



TM

QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

"Where Self-Defense Becomes Health-Defense"™

NEWSLETTER

Spring Issue, Vol. 8

www.qissagebodysystems.org

March 2011

PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION



Jonathan B. Walker, PhD, LPN, RMT, ACH is one of 38 proud recipients of the 2011 President's Council on Fitness, Sports & Nutrition (PCFSN) Community Leadership Award.

May 10, 2011 in Washington, D. C., the President's Council on Fitness, Sports and Nutrition distributed the official list of recipients for the PCFSN Community Leadership Award. Shifu Jonathan B. Walker, PhD, LPN, RMT, ACH is one of 38 recipients on that list. The winners will also be posted on the PCFSN web site at www.fitness.gov.

The PCFSN is a committee of up to 25 volunteer citizens who advise the President through the Secretary of Health and Human Services (HHS) about opportunities to develop accessible, affordable and sustainable physical activity, fitness, sports and nutrition programs for all Americans regardless of age, background and ability.

The President's Council (2010-2011) is led by two Co-Chairs: New Orleans Saints Quarterback and Super Bowl XLIV MVP Drew Brees and three-time Olympic Gymnast Dominique Dawes. Shellie Pfohl, M.S. is the Executive Director. Members of the Council include:

Dan Barber, an award-winning, New York-based chef and co-owner of Blue Hill restaurant which features locally farm-grown foods;

Tedy Bruschi, a former NFL New England Patriots professional football player who helped lead the Patriots to 3 Super Bowl crowns (*XXXVI, XXXVII & XXXIX*);

Carl Edwards, a championship NASCAR driver who is considered one of the most voracious competitors accumulating two NASCAR sanctioned track championships, three Rookie-of-the-Year honors and 75 feature wins on both dirt and paved tracks;

Allyson Felix, a record-setting track and field sprinter who was an Olympic Gold Medalist for the Women's 4x400 meter relay team at the Beijing 2008 games;

Grant Hill, a professional athlete with the NBA Phoenix Suns who is a seven-time NBA All-Star and was a member of the 1996 Gold Medalist Dream Team;

Billie Jean King, a legendary tennis player with 39 Grand Slam singles, doubles and mixed doubles titles including a record 20 Wimbledon championships;

Michelle Kwan, the most decorated figure skater in the U.S. history receiving 57 perfect 6.0 marks sinning an unprecedented 43 championships including five World Championships, eight consecutive and nine overall U.S. National Championships and two Olympic medals;

Dr. Risa Lavizzo-Mourey, the first woman and the first African-American to be President and CEO of the Robert Wood Johnson Foundation which is dedicated to improving health and health care for all Americans;

Cornell McClellan, owner of Natural Fit, a training and wellness facility in Chicago who is a Fitness Consultant and Personal Trainer to the First Family of the United States of America;

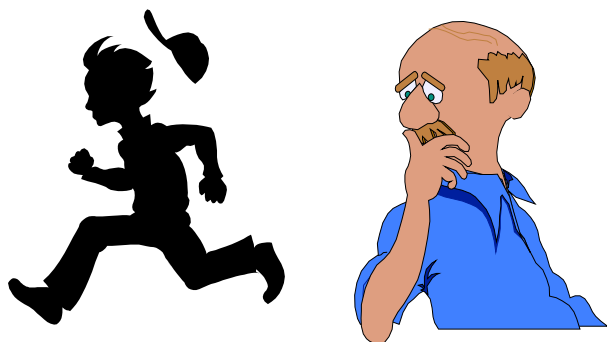
Dr. Stephen McDonough, a pediatrician for 30 years in North Dakota with fifteen years in senior positions at the North Dakota Department of Health leading efforts like smoking prevention and combating childhood obesity;

Chris Paul, a professional basketball player for the NBA New Orleans Hornets who led them to their first Southwest Division title in franchise history in 2008;

Curtis Pride, a recently retired Major League Baseball outfielder who has played for the Anaheim Angles, Montreal Expos, Detroit Tigers, Boston Red Sox, New York Yankees and Atlanta Braves that has been deaf from birth;

Donna Richardson Joyner, one of the world's top fitness gurus who is a National Aerobics Championship silver medalist and a member of the National Fitness Hall of Fame; (*continued page 3*)

HYPNOSIS CORNER



THE ULTIMATE PHOBIA LIST "Phobias From A - Z (continued)"

This issue of the newsletter will continue to itemize the "Ultimate Phobia List." The list will not only name the phobia but also tell you what type of phobia it is.

