



# A.P.T.S.D. Foundation Newsletter

## Letter from our Foundation President:

Dear All,

I am writing today to talk about a topic that is near and dear to my heart. My message is simple. ***You don't get out what you put in...you get infinitely more!*** Let me explain.

You see, training in the martial arts is typically a three to five hour per week investment of time and energy. This said or written, in that small amount of time, we condition our minds, bodies, and spirits to become stronger, more flexible, and overall healthier.

Perhaps more importantly, we learn to give our best at everything we do, to be kind, humble, and hopefully a little more patient at the end of the day. We also learn how to set and get goals, persevere, and improve our self-esteem as we climb the Black Belt success ladder. Actually the benefits are endless when you take the time to think about it. For example, we gain new friends, learn more about ourselves which leads to self-awareness and eventually wisdom, and also achieve more as we build momentum from past successes.

What I have just written applies to much more than martial arts training. It also applies to volunteering or donating to the Foundation or any charity for that matter. Let me explain. By volunteering to help others either with your time and or resources, you have in effect helped yourself the most. How you may ask? Simple, people who live their lives for the betterment of others are history's biggest heroes. Call it the law of cause and effect, The Golden Rule, or karma, it all comes down to this. You always get more through giving than you do by receiving.

Please consider helping the Foundation by volunteering in some way. Perhaps you have a talent that we could all benefit from. For example, we are really in need of a Foundation webmaster or someone who knows how to update our current site. We also need people who enjoy organizing fund raising events or have grant writing experience. Lastly, we need people who want to give back and help teach at risk kids. Please note that this helps does not need to be teaching the martial arts. I mention this as we were recently approved for 501c3 public charity status by the IRS for our sister Foundation called the **World Leadership Foundation or WLF**. We are looking for people who want to teach state of the art leadership to at-risk and or disadvantaged children. We will even train you on how to do it and provide you with all the materials you need! If you have an interest, please contact me personally.

I am currently in discussions with at least two other Foundations that are wanting to partner with the APTSD and the WLF Foundations to help disadvantaged children and adults a higher level. These are indeed exciting times!

Remember, you don't get out what you put in... you get infinitely more!

All the Best Always!

Grandmaster John St. James  
Chairman and Executive Director  
APTSD and WLF Foundations



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### Dates of Interest:

- New England Regional Championships & Dan Shim Sa—October 18-19
- Executive Warrior Seminar—Suwanee GA—October 25
- Southeastern Regional Black Belt Camp, Dan Shim Sa & 4th Annual Instructor Training Symposium November 7-9
- Southwestern Regional Championships & Dan Shim Sa—November 21-23

## **2014 Atlantic-Pacific Tang Soo Do Federation—National Championships**



Thanks to all those that attended the National Championships in Gainesville GA this July and supported the Foundation by taking part in the various fundraisers.

A special thanks goes out to all the Masters who volunteered to take on a group of students, who had donated money to have a spirited game of laser tag, during the banquet. The proceeds from which benefitted the Foundation. While KJN appeared to be a favored target, we want to thank all the Masters that took part.

### **Holiday Fundraising Season (October through December)**

**“Goals we set are goals we get.”**

#### **Push to fulfill/exceed your school’s fundraising goal for the Foundation—Ideas/Tips:**

- Add a link on your school’s website to the Foundation website [www.aptسدfoundation.org](http://www.aptسدfoundation.org)—According to a study conducted by Google in 2013, 75% of donors go online to learn more about a particular non-profit. Make it easier for potential donors to get the information they want to see by going through your website. They can donate online as well & indicate your school in the comment section so that it goes towards your school’s goal for the year.
- View the Foundation’s You Tube Video—<http://youtu.be/pTFYwf9kqpQ> and share it!
- Like the APTSD Foundation Facebook page—your friends on Facebook will see what you like & might go check it out!
- Thank previous donors—don’t forget the follow through. Most charitable giving is not done for recognition, but it can be nice to have donations from private individuals or businesses highlighted. This truly helps foster repeat donations.
- Remind your committee members of the goal set—Reminder emails are being sent out to schools. Please respond with a status of where you are currently with fundraising and let us know if we can help in any way.
- Put on a holiday party or break-a-thon! We can provide you with a step by step guide for a successful break-a-thon.

