

QiSsage Body Systems, LLC

"Best In Martial Arts & Healing Arts"

Where Self-Defense becomes Health-Defense™



NEWSLETTER

Spring Issue, Vol. 3

www.qissagebodysystems.com

March 2006

World T'ai Chi & Qigong Day



One World... One Breath...

Coming to Willingboro
April 29, 2006

Once again, we prepare to recognize a worthy annual event. World Tai Chi & QiGong Day was created in 1998 by Bill Douglas, author of "The Complete Idiot's Guide to T'ai Chi and QiGong." This event originated in Kansas City, Missouri and is one of the biggest global events in the history of martial arts.

WTCQD is designed to increase public awareness about the health benefits of Tai Chi & QiGong. The event begins in New Zealand and ends in Hawaii, traveling across 60 countries and 6 continents. April 29, 2006 marks the 8th year for this healing day that brings people together worldwide to discover how they can improve their quality of life.

On the local level, WTCQD is hosted by QiSsage Body Systems, LLC and cosponsored by

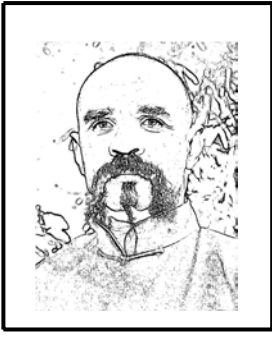
The Patenaude Senior Center at the Kennedy Center in Willingboro, NJ. This FREE event brings more than educational material about the health benefits of Tai Chi and QiGong. Over the years, NJ Governors, NJ Senate & General Assembly, as well as a host of NJ mayors have endorsed this event through written proclamations.

WTCQD in Willingboro brings to the public a host of free activities for the entire family. You can learn a short Tai Chi form. Meet Hall of Fame martial artists on-site and have your picture taken with them, get their autographs, and watch them perform amazing demonstrations of the arts. See various Tai Chi and QiGong demonstrations. Listen to a live traditional Chinese musical ensemble play on real authentic Chinese instruments. See an authentic Lion Dance performed by skilled martial artists. View videos on easy QiGong techniques that you can use to help heal and maintain good health. Buy various vendor items including a World T'ai Chi & QiGong Day T-shirt. Get a relaxing, healing massage! Get Free alternative/complimentary health care information. Sign up for upcoming workshops and seminars. Join a Tai Chi school! **WIN FREE DOOR PRIZES!**

Sifu Jonathan B. Walker, LPN, CEO of QiSsage Body Systems, LLC has hosted WTCQD events in Burlington County, NJ since 2001. Bill Douglas has named Sifu Walker, a co-creator of this global event. You may find out more about Walker's history with WTCQD on the worldwide Internet at <http://www.worldtaichiday.org/FounderCoFoundersNAmerica.html>.

See additional information about the Willingboro celebration on our tear out section on pages 13-14 of this edition of the Newsletter.

For more information about WTCQD events around the world and in your city, go to WTCQD on the worldwide Internet web site at <http://www.worldtaichiday.org/>.



SIFU'S MESSAGE

What Type of Student Are You?

What type of student are you? Most of us would answer that question without hesitation and respond, "I don't practice like I know I should but I do practice when I can. I attend most of my classes and I know the choreography up to the point that I was taught."

Let's take a look at what *types* of students there are in any martial arts class.

Poor Student

One who attends a few required classes per month and generally pays their tuition late. They progress slowly and generally plateau within the first three months. They drop out in the first quarter.

Fair Student

One who attends some required classes per month and sometimes pays tuition late. They progress slowly and generally plateau within the first six months. Eventually, they drop out in the first year.

Good Student

One who attends all required classes per month, pays tuition on time but they do not take initiative to participate in extracurricular school activities. They progress steadily and enjoy classes and classmates. They renew their membership at minimal required cycles.

Excellent Student

One who attends all required classes, is involved in extracurricular activities and pays tuition on time. Their progress is exceptional. They are in leadership roles and help out with kwoon operations and help the assistant instructors. They renew membership on long term basis.

Expert Student

One who attends all classes, extracurricular classes, special classes, teams/clubs and pays tuition on time or in advance. Their progress is exemplary. They are in leadership roles, assistant teaching roles, and are in teaching programs. They assist in the management of the kwoon and school. They renew membership on long term basis in advance.

Most schools have their share of Poor to Fair Students and generally get an average number of Good Students. Excellent Students usually comprise about one fourth of the school while Expert Students are very hard to find. However, it is usually the Good Student that develops into the Excellent Student and the Excellent Student that becomes the Expert Student.

The bottom line is that the type of student makes the type of school, . . . successful or not. What type of student are you?

*In Harmony,
Sifu Jonathan B. Walker, LPN*

ACTION MARTIAL ARTS HALL OF FAME BANQUET



A small entourage of students and colleagues accompanied Sifu Walker to the Action Martial Arts Hall of Fame Banquet at the Tropicana Casino Hotel in Atlantic City in January. Walker received a 2-Star Goodwill Ambassadorship at the ceremonies. Helping to celebrate his 4th year in the Hall are (left to right, bottom) Betty and Melvin Brennan, Karen Cruse, Ellen and Ken Catalano, (top) Rose Robinson, Erica Richard, Brian Frye, Margaret Manser, Sifu and Lynn Walker, and Dave Taylor.