Many people have phobias and don't realize it or have never viewed these fears as phobias. We have heard that as people get older, they seem to develop more phobias than when they were younger.

Our list is alphabetized and we are continuing with phobias starting with the letter D. We will continue the listing in future issues until we have arrived at the final letter of the alphabet.

Keep track as we publish this list in each newsletter and see how many phobias you may have or have had at one time in your life.

Okay! Let's continue with the next three letters of the alphabet:

Dancing	Chorophobia
Dark or of night	Nyctophobia
Darkness	Achluophobia
Dawn	Eosophobia
Daylight	Phengophobia
Death or dead things	Necrophobia
Dying	Thanatophobia
Decaying matter	Seplophobia
Defecation	Phypophobia
Deformity	Dysmorphophobia
Demons	Demonophobia
Dentists	Dentophobia
Dependence on others	Soteriophobia
Depth	Bathophobia
Diabetes	Diabetophobia
Dining	Deipnophobia
Dirt or contamination	Molysmophobia
Dirty, being	Automysophobia
Disease, a particular one	Monopathophobia
Disease	Pathophobia
Disorder or untidiness	Ataxophobia
Dizziness or whirlpools	Dinophobia
Doctor or of or going to	Latrophobia
Dogs or rabies	Cynophobia

Dolls	Pediophobia
Double vision	Diplophobia
Drafts	Aerophobia
Dreams	Oneirophobia
Drinking	Dipsophobia
Drugs	Pharmacophobia
Dryness	Xerophobia
Dust	Koniophobia
Dutch, the	Dutchphobia
Eight, the figure	Octophobia
Electricity	Electrophobia
Enclosed, being	Clithrophobia
England, English culture	Anglophobia
Everything	Panophobia
Eyes	Ommethaphobia
Fabrics, certain	Textophobia
Failure or defeat	Kakorrhaphiophobia
Fainting or weakness	Asthenophobia
Falling in love or being in love	Philphobia
Fatigue	Kopophobia
Fecal matter	Scatophobia
Feces	Coprophobia
Female genitalia	Eurotophobia
Fever	Febriphobia
Fire	Arsonophobia
Firearms	Hoplophobia
Fish	Ichthyophobia
Floods	Anthlophobia
Flowers	Anthrophobia
Flutes	Aulophobia
Flying	Aviophobia
Fog	Homichlophobia
Food or eating	Sitophobia
Forests	Xylophobia
Forgotten, being	Athazagoraphobia
France, French culture	Gallphobia
Freedom	Eleutherophobia
Friday 13th	Paraskavedekatriaphobia
Frogs	Ranidaphobia
Fur or skins of animals	Doraphobia

Check out the list and see what pops up! Have you identified any phobias that you may have or do you know of someone who may have one or more? More are coming in the next issue of this newsletter.

Phobias are fears that have gotten out of control and are not based on reality. Sometimes they gradually get better over time and sometimes they get worse but remember phobias can be resolved quite easily by using hypnosis.

Note:

Unless you are a board-certified hypnotherapist or legally licensed professional with experience and training in the area(s) covered in this article, this article is informational. It is only partial information and not to be misinterpreted as professional training or any type of training in this area(s) of practice.

PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION

(continued from front page)

Ian Smith, a healthy living advocate who is the medical/diet expert on VH1's "Celebrity Fit Club," creator and founder of The 50 Million Pound Challenge and a medical contributor on the "Rachael Ray" show.

The Council offers the Community Leadership Award to recognize national and local contributions to physical activity, fitness and sports. It is given out annually to up to 50 individuals in recognition of their efforts to provide or enhance opportunities for community members to engage in physical activity, fitness or sports programs.

Walker was nominated for this award for his endless efforts to educate the community about the magnificent benefits of practicing Tai Chi Chuan. With his primary focus being on the senior community, Walker has modified practices, created drills and enhanced the abilities of students to assimilate the ancient art by using modern technology and teaching techniques.

Walker has provided programming in Tai Chi (martial arts and health arts), QiGong (personal practices and therapy) and Reiki (for self and others) in South Jersey since 1998. He is also a Board Certified Advanced Clinical Hypnotherapist.

When asked how he felt about receiving the PCFSN award, Walker humbly replied, "I'm grateful for getting this award and I hope that it will help to promote what I do in life. All that I ever wanted to do with my education, background and experience is to share it with others in hopes that they, too, can increase their quality of life. After all, isn't that what life is all about?"

