



LOCAL KUK SOOL WON™ OF OAK HILL MARTIAL ARTS SCHOOL TAKES 1ST PLACE AT WORLD TOURNAMENT

The 2018 Kuk Sool Won™ Association World Tournament was held in Galveston, Texas on Saturday, October 6, 2018, and had over 1200 competitors from around the world who competed for medals, representing

35 schools. Kuk Sool Won™ of Oak Hill Martial Arts placed 1st in the WKSA World Tournament, with 122 competitors for a total point score of 890.

2018 is an important milestone year as In Hyuk Suh, the founder and Grandmaster of World Kuk Sool Won™ Association, celebrated his 60 year anniversary of Kuk Sool Won™. In Hyuk Suh was nominated for the Nobel Peace Prize in 2018 and has spent his lifetime promoting peace and harmony throughout the world through practicing and teaching Kuk Sool Won™ Martial Arts. WKSA has over 1.3 million members with over 800 schools worldwide in 27 different countries.

Under the leadership of school owners Pyung Kwahn Jahng Nim Timothy King and Pu Sa Bum Nim Barbara King, Kuk Sool Won™ of Oak Hill Martial Arts also celebrated a milestone year with a 10 year anniversary in the Oak Hill/SW Austin area. Located at 6001 W. William Cannon Drive, Ste 307, the martial arts school specializes in children's classes ages 4-6, 7-12, 13+ adult, family classes, Women's Self Defense Workshops, Spring Break Camp, and Summer Camps. Students are encouraged, empowered, and supported not only in the martial arts but in life skills too. The martial arts will teach self control, concentration, focus, teamwork, etiquette, discipline, respect, commitment, character and behavior development, leadership, and courage. www.kswoakhill.com; info@kswoakhill.com; 512-899-8710.



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Luncheon Details

Thursday, November 15, 2018

Open Networking 11:00 a.m. Luncheon begins at 11:30 a.m.

Sterling Country Club

16500 Houston National Blvd., Houston, TX 77095

Visitor costs \$30 with advanced online reservations;

\$35 at the door



Angela Gray- Sandler Training

At the November 15th lunch meeting Angela will be teaching us how to make a sales "cookbook." She will go over all the ingredients to make sure you know exactly what it takes to hit your goals in 2019!

Angela obtained her Bachelors degree in Business Marketing from Texas State University. She worked at AT&T during college and after graduation she moved on to advance her career by working for Sadler Training. Sandler Training helps small and mid-sized companies grow and develop. They work with Owners, Presidents, VP of Sales, and Salespeople in four specific areas. Those areas include: sales strategy, sales process, improving sales staff hiring, and improving sales skills.

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

The History of Thanksgiving and its Celebrations

Throughout history mankind has celebrated the bountiful harvest with thanksgiving ceremonies. Before the establishment of formal religions, many ancient farmers believed that their crops contained spirits which caused the crops to grow and die. Many believed that these spirits would be released when the crops were harvested and they had to be destroyed or they would take revenge on the farmers who harvested them. Some of the harvest festivals celebrated the defeat of these spirits. Harvest festivals and thanksgiving celebrations were held by the ancient Greeks, the Romans, the Chinese, and the Egyptians, to name a few.

The Greeks

The ancient Greeks worshipped many gods and goddesses. Their goddess of corn (actually all grains) was Demeter who was honored at the festival of Thesmophoria held each autumn. On the first day of the festival, married women (possibility connecting childbearing and the raising of crops) would build leafy shelters and furnish them with couches made with plants. On the second day they fasted. On the third day a feast was held and offerings to the goddess Demeter were made - gifts of seed corn, cakes, fruit, and pigs. It was hoped that Demeter's gratitude would grant them a good harvest.

The Romans

The Romans also celebrated a harvest festival called Cerelia, which honored Ceres their goddess of corn (from which the word cereal comes). The festival was held each year on October 4th and offerings of the first fruits of the harvest and pigs were offered to Ceres. Their celebration included music, parades, games and sports and a thanksgiving feast.