SIFU WALKER NOMINATED FOR ANOTHER HALL OF FAME

Sifu Jonathan B. Walker has been nominated for yet another Hall of Fame through the World Martial Arts League. The nomination came from Sifu Abdulmuhsiy Abdurrahman of Baltimore, MD for induction into the World Independent Chinese Martial Arts Federation Hall of Fame, a member of the World Marital Arts League. Sifu Abdurrahman made this nomination recently while attending the AMA Hall of Fame Banquet with Sifu Walker in Atlantic City, NJ.

BETTER EATING FOR BETTER LIVING

Please share a favorite "healthy" recipe with us! Let us know if it is an original recipe or from a cookbook. If you have a story about the recipe send it along, too.

Healthy Vegetable Soup

Recipe: Original
By: Sifu J.B. Walker, LPN

This recipe is nothing special but it is very nutritional and easy to make. It is light and tasty especially if you like the taste of natural foods. It is a very simple combination of fresh veggies that can actually be a combination of any variety of vegetables that you desire.

Ingredients:

- 1/3 square of Firm Tofu
- 1 medium zucchini squash
- 5 medium size portabella mushrooms
- 1/4 bag sweet baby carrots
- 1 bunch of broccoli crowns
- 10 stalks of asparagus
- 10-15 fresh string beans
- 1 small bunch of fresh spinach
- 24 snow pea pods
- 6 scallion onions
- 1/4 oz elbow noodles
- 1 teaspoon cornstarch
- 1 tablespoon vegetable or chicken soup base

Fill a large soup pot about 3/4 full of water. Bring it to a boil. Dissolve the soup base in the water. Put in the noodles and cook to your desired tenderness. While the noodles are cooking, cut/slice your fresh vegetables into bite sized pieces. Cut the tofu into cubes. Be sure to cut the zucchini and mushrooms thin and leave the carrots whole. Use only the spinach leaves (*no stems*).

When the noodles are ready, place your veggies into the boiling broth. Cover and simmer to blanch veggies (*only about 2-3 minutes. This is the most important cooking instruction. Do not overcook!*). Prepare the cornstarch by adding it to a glass of water. Stir. Remove the soup from the heat. Add just enough cornstarch mixture to the soup to slightly thicken. Ready!

Serve with Stone Wheat Thins and enjoy! This soup will not be heavily seasoned and don't add seasoning. Try to enjoy the taste of vegetables that deliver a high level of nutrition. It is very healthy

and cleansing for the body. This soup makes a quick and light lunch or dinner.

We look forward to seeing your healthy recipes. Write them up and submit them today!

A WORD ABOUT EATING HABITS, HEALTHY SNACKS?

There is a lot of talk about health and especially health foods these days. The health food industry has even created, "healthy snacks" to help us control our diet and increase our health care welfare.

I have but one question, . . . have you ever looked up the definition of the word "snack?" Webster defines it as, "a light meal between regular meals." Now, I'm under the impression (*old school*) that one's health is heavily based on having three square meals a day that supply the daily requirement of nutrients incorporated with regular daily exercise. So, . . . how does an additional or additional meals *between* regular meals increase our health care status? By virtue of the definition of the word snack, it is counterproductive to having three squares a day. Sounds like a contradiction to me.

Conclusion, how can a snack be healthy? Snacks are the product of bad health habits.

Healthy Snacks sounds more like an oxymoron. I don't know, what do you think?

Anonymous

STUDENT'S CORNER

International Tai Chi Performance?

We left Philadelphia on a flight for Amsterdam where we were to connect to Riga, Latvia. We landed in Schipol Airport, Amsterdam in the wee hours of the morning. We walked through the terminal to the gate for our Riga departure. We arrived at a deserted, large concourse with many gates and only a few people. Having over an hour before our departure time, we decided to practice our choreography in a deserted area. About halfway through the routine for the first time, a group of Dutch airport workers passed us on their way to work stations elsewhere. One of the men stopped, took up a martial arts pose opposite us and then smiled and said something (unintelligible) in Dutch and walked on.

That's how Rosanne and John Bornholdt played their first foreign performance! (*more, next page*)

STUDENT'S CORNER (cont.)

Cancer of the Kidney

My name is Joseph Brown. I am a classmate of yours from the Moorestown school location.

In August 2004, I was diagnosed with cancer of the left kidney. My doctors advised me to have surgery to remove the cancer. My gut feeling was to avoid the surgery, if at all possible.

I decided to investigate alternative treatments. I changed my diet to all raw vegetables and fruits, especially those that are said to kill cancer. This list was extensive. I also juiced these same vegetables and fruits. Raw organic almond, pumpkin and sunflower seeds were also included in my diet. I drank steam distilled or spring water in amounts of at least 1/2-gallon a day. I also sought a herbalist who taught me how to make herbal formulas to promote the healing process.

I then sought QiSsage Body Systems and our Sifu. Some of his first words were and still are "self-defense is health defense." I have been a Tai Chi player for more than a year now. I was, also, taught some rudiments of QiGong. Sifu would come to my home, where he placed me on his table and would go to work doing only what he does and the way he does it. This therapy, as well as meditation, was very helpful.

Last but not least, last week I went to my doctor and got the results of my last MRI. He told me that they did not see a malignancy, the tumor had stopped growing and it was starting to dry up. Oh what wonderful news! This has been and is still a very spiritual experience for me as well as my family, friends and many others who the creator has allowed me to touch with my experience.

The universe is nothing more or less than yin and yang. We must try and find our center. Create your balance!

GROUP LEADER TRAINING

QBS instituted a new training program this year for those students who have shown initiative and possess the potential to become role models as well as leaders in the school.