TIPS FOR SUCCESS Articles, Quotes & Comments from Shifu

HYPNOSIS: Fact or Fiction?



Many people have mixed feelings about hypnosis. The word itself stirs many and mixed responses in people from disbelief to laughter.

Any time someone learns that I am a hypnotherapist, their first reaction is to "look away" from my eyes feeling as though they might be instantly hypnotized by merely gazing at me.

Much of this inaccurate information is the result of what is known as the "Svengali Effect." Svengali was a character in an 1894 George Du Maurier novel entitled, "Trilby" that achieved great popularity and later in 1931 became a drama/horror film. Played by John Barrymore, Svengali was a "dark" character with a sinister look that wore a goatee. He hypnotized women by staring into their eyes and bidding them to do his evil deeds.

Through generations of popularity of this novel and film, it has perpetuated the effect (even to this day) that hypnotists have the power to bend the will of others.

The truth about hypnosis is that it does NOT have the power to bend another's will. In fact, if a person is NOT willing to be hypnotized, they WILL NOT be hypnotized!

Hypnosis is merely the power of suggestion BASED on one's

desire or will to readily accept the suggestions.

A great example of how we accept suggestions on a daily basis is when I teach students Tai Chi. Each student has enrolled in the class of their own free will. They attend classes weekly and practice their lessons regularly to improve themselves in this art.

While providing instructions for students, I am giving them suggestions on how to achieve their goals through the philosophy of Tai Chi. To help them concentrate and be open to accepting the lesson, they are instructed to begin classes with meditation (*a means of focusing the mind through relaxation and breathing techniques*).

When they accept these suggestions, they improve. When they reject the suggestions, they do not improve.

This could be interrupted as an example of how hypnosis works.

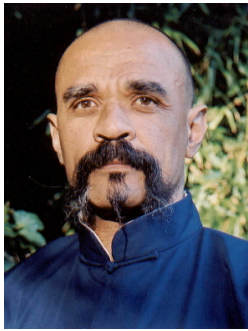
To learn more factual information about hypnosis, you can attend a presentation at Health Haven in Hainesport, NJ. See the ad in the edition under "Upcoming Current Events" or contact the office at (609) 915-3435.

HEALTH TIPS:

Walking As An Exercise

Walking is a wonderful way to exercise that almost anyone can do. However, keep in mind that there are some parameters in this activity.

A "stroll" is NOT walking exercise. You must walk at a pace that increases your heart rate to the point that is generally considered "aerobic." That means that you must find out what target heart rate is considered aerobic for your age and gender to burn calories. Then be sure to warm up and start walking at your target heart rate for about 20 minutes. Be healthy and be well!



Shifu's Message

"Do Not Forget What You Already Know"

Some of you may be aware that I have been recently diagnosed with osteoarthritis.

I would like to take this opportunity to bring to light the benefits of this great art that we practice, Taiji Quan.

Earlier this year, I was engaged in a vigorous health regimen. Then in late February, my exercise program came to a sudden "HALT!" My knee began giving me terrible pain after exercising. Then without a warning, I found myself unable to walk up or down stairs without excruciating pain.

My first impression was to fall back on my years of experience in health care. First, go to the doctor for a diagnosis. Second, enlist the doctor as a partner in my recovery and rehabilitation. Third, adjust my lifestyle accordingly.

These three simple steps have given me exactly what I needed to get back on the road to an enjoyable and healthy life. Of course, my Taiji Quan was never abandoned! I simply modified it according to my ability to perform it. That's the wonderful thing about Taiji. It **IS** what you make it!

In Harmony,
Jonathan B. Walker, PhD
Shifu

STUDENT'S CORNER

This column is for and about students of the Three Mountains Schools system. You may submit an article, comment, question or feedback for publication at any time. Submissions are no guarantee for publication. Information will be minimally edited at the discretion of the Editor. If you submitted an article, keep your eye on this section.

TAI CHI

Tai Chi in Rock Climbing by Robert Wahl

My company recently moved next door to a rock wall climbing gym. I have always wanted to try it, so this was a perfect opportunity. I am currently halfway through a "Basic Climbing" class.

Successful rock climbing depends on many things including balance, mental and physical centering, proper body positioning and movement, staying relaxed, mindfulness of the moment, proper use of the waist and hips, shifting weight, etc. Sound familiar? You could, of course, just grab a handhold and start climbing and never think about such things, but you can also do Tai Chi choreography without actually doing Tai Chi. Once you apply the principles of Tai Chi to the choreography, it becomes Tai Chi.