**Volunteers do not necessarily have the  
time; they just have the heart.**

~ Elizabeth Andrew

***Share Martial Arts—Support Our Communities—Serve Those in Need***

## Fundraising Successes:

Karate World of North Georgia held a Break-A-Thon on September 6th and raised over \$3000 for the Foundation, more than doubling this year's school goal of \$1500.

See more photos on the next page.

Karate Central, Alabama is having its 2nd annual Break-A-Thon on October 18th. Last year they raised over \$1000 and we wish them all the best with what hopefully will become an annual event.



### Testimonials Needed:

There is no message more valuable than a personal experience with an organization, also known as a testimonial. It gives credibility to the work we do. The APTSD Foundation needs such testimonials about the great martial arts programs that our schools provide.

Questions that help people with writing testimonials:

- Why did you join or participate?
- What is the most valuable aspect of the program?
- How has your involvement helped you or your family?
- What pleased you most about the program?
- Did anything surprise you?

Always ask if their comments can be used in communications.

If you have any parents or students that feel comfortable providing a testimonial, please forward them to us so that we can include them on the website & other social media.

Example:

"V-Town Family Karate is grateful and proud to be the first recipients of the Tang Soo Do Foundation Grant. Our school is in Vredenburgh, Alabama. Our instructor, a third degree black belt, is Sr. Kathleen Navarra, a Sister of St. Joseph who ministers with the Fathers of St. Edmund of Selma, AL. Our students live in the Black Belt of Alabama with high unemployment, in very rural and isolated conditions. There are no community activities to occupy their energy. Children come from the surrounding communities which makes this the only integrated activity in the area. Karate gives students a totally holistic experience. Our classes include the traditional Korean martial arts of form, self-defense and weaponry. At the same time we emphasis the art of leadership, respect, sharing, good nutrition and physical conditioning. Since classes are free we try to give back to the community in various ways, anti-littering days, demonstrations at events, etc. We make do with PVC bonges (stuffs) but this grant will provide mats and equipment to train even harder."

- Sister Kathleen Navarra

### Current Need for Volunteers—Do you or someone you know have these interests?

- Social Media Guru—Someone who can make the most of Facebook, Twitter, etc. to further our message.
- Webmaster—Someone to update & maintain our current webpage [www.aptsdfoundation.org](http://www.aptsdfoundation.org)
- Grant Writer—Someone who can help with applying for corporate grants on behalf of the Foundation.
- Teacher of Martial Arts—Love of the martial arts & willing/able to give their time and talent to teach at-risk youth.

***Share Martial Arts—Support Our Communities—Serve Those in Need***



# Recent Donations—THANK YOU:

#10133 – SE Reg Championships Foundation - \$327.77  
 #10134 – C. Klacko - \$10.00  
 #10135 – K. Navarra - \$10.00  
 #10136 – Jesse Bernal - \$5.00  
 #10137 – Robert Thomas - \$10.00  
 #10138 – C. Klacko - \$10.00  
 #10139 – A. Akong - \$20.00  
 #10140 – Juan Ibarra Betancourt - \$50.93  
 #10141 – Jerry Upton - \$25.91  
 #10142 – Nat’l Championships Foundation—Net \$271.92  
 #10143 – Gene & Ronnie Smith - \$10.00  
 #10144 – The Watson-Jones Family - \$30.00  
 #10145 – Mr. & Mrs. Lopez - \$20.00  
 #10178—Darrell Bauer—\$15.00  
 #10190—Oaks Miniature Golf—\$34.00  
 #10146/#10187 – Karate World of North Georgia  
 Board Break-a-Thon (Cash) total - \$1,209.00  
 #10147\* – Karate World of North Georgia Board  
 Break-a-Thon checks total - \$1,920.00

Note: The above \$1920.00 in checks is further broken down as follows:

#10148\* – C&A Johnson Plumbing - \$230.00  
 #10149\* – The Watson-Jones Family - \$190.00  
 #10150\* – D. Bauer - \$150.00  
 #10151\* - The Robishaw Family - \$100.00  
 #10152\* – The Joy Family - \$100.00  
 #10153\* - The Doyle Pod Family - \$60.00  
 #10154\* – The Clark Family - \$50.00  
 #10155\* – The Guined Family - \$50.00  
 #10156\* - The Kirspel Family - \$50.00  
 #10157\* – The Wigmore Family - \$40.00  
 #10158\* – The Corbin Family - \$40.00  
 #10159\* – The Watson-Jones Family - \$30.00  
 #10160\* – The Bligh Family - \$30.00  
 #10161\* – The Briggs Family - \$30.00  
 #10162\* – The Jenkins Family - \$30.00  
 #10163\* – The Soltay Family - \$25.00  
 #10164\* – The Jones Family - \$25.00  
 #10165\* – The Gilenson Family - \$25.00  
 #10166\* – The Griffith Family - \$25.00  
 #10167\* – The Poppe Family - \$25.00  
 #10168\* – The Elrod Family - \$20.00