In the past, these students have assumed a leadership role in the kwoon by volunteering to help Sifu with administrative, instructional assistance and various duties that help the kwoon run efficiently.

Their history in the school has earned them the opportunity to become official Group Leaders and

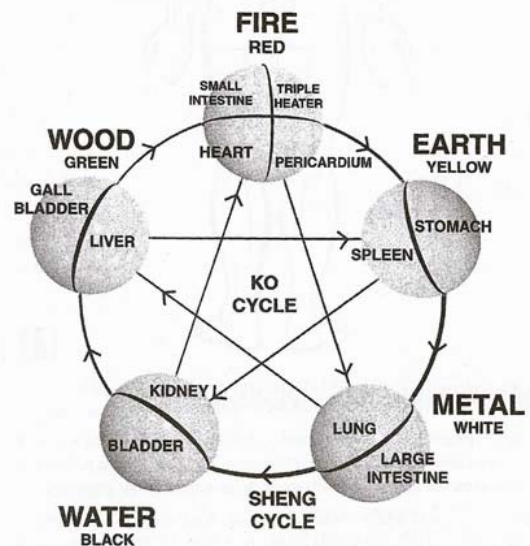
now receive official training to enhance their role. Training began this month with administrative duties, kwoon protocol and leadership responsibilities.



Attendees at the first Group Leader Training Program are (from left to right, front row) Rose Robinson, Angie Moffitt (back row) Lynn Kosek Walker, Harry Bergman and Melvin Brennan.

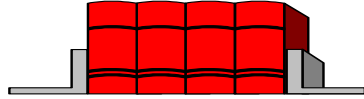
The trainees are from different school locations in Burlington County, NJ. Lynn Kosek Walker from Pemberton Boro site; Rose Robinson from Moorestown site; and Harry Bergman, Melvin Brennan and Angie Moffitt from the Willingboro site. CONGRATULATIONS!

FIVE ELEMENT THEORY



What do you know about the "Five Element Theory?" It is an essential thread that weaves the foundation of Chinese martial and healing arts. It is not, however, limited to these two areas. Be sure to see the next issue of this newsletter for more about this golden thread of Chinese culture.

MARTIAL & HEALING ARTS BOOK REVIEW



Title:	Striking Thoughts: Bruce Lee's Wisdom for Daily Living
Author:	Bruce Lee & John Little
Publisher:	Tuttle Publishing
Copyright:	2002
ISBN #:	0-80483-471-7
List Price:	\$11.95 (soft cover)
Reviewer:	Robert Wahl

This isn't really a "sit down and read" book. It's a collection of Bruce Lee's thoughts taken from his writings. The book is divided into various topics. "On Being Human" and "On Achievement" are a couple topics that are broken down into various subtopics such as "Action", "Thinking", "Knowledge" and "Good Will." Included are even topics like "Film Making" and "Acting". All topics and subtopics are addressed with Lee's insights in the form of a few sentences or a short paragraph.

Some insights are profoundly provocative yet simply obvious - "*If something does not move you towards your goal, it moves you away from it*". This particular statement speaks volumes and engages the reader to think of their own goals and whether their "comfort zone" of daily living moves them forward or backward. Many other passages provide the same type of food for thought. Another that I find intriguing is "*Yin-yang, not yin and yang. You cannot use the word "and" when speaking of yin-yang as yin-yang is never two but rather poles of one interconnected process*".

In a classical sense, martial arts embody more than just a fighting style. The ideal is an integration of mind, body and spirit. The lesser-known side of the most recognizable martial artist in modern times is Lee's grasp of personal and worldly philosophy. Not many pictures display Lee's collection of books. The most common images of him are "still action shots" taken from his movies however he was a voracious reader of both Eastern and Western classics and philosophical works. Lee is usually an attraction to anyone taking any kind of martial art because of his movies and the development of his own personal fighting style but if you read his biographies and related materials, you can find that he was undeniably more than a guy with a pair of nunchucks. The simplicity and insightful depth of "Striking Thoughts" present Lee's other dimensions.

As a martial arts student learning to develop myself mentally, physically and spiritually, this is an excellent book written by a sometimes-overlooked modern day philosopher.

CALENDAR OF UPCOMING EVENTS

- ✦ [FREE Introductory T'ai Chi Classes](#) -The next Free Introductory classes will be held on March 25th, April 22nd and June 24th of 2006 at the Burlington County Library Main Branch in Westampton, NJ. Contact the school for more specifics. You can also check with the library for sign-up dates.
- ✦ [World Tai Chi & QiGong Day](#) -April 29, 2006 marks the 8th Annual World Tai Chi & QiGong Day global celebration. It will be hosted at the Willingboro Kennedy Center in southern New Jersey in Burlington County. It will begin at 9:00 a.m. and finish by 12 o'clock noon. It's FREE! FREE! FREE! So, bring the family and have fun.
- ✦ [The London International Hall of Fame Banquet & Seminars](#) - June 3, 2006 brings a new event to the table. This banquet will be held in London, England and co-produced by Action Martial Arts Magazine. Look for more information in future editions of this newsletter.
- ✦ [World Karate Union Hall Of Fame 2006](#) - 10th Annual WKU HOF Banquet & Awards Ceremony will be held Saturday, June 24th at the Chateau Resort & Conference Center in Tannersville, Pa. The 8th Annual WKU HOF Karate Tournament will also be held that weekend at the Chateau at Camelback.

QISSAGE BODY SYSTEMS, LLC

Philosophy

We believe that all people should have access to health care services that will offer not only physical but also mental and spiritual growth and development.

