessed Sacr. School

A Black Belt Test is something to see especially if you have never seen one before.



The students who will be testing for their Black Belt have been working hard for 3.5 to 4 years to get to this special day.

Your help and support would be appreciated by all of the Black Belt candidates.

The Second Degree Black Belt Test will on **November 13th at 7 pm @ MAA.**

The First Degree Black Belt Test will be on **Saturday November 14th at 2:30pm in the Blessed Sacrament gym.**

Seond Degree Canddiates

Abby Kerska
Gunnar Schwertfeger

First Degree Candidates

Saumya Dubey
Luke Johnson
JD Klich
Michelle L'Abbé-Harrell
Joseph L'Abbé-Harrell
Ben Loyd
Ethan Nevsimal
Katlin Palm-Leis
Adam Pandian



Happy Birthday!

- 6 Anderson Fortney,
Kate Fortney,
Mitchell Fortney
- 12 Deb Sullivan
- 13 Kevin Strong
- 16 Andrew Vang
- 19 Cohen Bakalars
- 25 Reilly Sullivan
- 28 Celia Blaylock
- 30 Kyler Fry

Welcome to MAA

- Braedon Felber
- Caylin Frazier
- TJ Henry
- Sam Rosenstein
- Om Sharma


Welcome to the Leadership Program

- Abbie Ames
- Adam Smanski
- Caden Webber

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 November: Nun-Chuks

ROCK SOLID CALENDAR – NOVEMBER 2015

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
1 Dragon Theme: Self-Discipline	2 Beginner Stripe Check Week	3	4	5 	6 Leadership Workout with Instructors 645 pm @MAA	7
8 Dragon Theme: Memory	9	10 	11	12	13 Second Degree Black Belt Test 7 pm @ MAA	14 First Degree Black Belt Test 230 pm @ Blessed Sac. School
15 Dragon Theme: Coordination	16 Advanced Stripe Check Week	17	18 	19	20 DODGEBALL NIGHT 630 pm @Blessed Sac. School No 6/645 Class	21
22 Dragon Theme: Self-Control	23	24 	25	26	27	28
Happy Thanksgiving! No Classes Thurs/Fri/Sat See you Monday! 						
29	30	1	2	3	4	5
December Upcoming Events: <ul style="list-style-type: none"> • Beginner Testing – Dec 18 • Holiday Tuition Sale 						
Leadership Weapon of the Month: NUN-CHUKS <i>Next Month: Escrima Sticks</i>						