Even though rock climbing occurs on more dynamic planes, applying Tai Chi principles and habits is still natural and helps to elevate a climber's skill level. A few notes after my last class:

Engaging the waist can open up new ways to move by letting you shift your weight to pick up a foot, i.e. stepping during Brush Knee/Push Palm.

Lunging steps (*not empty stepping; hastily or improperly shifting weight*) can easily cause falls.

Rock climbing is more physically demanding, but you still have to stay relaxed. Over-

gripping ("*death grip*") hand holds will tire you out faster.

Other "body movement" arts and disciplines lend themselves most easily in applying Tai Chi principles to them, since they exist within the same realm.

Nevertheless, doing so whenever possible is like practice, making it easier to apply elsewhere (*mental and spiritual*) when needed.

Experiencing how Tai Chi relates to "outside of the class" activities is a very unique and thought-provoking adventure.

HEALTHY FOODS COLUMN

Marigold: The Smile Herb by Emily Williams

Yes, marigold is an herb. This familiar golden summer flower is a smile producer. Not only does it produce an outer smile, but an inner smile as well. Just think about that.

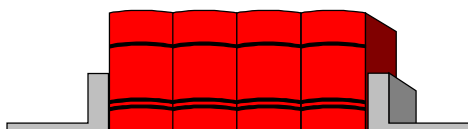
This herb was once believed to have magical powers. A sixth Century mixture was thought to enable one to see fairies. Also a mixture of marigold flowers, marjoram and thyme rubbed over a woman's body enabled her to dream of her future husband.

Marigold was never an important herb, although considered effective. Looking at marigold was supposed to improve eyesight and improve ailments from headaches to fevers. In WWII, compresses of marigolds were used to promote healing of wounds. Try using an ointment (the flowers crushed with olive oil) for burns, cuts and bruises.

Today this herb's common use is in cooking. Give the family a surprise by adding petals to egg dishes, steamed veggies, salads, oatmeal and soups.

Marigolds are easy to grow from seeds. The plants like full sun, are hardy, pest free and need little care.

Martial & Healing Arts Book Review



Title: *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D. Volume I*
Author: Richard Bandler
John Grinder
Publisher: Grinder & Associates
Copyright: 1975
ISBN: 1-55552-052-9
List price: \$18.95
Reviewer: Anonymous

The authors, Richard Bandler and John Grinder, do an excellent job of making Milton Erickson's skills available to the reader. They explain in a step by step manner an explicit model of Erickson's methods in his own words.

Bandler and Grinder, both pioneers in NLP (neuro-linguistic programming), identify the elements of genius in the legendary Erickson. Their enthusiasm, affection and appreciation for Erickson and his techniques are demonstrated not only in this book but also in Volume II.

UPCOMING CURRENT EVENTS

- ⚡ [Senior Bowling League](#) – Burlington Bowl & Recreation Center in Burlington, NJ holds a Wednesday morning seniors' league at 9:30 a.m. Cost is \$6.00/wk/person for 12 weeks. All senior citizens are urged to come out and join a team. You don't have to be an experienced bowler. All you need is to be willing to have fun and get a little exercise.
- ⚡ [Usui Reiki Classes](#) – Look for more Reiki classes at this web site www.qissagebodysystems.org to be scheduled throughout the year. Register early. Class sizes are limited.
- ⚡ [Hypnosis: "Fact or Fiction"](#) - Hypnosis is generally misunderstood. Physicians, psychologists and hypnotherapists have used it for many years. It can serve a wide range of health issues and behavioral scenarios such as fears/phobias and stress/anxiety. Jonathan B. Walker, PhD, LPN, ACH will clarify what hypnosis is and the many issues that it can successfully address. Attend this presentation at Health Haven, 1381 Rte 38, West Hainesport, NJ on May 19, 2011 at 6:30 - 8:00 p.m. There is a \$5 Registration fee. Call (609) 267-7744 to reserve your space.