We further believe that the integrated knowledge of Eastern health philosophy and Western health technology produces a simplistic yet optimal health care system that directly affects the quality of life in a positive manner for the benefit of a healthier lifestyle.

Mission Statement

QiSsage Body Systems exists for the sole purpose of providing the availability of an affordable, beneficial and simplistic health care system that produces a profound mentally, physically and spiritually, healthy lifestyle through personal growth and development.

This task is accomplished by offering:

- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or services that are in harmony with the philosophy of QiSsage Body Systems.*

A Pinch of Wisdom

*Cultivation of the mind
is as necessary as
food to the body.*

Did You Know...

*Patience is the companion of
wisdom.*



PRELIMINARY STUDY RESULTS RELEASED

On January 6, 2006, Dr. Rachel Pruchno of the New Jersey Institute for Successful Aging at the University of Medicine & Dentistry, School of Osteopathic Medicine released some preliminary findings from the "Memory & Motion" study to the participants. This study examined the health and memory effects of Tai Chi vs. Low Impact Aerobics in senior citizens. Sifu Walker led the Tai Chi component of the study/

Dr. Pruchno stated that these findings only reflect some of the results from the first three months of the six-month study. A detailed report of the entire study would probably be forthcoming sometime in the first half of this year.

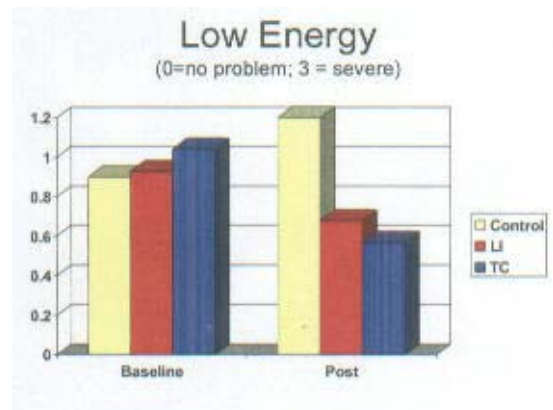
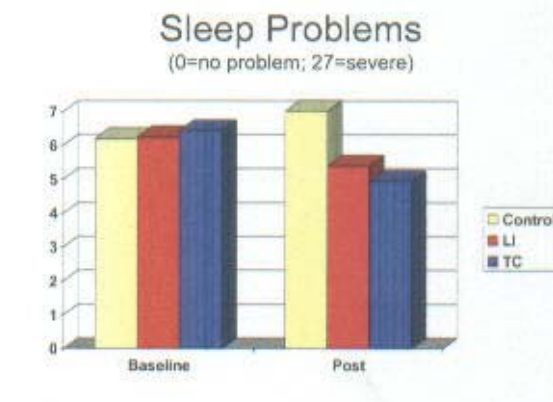
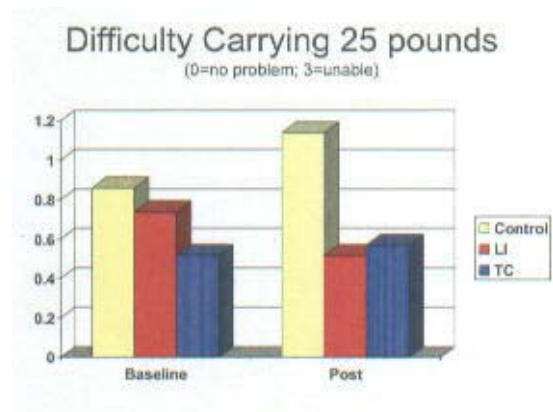
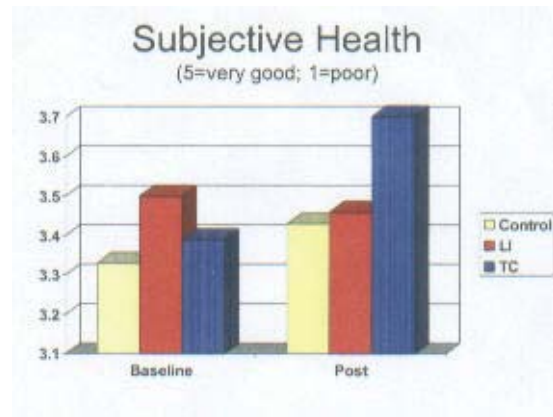
Below are some things to keep in mind when reviewing the following bar graphs:

