

November, 2010

NEWSLETTER



NOVEMBER TEST RESULTS

Congratulations to everyone on earning their new ranks!

White Belt w/ Yellow Stripe

**Madison Lockaby
Chantz Marchetti
Gage Cross
James Kressner
Jeff Frechette
Jessica Kressner
Julianna Kressner**

Yellow Belt

**Andrew Langkam
Antonio Vlassopoulos
Chad Goodwine
Everett Witt
Jacob Vlassopoulos
Maddy Cartwright
Sophia Morelli**

Purple Belt

**Jack Vohs
Jonathon Tschirhart
Sevil Ozdemir
Timofei Ivanov
Tyler Koontz**

Purple Belt w/ Green Stripe

**Andrew Kuzera
Brady Johnson
Elena Catalo
Jason Gao
Thomas Maceri**

Green Belt / Blue Stripe

**Kyle Pezanowski
Mason Schoenek**

Blue Belt

Taylor Pezanowski

A FEW MYTHS ABOUT THANKSGIVING

The Pilgrims Ate Turkey

What did the Pilgrims eat at their Thanksgiving festival? They didn't have corn on the cob, apples, pears, potatoes or even cranberries. No one knows if they had turkey, although they were used to eating turkey. The only food we know they had for sure was deer. (And they didn't eat with a fork; they didn't have forks back then.)

The Pilgrims Landed on Plymouth Rock

According to historian George Willison, the story about the rock is all mar-larkey, a public relations stunt pulled off by townfolk to attract attention. What Willison found out is that the Plymouth Rock legend rests entirely on the dubious testimony of Thomas Faunce, a ninety-five year old man, who told the story more than a century after the Mayflower landed.

Pilgrims Lived in Log Cabins

No Pilgrim ever lived in a log cabin. The log cabin did not appear in America until late in the seventeenth century, when it was introduced by Germans and Swedes. Pilgrims lived in wood clapboard houses made from sawed lumber.

Pilgrims Dressed in Black

Not only did they not dress in black, they did not wear those funny buckles, weird shoes, or black steeple hats. So how did we get the idea of the buckles? Plimoth Plantation historian James W. Baker explains that in the nineteenth century, when the popular image of the Pilgrims was formed, buckles served as a kind of emblem of quaintness. That's the reason illustrators gave Santa buckles. Even the blunderbuss, with which Pilgrims are identified, was a symbol of quaintness. The blunderbuss was mainly used to control crowds. It wasn't a hunting rifle. But it looks out of date and fits the Pilgrim stereotype.

Pilgrims, Puritans -- Same Thing

Pilgrims and Puritans were two different groups. The Pilgrims came over on the Mayflower and lived in Plymouth. The Puritans, arriving a decade later, settled in Boston. The Pilgrims welcomed heterogeneity. Some (so-called "strangers") came to America in search of riches, others (so-called "saints") came for religious reasons. The Puritans, in contrast, came over to America strictly in search of religious freedom. Or, to be technically correct, they came over in order to be able to practice their religion freely. They did not welcome dissent. While both shared the belief that the Church of England had become corrupt, only the Pilgrims believed it was beyond redemption. They therefore chose the path of Separatism. Puritans held out the hope the church would reform.

Puritans Hated Fun

H.L. Mencken defined Puritanism as "the haunting fear that someone, somewhere, may be happy!" Actually, the Puritans welcomed laughter and dressed in bright colors.

Doesn't really matter does it? Have a Happy Thanksgiving everyone!!

K Community

Please provide the office with details on any item you'd like to have included in our newsletter.

S.M.A.R.T. RESOURCES

3D Heating & Cooling

Derek 586.532.1266

Auto Repair

Rich Metz 586.323.4290

Dance Instruction

Pauline Gatt 248.515.6777

Embroidery & Alterations

Michelle Schoenek 586.453.6291

Financial Planning

David Smolarek 248.498.4821

M & B PRINTING

Bob Roberson (248) 929-1136

Plumbing

Len Pezanowski 586.948.2822

Telecommunications

Jim Gatt 248.670.5004

Web Development & Advertising

Tom Makowski 248.244.8822

BIRTHDAYS IN NOVEMBER

Christina Castellana

Ryan Hojnacki

Emily Miserendino

Katelyn Pawlowicz

Heather Pezanowski

Nikolas Selk

Jennifer Semaan

WORDS OF WISDOM



There comes a point in your life when you realize who matters, who never did, who won't anymore, and who always will.

So don't worry about people from your past. There's a reason why they didn't make it to your future.

ATTITUDE

The longer I live the more I realize the impact of attitude on life.

Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past, we cannot change the fact that people will act a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

So the next time you're confronted with bad news, lousy circumstances, a tough job, or challenging friendships...

What will you do?

I am convinced that life is 10% what happens to me and 90% how I react to it. And so, it is with you. We are in charge of our attitudes.



**Happy
Thanksgiving
EVERYONE!**

Have a safe and wonderful
Holiday from everyone at
Shelby Martial Arts
and Reality-based Training!

**NEXT TEST
TO BE HELD ON
December 5th, 2010**

Wednesday 7:15 pm Specialty Class Schedules

*We wish to remind students that
to be a part of these classes
you are required to teach!*

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| November | 03 | Bo Staff |
| November | 10 | Aiki Jujitsu |
| November | 17 | Kali Sticks |
| November | 24 | No Classu |
| December | 01 | Bo Staff |
| December | 08 | Aiki Jujitsu |
| December | 15 | Kali Sticks |
| December | 22 | Aiki Jujitsu |
| December | 29 | Open Training |
| January | 05 | Bo Staff |
| January | 12 | Aiki Jujitsu |
| January | 19 | Kali Sticks |
| January | 26 | Aiki Jujitsu |