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HYPNOSIS "Fact or Fiction"
Thursday, May 19th 6:30-8:00 PM

Hypnosis is generally misunderstood. Physicians, psychologists and hypnotherapists have used it for many years. It can serve a wide range of health issues and behavioral scenarios such as fears/phobias and stress/anxiety. Jonathan B. Walker, PhD, LPN, ACH will clarify what hypnosis is and the many issues that it can successfully address.
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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

QiSage Body System 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 QiSage Body Systems.*

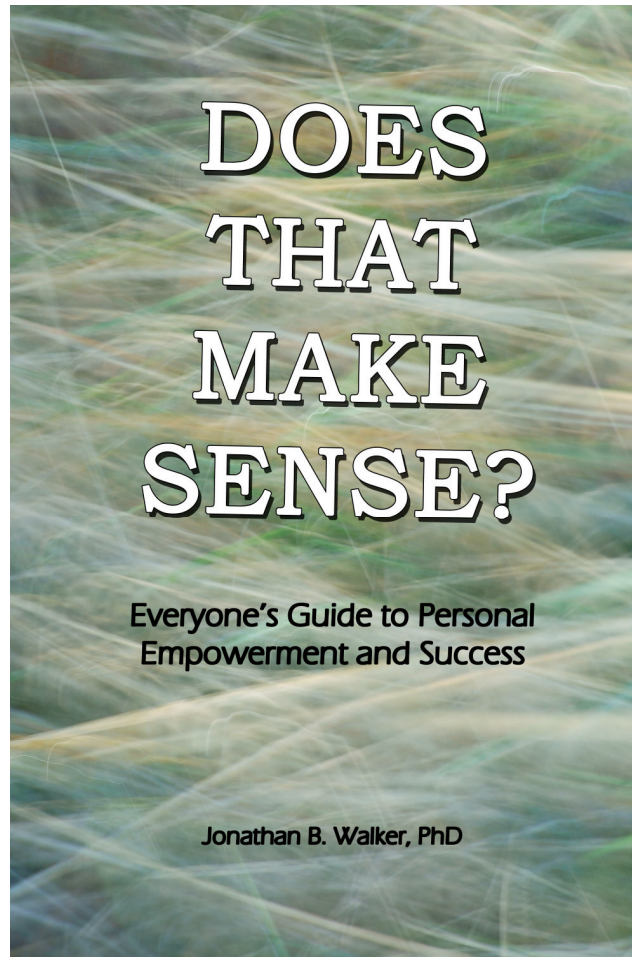
A Pinch of Wisdom

*"Leadership is an art, to be learned and applied sensitively. It is not to be confused with mere position."
(J. Donald Walters - The Art of Leadership)*

Did You Know...

*When I hear, I forget
When I see, I remember
When I do, I understand
(Ancient Chinese Saying)*

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Does That Make Sense?

Paperback, by Shifu Jonathan B. Walker, PhD

\$19.95

Excerpt:

“Most people can’t define success for themselves because they are looking in the wrong place for it. We generally have our sights set on the success that someone else has achieved and want it for our own”. “We each have a gift. All that you have to do is identify what your gift is”. “Once you’ve identified your gift, you need to capitalize on it”. “Does that make sense?”

DOES THAT MAKE SENSE? is a no-frills, thought provoking, interactive, book that is compact, direct and to the point. It illustrates how people can empower themselves to achieve any goal that they desire and obtain success in life.

It is the result of years of personal research that Shifu Walker has compiled through teaching scenarios at schools, colleges, community centers, and businesses in public and private presentations. While consulting with his fellow colleagues around the world, he discovered common denominators that are stumbling blocks to achieving success in one's life. His personal life experiences also played a role in revealing these same obstacles.

Unlike most self-help books, "Does That Make Sense?" depicts how you can find success based on your strengths not the strengths of the author. It is a book that anyone can pick up, read and find a path to success in their life based on what they want.

With highlights on simplicity, this book "packs a punch" and "drives home" the important aspects for self-empowerment!

**GET A COPY TODAY AND
GET ON YOUR ROAD TO SUCCESS!**

~Available exclusively through QiSsage Body Systems, LLC~

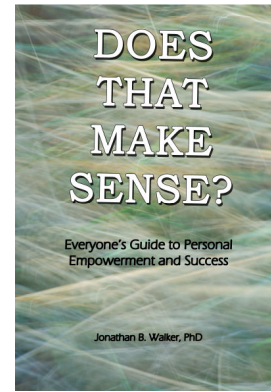
-----COMMENTS ABOUT THIS BOOK-----

"I bought your book and read it. I was fascinated by it. The excerpt on the front of the book really knocked my socks off! Not one person in a million would have figured that out. It really struck me!