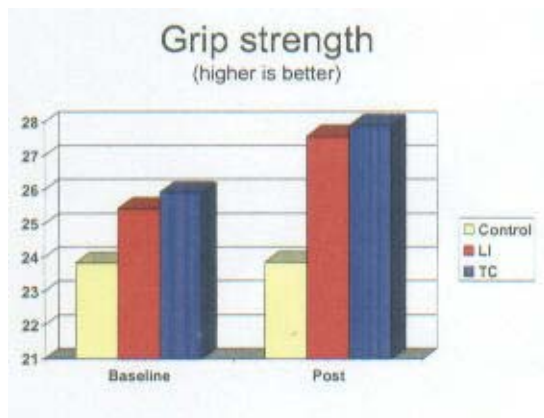
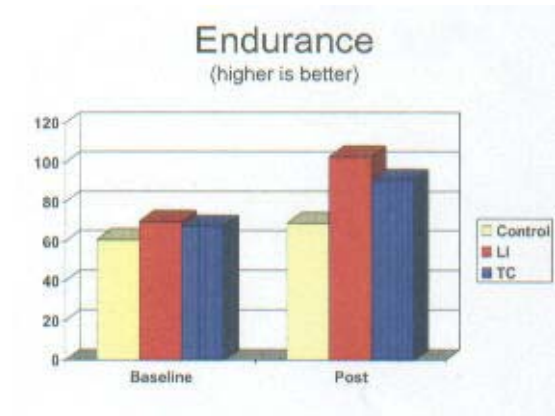
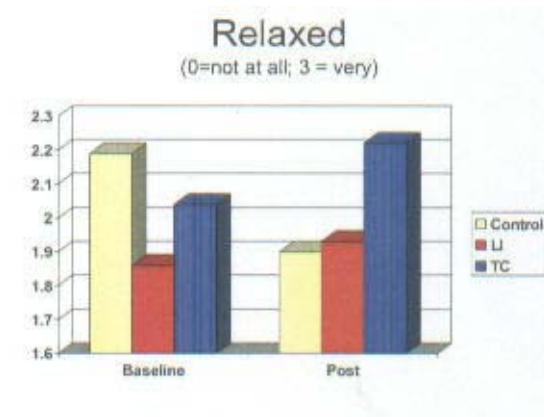
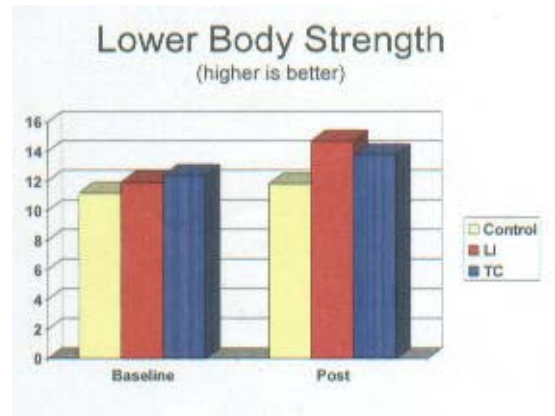
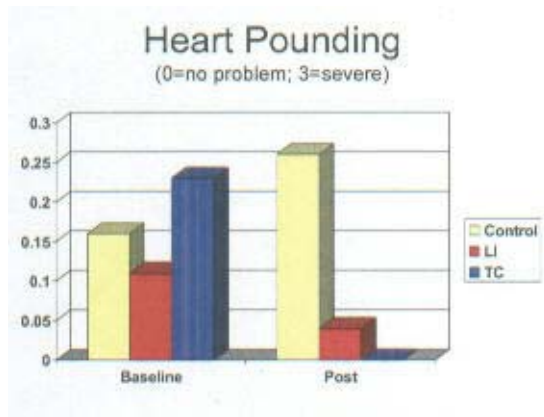
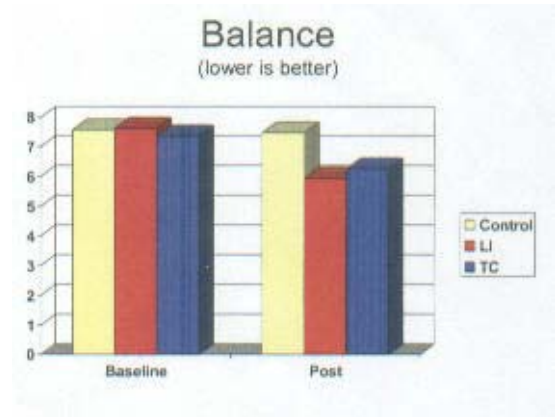
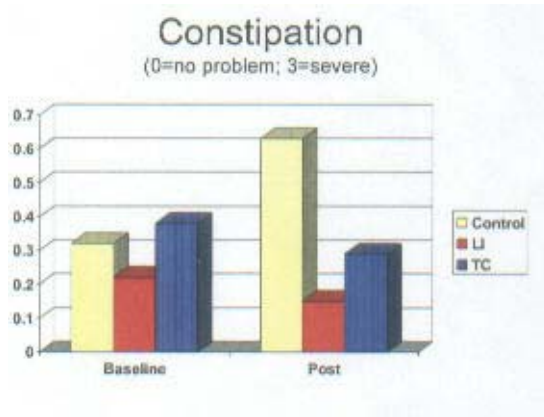
Study Design

- *Baseline Assessments*
- *Random Assignment to Groups:*
 - *Tai Chi (N=23)*
 - *Low Impact Exercise (N=28)*
 - *Wait List control (N=21)*
- *Interventions run for 12 weeks*
 - *Post Assessments*
- *Inclusion of tai chi, low impact & control groups*
- *Multidimensional outcomes including physical, emotional, fear of falls, sleep*

Study Limitations

- *Small sample size*
- *Relatively short intervention duration*
 - *1 instructor for each*
- *Many healthy and active to begin with*
 - *Group results vs individual*



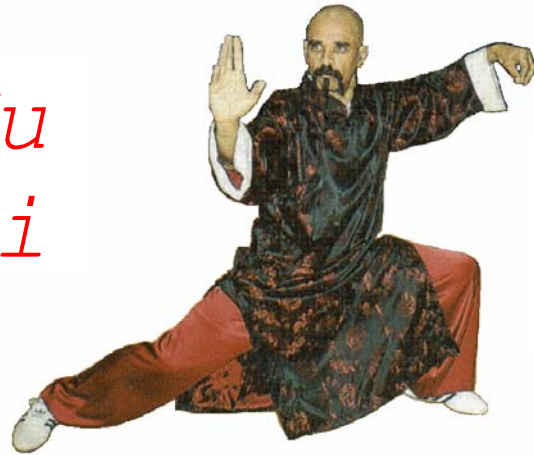


Note:

The yellow bar represents the Control Group; the red bar represents the Low Impact Group and the blue bar represents the Tai Chi Group.

