



# The East Valley Kicker

“Being honest may not get you a lot of friends but it’ll always get you the right ones.” – John Lennon

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Renshis’ Cell: (480) 330-8886

**JULY 2017**

## Welcome

- ♦ Brawley Davis (Kids)
- ♦ Keilah Searcy (Kids)
- ♦ Piper Searcy (Kids)

## YOGA

Our Hatha Yoga classes focus on basic stretches and breathing techniques that release tension and promote relaxation. Classes take place at the dojo Wednesday evenings from 7:30 pm until 8:30 pm. They are climate-controlled (not hot!) and geared to adults; kids as young as 10 may also join the meditative activity. Try out your first class for free! It’s never too late to improve your health through Yoga.



*The East Valley Kicker* is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:

- Kirk Gauger,
- Renshi, 5th Dan &
- Jenifer Tull-Gauger,
- Renshi, 5th Dan



## THE LITTLE OLD LADY & THE SHOES

by Jenifer Tull-Gauger

Please note this title is not my original idea, but a phrase that DonnaChristine has used to describe herself and W.A.M.M.S..

I watched from the sidelines when WAMMS started. DonnaChristine Park was an acquaintance of mine about a decade ago. She had gone with a friend to help pack up care packages for our troops. That was where she heard a story that sparked an inspiration that would change her life and help countless individuals in need.

While creating care packages, the mom of a military medic told DonnaChristine a story she’d heard from her son, who worked in a medical clinic in the desert in the Middle East. Local people, often children, would come from far away to seek medical treatment in the military clinic. They had to walk for miles to get there. Many of these patients had no shoes, and when they arrived, their sore and abused feet had to be treated before the doctors could look to what-

ever malady had brought them there in the first place.

DonnaChristine’s heart went out to these children. She was aware of our abundance of shoes in America, and how many of us have gently worn shoes we no longer use, which could be used and treasured by people around the world who have none. Thus Walk a Mile in My Shoes was conceived. DonnaChristine Park soon created WAMMS, a non-profit organization.

As WAMMS grew, now Reverend DonnaChristine Park came into contact with people and groups from all over the world and even right here in Arizona, who are in need of shoes. You may have seen people like this. We have, just a couple weeks ago and just a couple miles around the corner.

As director of WAMMS, Rev. DonnaChristine organizes the collection, sorting and shipping of all types of shoes to many different organizations in a variety of places. Practical shoes go to children in the

Middle East who need protection from the desert heat. Dress shoes help people in America prepare for interviews for much-needed jobs that will help them get back on their feet. All types of gently-used shoes start new journeys on the feet of the needy all over the world. And new flip-flops help local people protect their feet from the heat of the summer pavement right here in the Mesa area.

Rev. DonnaChristine encourages people of all ages to hold shoe drives to supply shoes to help WAMMS help those in need. That is why we are holding a Flip-Flop Drive at the dojo and we need your help! Just bring new Flip-Flops of any size and drop them off in the collection box at the dojo. It will be here until Saturday, July 22nd. If you have gently-used shoes of any kind that are ready to start a new journey on new feet, feel free to donate those too.

Thank you!  
www.facebook.com/WAMMSNow



JULY WEAPON: *kama, tan bo*  
 (Aug.: bo, jo)  
 FOCUS: *Honesty*



# July 2017

RENSHIS' CELL: (480) 330-8886

**NEW Bo or Jo**  
**10% off**

In-stock or order by 7/22.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month, except holidays. Every Saturday, class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.</p>				<p>1 No classes, dojo closed. Have a happy and safe Independence Day weekend.</p>		
2	3	4 No classes, dojo closed. Have a happy and safe Independence Day	5	6	7 BBC 7:30 (No 7:30 Adults today)	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Core Leadership Meeting 10:10 am. Last Day for orders. Flip-flop & Shoe donation deadline.
23 30	24 31	25	26	27	28	29 Certificate Ceremony & Test* 10:10am.

= Wear full formal gi / uniform.