



# ROCK SOLID NEWSLETTER

 **October 2017** 

website: [www.NicklausMartialArts.com](http://www.NicklausMartialArts.com)

## Mr. Nicklaus' Spotlight Article: **Count My Blessings**

It's hard to believe but I started my martial arts training almost 40 years ago. Over that time I've had the opportunity to grow as a person mentally and physically and help many others do the same.

I'm no longer in the classroom. Now I spend my time planning and working with my instructors to make sure that we can offer our very best to our students and families.

I wanted to take a moment to thank Mr. Cornell, Ms. and Mr. Schwertfeger for the wonderful work that they do. I've known these young people for many years now. They all began training in my program when they were little children. They are all super people who pour their hearts into helping our students. I'm grateful for them all.

Over time because of my wonderful staff I've been able to involve myself in other interests in the community. One of those interests is working with people at the Salvation Army. Working at the Salvation Army a few times a week serving lunch gives me a chance to get to know the people there and also gives me a chance to spend time with my older brother. It also gives my brother, who is a special needs person, a chance to contribute and feel that he is doing something worthwhile.

Recently during a Bible study that I attend at my church at Olivet on French Island the pastor said that there is a terrible addiction problem in our community. He suggested that we in the parish help in some way.

Since that meeting I have been able to organize a group of volunteers who have been trained to provide support for people who are struggling.

Addiction is a scary word. It is a life-controlling problem that masters a person's life. Life controlling problems fall into 3 categories:

1. **Substance- Drugs, Alcohol, Food, Prescription Medication**
2. **Behavior- Gambling, Pornography, Anger**

### 3. Relationships- Co-dependence, Unhealthy, or Enmeshed Relationships

I am telling you about this program called **Living Free** to let you know that there is a place where a person who is struggling with any of the aforementioned situations can go for support.

I've heard heart-breaking stories about moms who have lost their sons to drug overdose and people who continue to struggle with tremendous challenges everyday.

I'm bringing this to your attention not to scare you or make you uncomfortable but to make you aware of what we are doing in our community.

I'm bringing this to you in case you would be interested in joining us and learning more yourself.

I'm bringing this to you in case you yourself or you know someone who could benefit from being in a group of people that does not want to judge, offer advice, or critique but just wants to help and show support.

As I've mentioned many times, I have been truly blessed. I believe that I'm supposed to pay something forward.

If you feel the same way pick up one of the Living Free brochures that I have for you in the lobby of the Karate School. The brochure will tell you about programs that are scheduled to begin the week of October 16.<sup>th</sup> If you have questions of me about this program please call me on my cell at 792-4006.

Thanks for listening and thanks again for being a part of our martial arts family.

*Fred Nicklaus*

**Fred Nicklaus**  
**Owner & Master Instructor**

P.S. If you would like to know more about being trained as a facilitator then I would recommend that you come to a November 5<sup>th</sup> meeting at Olivet Church that explains what you would need to do. I will have more info about the November 5<sup>th</sup> meeting soon.

## Halloween Party

It's time to get dressed up and have some fun.

Every year our Halloween party participants come dressed to the nines with some of the absolute best costumes.



This year will be much of the same.

Our Halloween party this year will be on **Monday night October 30<sup>th</sup> from 5:30-7:00.**

There will be games, prizes for best costumes, candy, and lots of fun.

**Be sure to make plans to be there.**

## Bully Safe Days

We will be hosting workshops on how to protect children from bullies and adult predators on Friday **November 3 at 6:30pm (this is for our current students)** and **Saturday November 4<sup>th</sup> at 2 pm (this is for children who are non-students).**

We will cover material in these workshops that all kids should know. It's great for parents to hear also so moms and dads we'd love to have you attend.

Mark your calendars for these workshops and please tell your friends who are not students to plan to attend.

Register in the office.

## Extra Practices for Testing

Beginner Testing – Oct 20<sup>th</sup> at 7 pm  
Testers Arrive by 630 pm (Tigers/Dragons by 645 pm)

At Blessed Sacr. School (Losey & Cass)

Extra Practices Starting 10/2

Mon & Weds: 4-430 pm

Fri: 345-415 pm

Fri 10/6 & 10/13: 615-7 pm

Adv & Black Star Testing – Oct 27<sup>th</sup> at 630 pm

Testers Arrive by 6 pm

At Blessed Sacr. School (Losey & Cass)

Extra Practices starting 10/17

Tues & Thurs: 4-430 pm

Fri: 345-415 pm

Fri 10/6 & 10/13: 615-7 pm



**Happy**

**Birthday!**

- 2 Karleen Fry
- 3 Ashley Handel,  
Anh Luong
- 6 James Freund,  
Shelley Hogan
- 7 Caleb Miller,  
Casey Erickson
- 10 TJ Henry
- 11 Raphael  
Rivera-Bird
- 12 Daphne  
Jespersen
- 15 Esmeralda  
Valera,  
Daniel Yao,  
Mr. Cornell
- 16 Liam Strong,  
Mason Webb
- 17 Laney Helmreich
- 18 Quinten Raymus
- 23 Diamond Vang

**Welcome to**

**MAA**






- Eli Abar
- Noah Abar
- Gabe Byom
- Dew Ikeyama
- Kiley Mroch
- Jack Murphy
- Garrett Welch
- Jude Welch

**Welcome to the**

**Leadership  
Program**

- Abbi Bucher
- Andrew Bucher
- Jacee Erickson
- Harold Nachtman
- Isaiah Steinhoff
- Logan Vangyija

**ROCK SOLID CALENDAR – OCTOBER 2017**

Sunday	Monday	Tuesday	Weds	Thursday	Friday	Saturday
1 <b>Dragon Theme: Self- Control (Black)</b>	2	3 	4	5	6	7
8	9	10	11 	12	13	14
15	16	17	18	19 	20 <b>Beginner Graduation 7 pm No 615 pm Class</b>	21
22 <b>Dragon Theme: Respect (Gold)</b>	23	24	25	26	27 <b>Advanced &amp; Black Star Graduation 630 pm @Blessed Sac. School No 530/615 Class</b>	28
29 <b>Dragon Theme: Focus (Orange)</b>	30 <b>Annual Hallowee n Party 530-7 pm No Regular Classes</b>	31 <b>Happy Halloween! Regular Classes</b> 	1 	2	3 <b>Anti-Bully Workshop Current Students 630 pm  No 615 class</b>	4 <b>Anti-Bully Workshop Non-Students 2 pm</b>
<b><u>November Upcoming Events:</u></b>						
<ul style="list-style-type: none"> <li>• Holiday Shopping</li> <li>• Anti-Bully Workshops</li> </ul>						
<b>Leadership Weapon of the Month: <i>Nun-Chuks</i></b>						
<i>Next Month: Escrima Sticks</i>						