These graphs display some interesting and exciting results. We look forward to Dr. Pruchno's findings in the final published report.

Wu
Xi



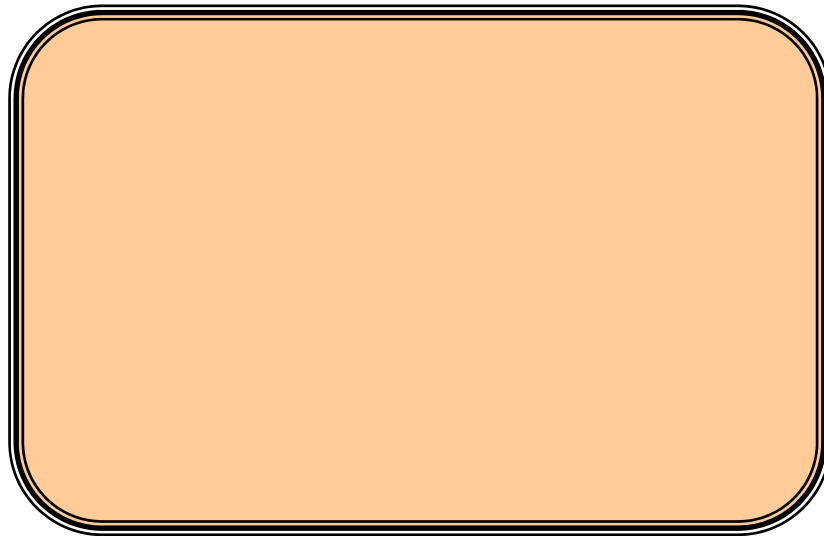
Chu
an

“SPRING SPECIAL”

*Join our school and learn how to use
Tai Chi Chuan as a dynamic style
of self-defense in the martial arts system.*

THE FIRST CLASS IS "ALWAYS" ON US!

PRINT OUT THIS PAGE AND CLIP THE COUPON BELOW
TO GET A **FREE** INTRODUCTORY **CLASS!**



*******BONUS OFFER*******

If the coupon is printed in **color**, you get the **first month** FREE!
Contact the school for info: sifuwalker@aol.com or call (609) 518-9399

JUMBLE PUZZLE



What one martial artist
said to the other martial
artist when they were
engaged in self-defense

DIRECTIONS

Unscramble these four Jumbles, one letter to each circle, to form four ordinary words. Then arrange the squared letters to form the surprise answer, as suggested by the cartoon above.