#10169\* – The Lewis Family - \$20.00  
 #10170\* – The Harris Family - \$10.00  
 #10171\* – The Aaron Family - \$10.00  
 #10172\* – The Sadineni Family - \$10.00  
 #10173\* – The Singh Family - \$10.00  
 #10174\* – Douglas Callahan - \$10.00  
 #10175\* – Audrey Callahan - \$10.00  
 #10176\* – C. Wigmore - \$10.00  
 #10177\* – The Jack Family - \$25.00  
 #10179\* – The Strong family—\$150.00  
 #10180\* – The Shore Family - \$65.00  
 #10181\* – The McGovern Family - \$50.00  
 #10182\* – The Graessle Family - \$30.00  
 #10183\* – The Niemann Family - \$30.00  
 #10184\* – The Clark Family - \$30.00  
 #10185\* – The Wallace Family - \$30.00  
 #10186\* – The Lomba Family - \$25.00  
 #10188\*—Installation Trends—\$60.00  
 #10189\*—Jennifer & James Catabia—\$10.00

**Total Donations since Last Newsletter = \$3979.53**  
**1st Quarter = \$912.16**

**2014 Foundation Goal—\$10,000**

**Total To Date 2014**  
**\$4891.69**

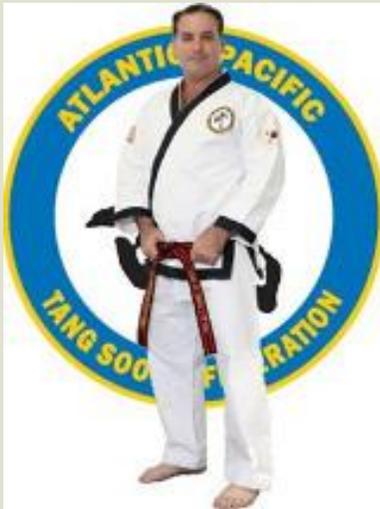
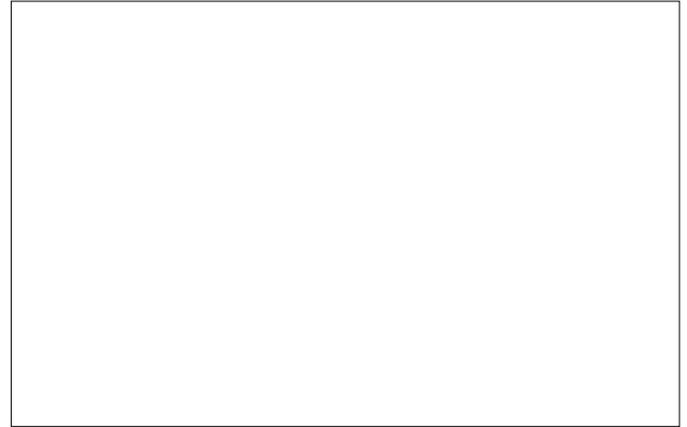


**CELEBRATE EVERY DONATION—THEY ADD UP!**

**APTSD Foundation**  
**Share—Support—Serve**

APTSD Foundation  
PO Box 3225  
Suwanee, GA 30024

Phone—678-446-1183  
Phone—770-614-0006  
aptsdfoundation.org



## **Atlantic-Pacific Tang Soo Do Foundation Leadership**

**Foundation President**

Grandmaster John St. James

**Board Members**

Christian Klacko

Greg McKellar

Glenn Adams

Dave Post

**Board Member**

**Treasurer & Secretary**

Deborah K. Jett

**Foundation Committee Co-Chairs**

David Watson-Jones

Jean Ann Watson-Jones

The A.P.T.S.D. Foundation is an approved 501c3 organization providing education, awareness, and research funding, as well as scholarships related to the martial arts study of Tang Soo Do. Services are designed specifically for at-risk youth, teens, individuals with special needs, and the elderly.