*Robert Purucker, Co-Host
"The Delirious Cure"
VoiceAmerica Talk Radio Network
Health & Wellness Channel*

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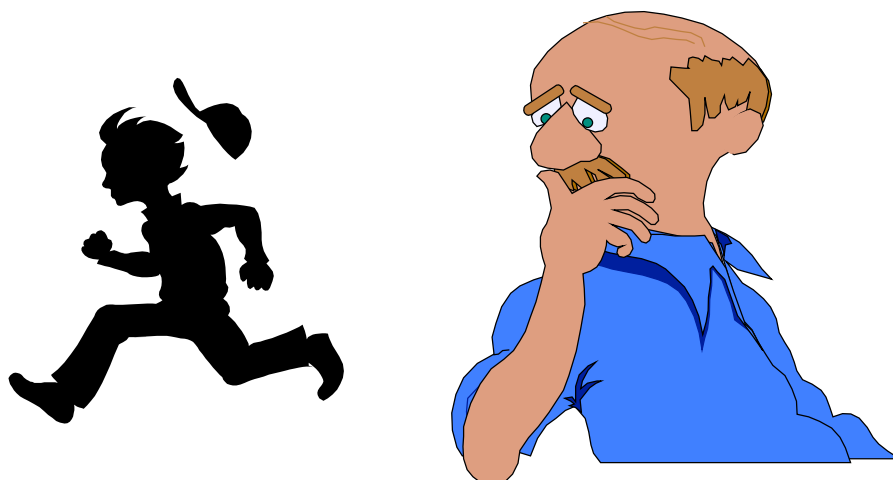
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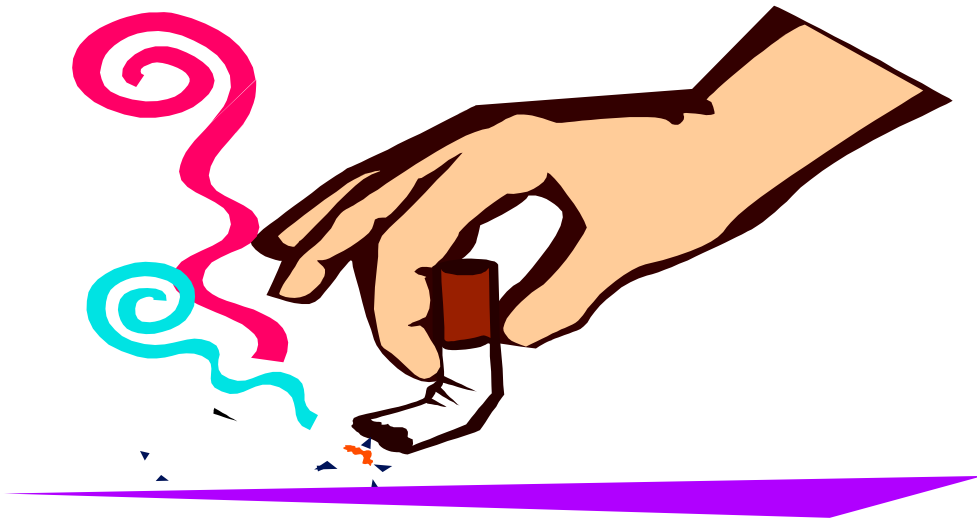
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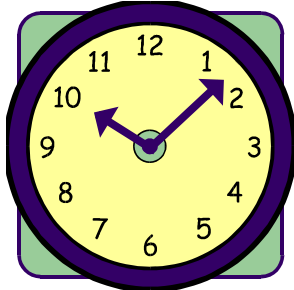


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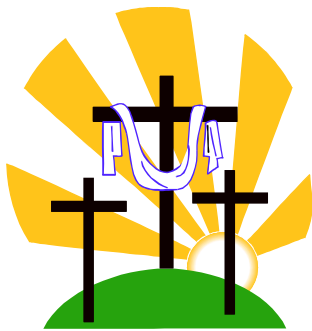
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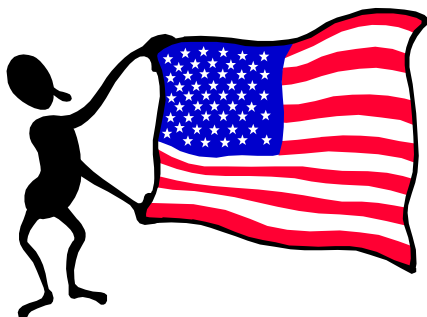
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