L I E C R C ○ ○ ○ ◻ ○ ○

S H U P ○ ○ ○ ◻

N E E I V U R S ◻ ○ ○ ○ ○ ○ ○ ○

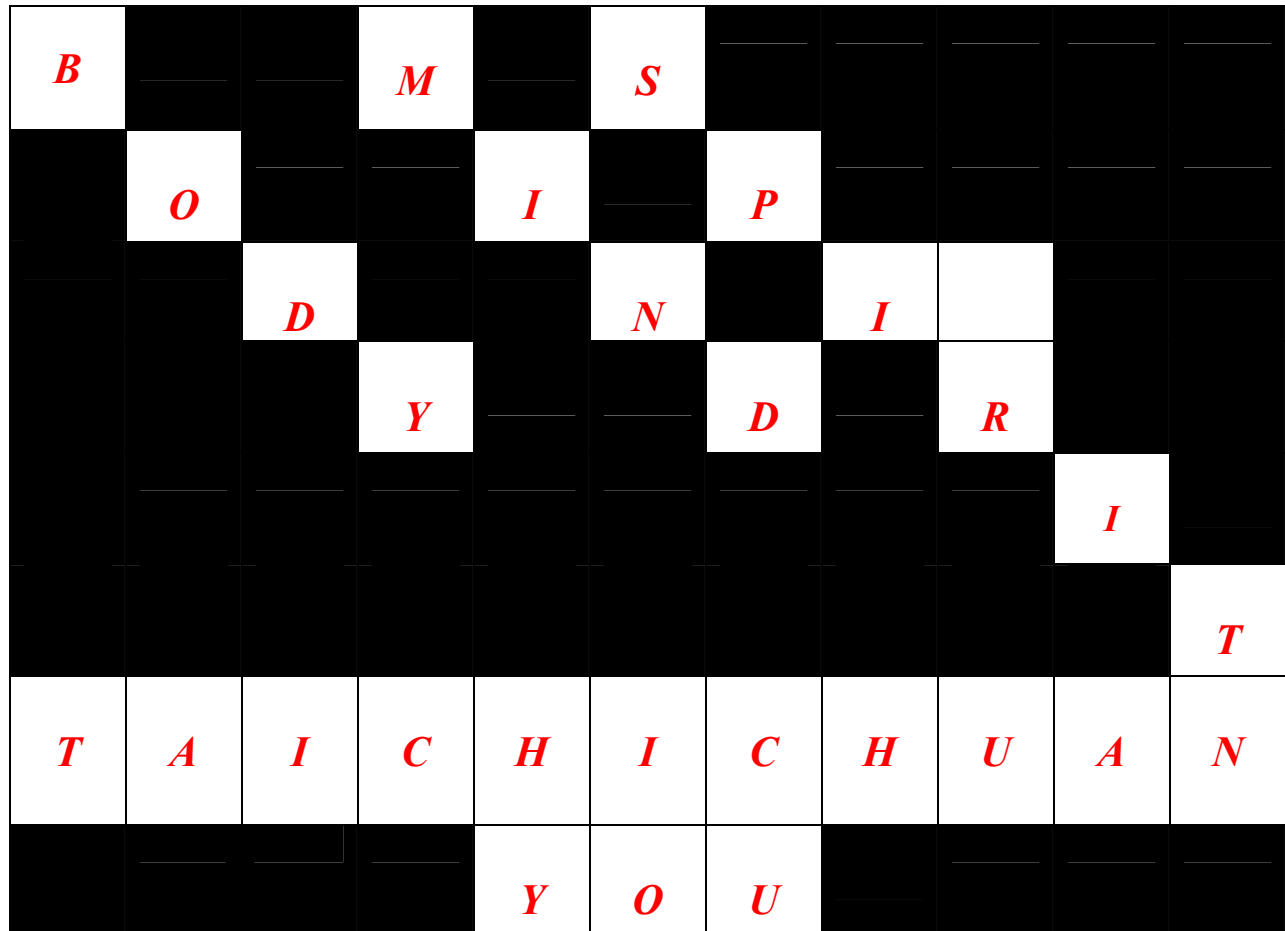
T O F O ○ ○ ◻ ○

Print answer here: ○ ○ ○ ○ !

QiSsage Body Systems, LLC
Three Mountains Schools

FIND-A-CROSSWORD PUZZLE SOLUTION

Our final puzzle for last year was the most important puzzle of the year.
Make sure that you understand the hidden message.



Instructions:

Like a *Crossword* puzzle, you must discover an answer from a clue. However, like a *Find-A-Word* puzzle, you must then find the answer in the squares above. It could appear forward, backward, or diagonally. We call this puzzle, Find-A-Crossword!

1. The lowest level of self-defense.
2. The mid-level of self-defense.
3. The highest level of self-defense.
4. Grand/Ultimate Long Fist Boxing.
5. Main ingredient for success.

DID YOU UNDERSTAND THE HIDDEN MESSAGE?

**ARE YOU A
MEMBER OF THE**

**MARTIAL ARTS
OF CHINA**

**HISTORICAL
SOCIETY**

???

Martial Arts of China
Historical Society
"For the preservation and promotion of martial arts culture"

Society Memberships Registered in China!

Established more than a decade ago, in February 1990, with the purpose of recognizing those martial artists who both embody the tenets of Chinese Martial Arts - Respect, Honor, Loyalty - and faithfully carry on the lineage of their chosen style(s). It is, therefore, not for those of Chinese descent solely, but for anyone who upholds these lofty goals as set forth by the Historical Society.

Membership in the Historical Society indicates your professional status and comes with a beautifully crafted Certificate stating your name, style, years of experience and your school. Your membership is registered in China and identical with a historical seal, a China seal, and a slip of the ministry. A Membership Card and Pin entitles you to all the benefits of membership, which include discounts on your practice with Shaolin monks, equipment and supplies, seminars, retreats and a one year free subscription to Action Martial Arts Magazine. Each year, members gather to discuss the preservation, research and promotion of martial arts culture at a scheduled banquet and awards ceremony.

Ma Zhen Wu, Lohan Kung Fu

Martial Arts of China Historical Society is officially endorsed by the China WuShu Research Institute, and the Chinese National Chi Kung Institute, Guangzhou, China!

Certification of your Experience Registered in Guangdong Province China!

Memberships Registered in China

Bronze Student Membership
\$69.98 Student Membership - Under 8 Years Experience
China registered Membership, Free T-Shirt, Certificate and 4 issues of Action Martial Arts Magazine. 5% discount on martial arts supplies, seminars and Award Dinner.

Silver Instructor Membership
\$99.98 Instructor Membership - 5 - 10 Years Experience
China registered Membership, Free T-Shirt, Certificate and 4 issues of Action Martial Arts Magazine. 10% discount on martial arts supplies, seminars, and Award Dinner.

Gold Master Membership
\$129.98 Master Membership - Over 10 Years Experience
China registered Membership, Free T-Shirt, Certificate and 4 issues of Action Martial Arts Magazine. 15% discount on martial arts supplies, seminars, and Award Dinner.

Wang Li Ping

Martial Arts of China
Historical Society

Membership Privileges
Membership Card and Pin
Free T-shirt
Registered in China
Beautiful China Certificate
Discounts on Merchandise
Train in China with Top Masters
Dinner Banquet/Awards Ceremony
Discounts on Seminars, Workshops, etc.
800 Answer Line
Optional Name on Historical Website
Free Martial Arts Magazine

Yes! Sign me up to be a member. I have checked the membership I want and have enclosed proof of certification and payment.