The Chinese

The ancient Chinese celebrated their harvest festival, Chung Ch'ui, with the full moon that fell on the 15th day of the 8th month. This day was considered the birthday of the moon and special "moon cakes", round and yellow like the moon, would be baked. Each cake was stamped with the picture of a rabbit - as it was a rabbit, not a man, which the Chinese saw on the face of the moon. The families ate a thanksgiving meal and feasted on roasted pig, harvested fruits and the "moon cakes". It was believed that during the 3-day festival, flowers would fall from the moon and those who saw them would be rewarded with good fortune. According to legend, Chung Ch'ui also gave thanks for another special occasion. China had been

(Continued on Page 4)

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Wortham Villages

(Continued from Page 3)

conquered by enemy armies who took control of the Chinese homes and food. The Chinese found themselves homeless and with no food. Many starved. In order to free themselves, they decided to attack the invaders. The women baked special moon cakes which were distributed to every family. In each cake was a secret message which contained the time for the attack. When the time came, the invaders were surprised and easily defeated. Every year moon cakes are eaten in memory of this victory.

The Egyptians

The ancient Egyptians celebrated their harvest festival in honor of Min, their god of vegetation and fertility. The festival was held in the springtime, the Egyptian's harvest season. The festival of Min featured a parade in which the Pharaoh took part. After the parade a great feast was held. Music, dancing, and sports were also part of the celebration. When the Egyptian farmers harvested their corn, they wept and pretended to be grief stricken. This was to deceive the spirit which they believed lived in the corn. They feared the spirit would become angry when the farmers cut down the corn where it lived.

The United States

In 1621, after a hard and devastating first year in the New World, the Pilgrim's fall harvest was very successful and plentiful. There was corn, fruits, vegetables, along with fish which was packed in salt,

and meat that was smoke cured over fires. They found they had enough food to put away for the winter. The Pilgrims had beaten the odds. They built homes in the wilderness, they raised enough crops to keep them alive during the long coming winter, and they were at peace with their Indian neighbors. Their Governor, William Bradford, proclaimed a day of thanksgiving that was to be

shared by all the colonists and the neighboring Native American Indians. The custom of an annually celebrated thanksgiving, held after the harvest, continued through the years. During the American Revolution (late 1770's) a day of national thanksgiving was suggested by the Continental Congress. In 1817, New York State adopted Thanksgiving Day as an annual custom. By the middle of the 19th century many other states also celebrated a Thanksgiving Day. In 1863, President Abraham Lincoln appointed a national day of thanksgiving. Since then each president has issued a Thanksgiving Day proclamation, usually designating the fourth Thursday of each November as the holiday.



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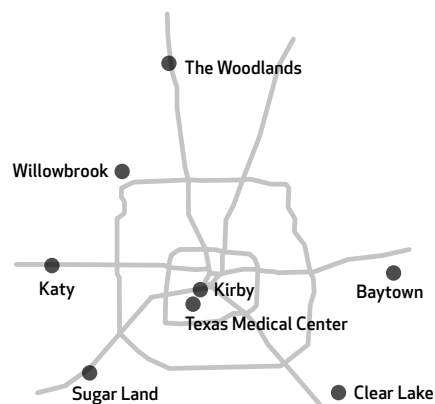
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Gardening Tips and To-Do Lists for November

By Marie Iannotti

November gardening chores really highlight the differences in regional gardens. For many, there is no November garden to speak of. Others can't wait for the cool days and slower pace of fall vegetable gardening. But even if your garden is already covered in snow, there are still garden tasks calling: last minute bulbs to plant, leaves that should not go to waste, roses that need some TLC and, unfortunately, insect pests are much harder than their tiny size would suggest. You will still want to be on the alert for signs of trouble, inside and out.

On a more positive side, winter is a great time to evaluate your garden layout. You can clearly see the architecture or bones of your garden. If the view of your garden is less than inspiring or non-existent in winter, You should make some notes to add more definition in terms of things like structures, evergreens, or other architectural elements.

Take a look at what you could be doing in your November garden and try to schedule a little time outdoors before the holidays claim you.

General November Garden Care

- Rake leaves and make leaf mold or compost.
- Clean, sharpen, and oil garden tools.
- Finish winterizing your water garden.
- Start forcing bulbs like paperwhites, hyacinth, and amaryllis for the holidays.
- Add organic matter to beds.
- Cover compost so that rain doesn't flood and leach the nutrients.
- Keep weeding. It's easier to see the weeds once the garden plants die back. Now is a great time to get rid of some perennial weeds that stay green all year.
- Keep watering, until the ground freezes. Pay particular attention to anything you planted late in the season.

Caring for Indoor Plants in Winter

- Check that indoor plants are receiving enough water, humidity and air circulation.
- Keep an eye out for pests like spider mites and scale, and take care of them before they become a problem.
- Although many indoor plants go dormant in winter, watch for signs that they are not getting enough light (yellowing leaves, straggly stems...) and move your plants to a brighter spot, if necessary.

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