Student	Renewal	Instructor	Renewal	Master	Renewal
\$69.98	\$20	\$99.98	\$30	\$129.98	\$40

Membership Application
Please print clearly and completely to qualify

Name _____ Gender M F
Date of Birth _____ Age _____ Height _____ Weight _____
Address _____
City _____ State _____ Zip _____
Country _____ Home Phone _____
Signature Required _____ Date _____
Email _____ Website _____
If more space is needed, print your martial arts and qigong experience on a separate sheet
Past Style(s) _____
Current Style(s) _____
Total Years _____ Instructor Name _____
Current Rank _____
Are you currently: (check one) _____ Student _____ Teacher _____ Master
Your School Name/ Address / Phone _____

All applicants are screened accordingly. Applicant must provide proof of his/her certification with this application. The Association reserves the right to refuse membership without explanation.
P.O. Box 11 Cary, IL 60013 1-800-975-6244
info@mahistoricalociety.com • www.mahistoricalociety.com

NORTH AMERICA ADVISORY COMMITTEE
Master Alan Goldberg
Shaolin Wu Xue Long 26th Gen.
Master Yang Jing Ming
Master Jai Nazarene
Master James Lee
Madame Wu Ching De
Master Dr. Wang Juroang
Master Jon Walker

CHINA ADVISORY COMMITTEE
China Shaolin Training Center
China WuShu Association
China WuShu Research Institute

TAIWAN ADVISORY COMMITTEE
I.K.F. (International Chinese Kungfu Federation)

HONG KONG ADVISORY COMMITTEE
Jung Xi Jook Lom Gee Tong Long Pa Association
Master Huang Yau Hui
Master Lee Kwok Liang
Chu Ka Tung Long Ching Wai Martial Arts Association
Master Chen Wan

SINGAPORE ADVISORY COMMITTEE
S.N.P.F. (Singapore National Pugilist Federation)

MALAYSIAN ADVISORY COMMITTEE
M.F.C.M.A.A. (Malaysian Federation of Chinese Martial Arts Association)

PHILIPPINES ADVISORY COMMITTEE
WuShu Federation
Philippine Inc.

SRILANKA ADVISORY COMMITTEE
Sri Lanka National WuShu Academy

JAPAN ADVISORY COMMITTEE
Japan WuShu Taijapan Federation

HONORARY CHAIRMAN
Chief Coach of the Shaolin Training Center
Jin Hong Min

CHIEF ADVISOR
Jason Leo

MARTIAL ARTS OF CHINA MAGAZINE
The Historical Society was established in 1990 by Martial Arts of China Magazine in Beijing, China, in conjunction with China Sports Magazine, an organization of the China State Physical Culture and Sports Commission.

**DON'T HESITATE!
SHOW YOUR SUPPORT
FOR YOUR MARTIAL
ARTS**

**HELP KEEP THE
LINEAGE ALIVE
THROUGH THE AGES!**

**GET YOUR MEMBERSHIP
APPLICATION BY
CONTACTING**

QBS, LLC
sifuwalker@aol.com
(609) 518-9399

SCHOOL ADS PAGE

This page is dedicated to the students who would like to submit advertisements, want ads, for sale ads and similar items. It is solely the responsibility of the advertiser to follow-up on any leads. Please do not contact the publisher for any information relating to these ads.

FOR SALE

INKJET PRINTER, Lexmark Z600 Series, with installation CD, 2 black ink cartridges and instruction guide. Like new for only \$30.00. Call Jon at 609 518-9399.

17' ALUMINUM CANOE, seats 4 comfortably, 2 sets of paddles, (wooden and aluminum). First \$300 takes it home. 609 518-2450.

PRO FORCE STRETCHMASTER, tubular steel w/padded backrest and leg extensions, gear driven crank lets you extend beyond 180 degrees. In great condition for only \$100. 609 518-9399

VERONA STRADIVARIUS Violin, model 8395E, 3/4 or full size, with bow, extra bridge, extra-extended chin cup and felt-line case. Real bargain at \$75.00. 609 518-2450

WANTED

MEMBERSHIP - in the Martial Arts History Museum. If you are interested in preserving the history of your marital arts in the United States, please contact us.



BUSINESS DIRECTORY

OPEN HANDS

Therapeutic Massage

Peggy Manser, BS

Certified Massage Therapist

Openhandsmassage@comcast.net

609-694-7005

***YOU CAN FILL THIS
SPACE WITH
YOUR BUSINESS
AD FOR FREE!***

EMPLOYMENT

AUTOMOTIVE TECHNICIAN - can you perform oil changes, tire repairs, and minor auto repair jobs? Do you have experience? Need a job? Immediate opening at Good Year Gemini, Mt. Holly, NJ. Contact Sifu Walker 609 518-9399 for specifics.

MISCELLANEOUS

**DO YOU HAVE
ADVERTISEMENT
NEEDS?**

LOOKING FOR

A PLACE TO

PRINT THEM?

YOU CAN DO

IT HERE

FOR

"FREE!"

Get three months of advertisement space for FREE!

Contact QBS, LLC at

Sifuwalker@aol.com

or call (609) 518-9399

World T'ai Chi & Qigong Day



One World... One Breath...TM

*Join us for an
Unprecedented Global
Health & Healing
Event !!*

Sat, April 29, 2006

TAI CHI & QIGONG
WILL UNFOLD ON

Saturday, April 29th, 2006, 10 a.m. worldwide

AROUND THE GLOBE BEGINNING IN NEW ZEALAND AND ENDING IN HAWAII
TRAVELLING TIME ZONE BY TIME ZONE ACROSS 60 COUNTRIES AND 6 CONTINENTS

QISSAGE BODY SYSTEMS, LLC AND PATENAUDE SENIOR CENTER
WILL BE CELEBRATING THIS EVENT IN

Burlington County, New Jersey

"FREE!"

FROM

"FREE!"

9:00 a.m. - 12:00 noon

AT THE

"Family Fun"

**Kennedy Center
John F. Kennedy Way
Willingboro, NJ**

"MASSAGES"

**"Blood Pressure
Screening"**

"Live Music"



**Fantastic
"Door Prizes"**



"Free Health Care Information"

**"Martial Arts
Demonstrations"**

**"Learn Tai Chi
and QiGong"**